

Smile Line

the newsletter of Winning Smiles Dental Care

www.winningsmilesgillingham.com

Tel: 01747 826222

It's all smiles as we make the final for UK's top cosmetic dentistry award

We are delighted that Murray has been announced as a finalist in The Aesthetic Dentistry Awards, the UK's most prestigious aesthetic dentistry occasion. Murray is one of six top cosmetic dentists who are battling it out to receive the coveted award on 22 March at a glittering ceremony held at The Landmark Hotel in London.

Murray's entry for the Awards centred on the work he carried out to create a beautiful smile for 13 year old Caroline. As Caroline also happens to be Murray's daughter the occasion is even more significant celebrating an outcome that has resulted in a very happy teenager – (read her testimonial in the newsletter).

Murray explains, "When Caroline's upper lateral incisors came through they were like little pointy fangs. I wanted to make them

look natural without having to cut them up to make crowns so I built them up with a material called composite. This material comprises minute glass beads embedded in a plastic matrix. The plastic gives the material its colour whilst the glass beads give it strength and reflect the light in the same way as natural teeth, making the tooth look 'alive'."



Murray's considerable expertise in cosmetic dentistry achieved the desired result for Caroline. She comments, "When I went in to get my teeth built up I was nervous that they would look fake, but I am amazed with the result, and people can't believe they aren't real. I feel so much happier now and I haven't stopped smiling since! I now have white perfectly formed, straight teeth and it is great!"



Mother of the Bride has plenty to smile about!

Sometimes it takes a big event happening in our lives to make us want to make some changes. When Gillingham mum Toni heard that her daughter Zoe was getting married she started to worry about how she would look in the wedding photos. Toni had always been very aware of her crooked teeth and despite having treatment as a teenager she felt embarrassed about smiling and would always put a hand across her mouth to hide her teeth in photos.

Toni decided to go to Winning Smiles for the Six Months Smiles treatment (and a bit more!) She says, "I was concerned about what it was going to be like but it was nowhere near as traumatic as I had expected." Once her problem had been assessed her dentist, Murray, fitted her with adult braces which were very different from the braces she had worn as a child. These were inconspicuous with white wires and retainers. Toni says, "For the first few days it was weird trying to eat as I had buffers on the back of teeth which made it difficult to chew and a bit tender but I soon overcame it by eating lots of pasta, fish and shepherd's pie, in fact anything I didn't have to chew!"

Once a month Toni returned, fitting the appointments around her work, to have the wire altered and after just eight months the braces were removed. As her teeth had worn slightly Murray built up the uneven edges to make the perfect smile that Toni was looking for. The final touch was tooth whitening. Toni wore retainers containing tooth whitening gel for 40 minutes twice a day for three weeks.

Toni is delighted with the results of her treatment and even keeps a before and after photo so that she can show people what she looked like before she found Winning Smiles. Nowadays she isn't afraid to smile and her husband says her confidence has increased and as mother of the bride she was able to save the biggest smile of all for her daughter's wedding in October!



Joyanne Returns to New Zealand



In February we lost Joyanne Morrison, our much loved receptionist, who is returning to her native New Zealand. Joyanne had been with us for over nine years and will be greatly missed by staff and patients alike. She was a great team member who always went the extra mile for her patients and her colleagues. Thank you for everything you have done for us Joyanne. We wish you all good things for the future. We all feel privileged to have known you and worked with you.

Sedation Dentistry provides answer for dental phobic patients

Serious anxiety prevents 6.8% of the population from seeking preventative dental care and it seems that some people will sometimes go to desperate lengths to avoid the dentist, having their own teeth removed rather than undergoing lengthy dental treatment.

If you are a Winning Smiles patient you can take advantage of a technique called sedation dentistry which has helped people like 56 year old Andy, a British Airways pilot, conquer his lifelong fear of the dentist. Andy Walker is one of a growing number of people who are dental phobic and is speaking out to help others with a genuine fear of visiting the dentist.

