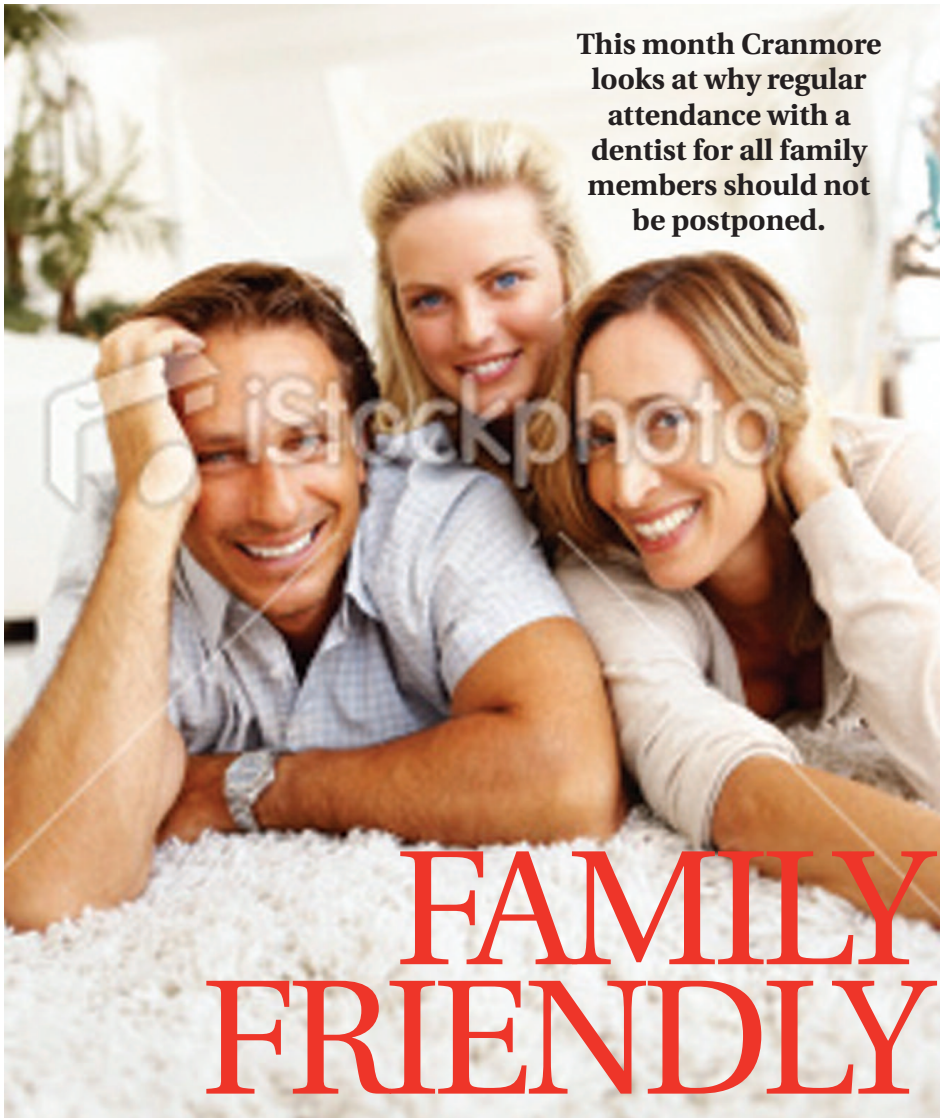




Dr. David Nelson is the Clinical Director of
Cranmore Dental.



This month Cranmore looks at why regular attendance with a dentist for all family members should not be postponed.



Attending the dentist on a regular basis is a positive habit at all stages in life, although as a patient you are likely to have different needs at different stages.

Children

At the outset it is important for children to establish a good relationship with a dentist. Parents can afford their children a head start by speaking positively about the dentist and bringing them along early for routine care. The aim of dental care in their early years should largely be preventative and includes:

- Good oral hygiene;
- Dietary advice;

- Protection of the developing dentition, for example; where appropriate through placing fissure sealants and using correct fitting sports guards; or
- Timely onward referral for those who may need specialist care such as orthodontics.

Dental decay (caries) is a preventable disease and although its causes are multi-factorial, there is overwhelming evidence that sugars in food and drinks are the main causes for decay in young and old. Consequently, decay can lead to pain and infection.

Adults

Throughout life we continually screen

patients for dental decay, through direct examination and with the use of x-ray. Your dentist will aim to treat decay early with minimum loss of individual tooth structure. In cases where much of the tooth structure has been lost we work to replace this, placing fillings, or when necessary crowns, bridges, dentures or implants to restore our patient's smile and function.

Gum Disease

In addition to screening for caries we also screen all through life for periodontal disease. Periodontal disease (commonly referred to as gum disease) has many potential causes including genetic factors, smoking, stress, diabetes, medication, pregnancy or inadequate oral hygiene. Early signs may be bleeding gums, dentine sensitivity or bad breath and if left unchecked can ultimately lead to tooth loss. Chronic gum disease or periodontitis causes loss of the bone which supports the teeth.

Dental Hygienists

Dental hygienists play a very important role in helping our patients take control of the health of their gums and working alongside the dentist they now play an integral part in screening and prevention. In many cases bleeding gums, bad breath and sensitive teeth are due to a more superficial inflammation of the gums (gingivitis) and this can be easily resolved by working with your dentist or hygienist. Patients often report that good dental health adds to their overall sense of well-being, and indeed this has been demonstrated in research into good mental health.

Oral Cancer

While oral cancer is not common, it can be aggressive and early detection is often crucial to a good outcome for patients. While checking your mouth we take time to have a good look at your cheeks, palate and tongue (and not just your teeth and gums), and work to reinforce the benefits of refraining from smoking and avoiding excessive alcohol intake. Links between smoking, alcohol and oral cancer are well established.

On a lighter note at Cranmore we have the advantage of moving with you throughout you and your family's life, and the regular contact with our patients and their children as they change and grow is one of the most enjoyable aspects of dentistry.

Article written by

Dr Marjolijn Smits a dentist at Cranmore.

97 Brunswick Road, Bangor BT20 3DW
Call: 028 9127 0634
Email us at: info@cranmoredental.co.uk
Website: www.cranmoredental.com



C R A N M O R E
EXCELLENCE IN DENTISTRY

15 Windsor Avenue, Belfast BT9 6EE
Call: 028 9038 1822
Email us at: info@cranmoredental.co.uk
Website: www.cranmoredental.com