Andy is no wimp, having spent 20 years in the military, including three years in the US Navy when to fulfil the criteria for flying

he had to have all his fillings removed and redone to US standards. Also over the years he had required a large amount of anaesthetic to relieve the pain of any treatments carried out on his teeth and his training as a pilot with a real awareness of his surroundings meant it was impossible to switch off his mind from what was happening in his mouth.



When Andy discovered that there was a way to have dental treatment without the fear of pain he decided to put himself in the hands of experienced sedationist Alison

Harris who works at Winning Smiles. Alison has carried out more than 1000 sedations and says that sedation dentistry is a simple procedure that dentists as well as other medical professionals can use on their patients during any surgery which is potentially painful or lengthy.

The technique uses medication to put the patient in a very relaxed, dreamlike state whilst having surgery carried out. As a result the patient does not feel the stress and anxiety that they may usually feel prior to visiting the dentist and the dental procedure taking place.

Andy says that under sedation he has never been aware of any pain. "It really takes me "up up and away" from what is going on in the dentist's chair and with sedation I have been able to have the original crown redone that probably kick started my feelings about the dentist when I was just 16 and I have also received treatment for an abscess and a filling. I feel I have come full circle and I don't know what I would do without it now."

Drill-free dentistry proves a hit for 13 year old Gillingham boy

Not many 13 year olds are keen to have a dental filling and few would describe a visit to the dentist as a fun experience. However Joe Kelliher from Gillingham has a very different tale to tell because Winning Smiles is now able to offer drill-free dentistry through the use of a revolutionary technique called Fluid Abrasion, the use of which is thought to be unique in the South West.

Joe was one of the first patients at the practice to experience the pleasure of a dental filling without the accompanying squeal of a dentist's drill.

Joe says, "This was my first ever filling and I wasn't really looking forward to it as people said that the dentist would have to drill into the tooth, but the whole experience was good fun and felt very comfortable and painless. The dentist chatted to me and told me what was happening throughout the 30 minutes and really it was a quick and fun way to get my tooth fixed."

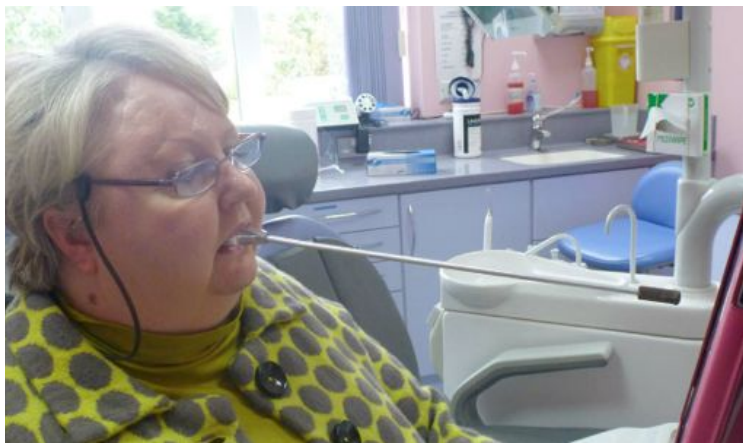
Winning Smiles dentist Murray explains that Fluid Abrasion involves washing away decay using a machine called the Aquacut Quattro that is a bit like a miniature patio jet washer using unique particle control technology. There is no direct contact with the tooth structure – and no vibration, turbine noise, heat generation or smell, and therefore a greatly reduced need for local anaesthesia. This makes it ideal for treating young, nervous or needle-phobic patients.

The Aquacut Quattro's patented hand piece delivers a high-speed fluid stream, fed from a self-contained reservoir; to create a liquid curtain around the abrasive medium. This provides comfortable and efficient cavity preparation.

The revolutionary Fluid Abrasion technique is all part of Murray's and his fellow dentists' determination to take the fear out of visiting the dentist. "For years a visit to the dentist has been viewed with dread by many people. One in four of us describe ourselves as "very apprehensive" and a further 40% as "fairly apprehensive" when receiving dental treatment. At Winning Smiles we are developing solutions to each of the main fears which plague dental patients and fear of the dentist's drill is certainly one of the reasons that people give for avoiding the dentist."

After his pain free filling, Joe Kelliher says that he is looking forward to his next dental visit and will be recommending the experience to his friends and family.





James brings a touch of magic with a 'wand' transforming life of quadriplegic patient Amanda

We all dream of helping someone less fortunate than ourselves with something that is going to make a real difference to their lives but not many of us have the opportunity to make that dream a reality. Recently our clinical dental technician James realised that one of our patients was experiencing problems.

Amanda had been in a severe car accident several years previously which had left her with a broken neck and as a quadriplegic with no movement in her arms or hands. Although she receives 24

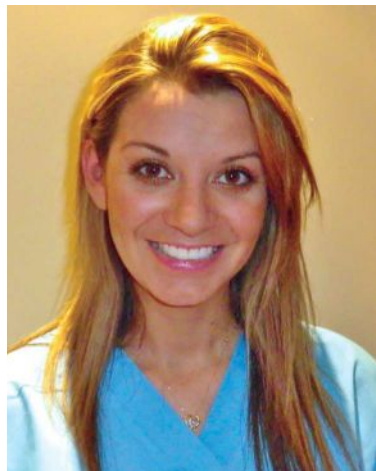
hour care, Amanda was keen to be able to use her iPad and Kindle so that she could read without assistance. She knew that if she could use her mouth to hold a wand with an electro static sock fitted to one end then that would enable her to operate her electronic resources independently. Although she had found something on the Internet it was proving too heavy and uncomfortable to hold in her mouth.

James was able to apply his specialist knowledge in the manufacture and design of dental artifices to help Amanda achieve a comfortable solution.

James designed a clear plastic holder that clicks on to Amanda's upper teeth and holds the new wand (made out of lightweight aluminium) so there is no wobble and she doesn't have to bite to hold it in place. She can also talk with it in her mouth. The wand accurately tracks movement of the head so she can read iPad emails for herself and turn pages when reading.

It is fantastic that James and Amanda have come up with the idea of something very light that she can leave in her mouth – something she doesn't have to pick up and put down again. Her previous wand was very uncomfortable to hold in her mouth. With this one she can adjust the length of the rod and play around to get it at the right distance for her eye sight.

Amanda says that the device has made a real difference to her life, "I have an active brain and this has made a real difference to my life as it means I can download books and newspapers and read when I like. I am really grateful to James who has helped me regain some independence through the invaluable skills he has learned as a clinical dental technician."



Meet Peta – our new dentist at Winning Smiles

30 year old Peta joined us back in the summer and has quickly gained a devoted following. Born in Australia, she moved to Britain when she was eight and grew up in Bath.

She went to London University where she gained an honours degree in microbiology and a master's degree in gerontology (awarded with merit) before deciding to train as a dentist. She qualified in 2009. When she is not working she enjoys tennis, horse riding and walking her dog, Fowie.

Peta is able to accept new adult private, Smilecare or Denplan patients. She is also very happy to accept children for treatment under the NHS.



Murray and James raised over £250 for the MS Society when they took part in the Great South Run at the end of last year.

Teeth Factoids!

1. Failing to clean your teeth properly can increase your risk of heart disease by 70%. The area most people fail to clean is the area between the teeth – which can only be cleaned by flossing.
2. More adults than ever are opting for braces. Three and a half times as many adults got their teeth straightened last year compared to 2007.
3. Smiling could add seven years to your life! An American study of photographs of 230 baseball stars discovered that those who smiled in their team photos lived an average of seven years longer than their sullen team mates!
4. Smile if you want to get lucky! 84% of people are more attracted to a member of the opposite sex if they smile.
5. Only 21% of people in Britain floss. Daily flossing can dramatically reduce your risk of heart disease and arthritis.
6. One in four people in Britain have suffered from bad breath at some time over the last ten years. In over 90% of cases the problem originates in the mouth. Bad breath is easily treatable-ask your dentist.

A new smile for Caroline!

We thought we would share a patient's testimonial with you. The patient is 13 years old, but we know that she is happy to tell everyone about her treatment because she is Murray's daughter!

Sometimes it is great to have a Dad who is a dentist! Here's Caroline's story.

"My sister and my Dad both had teeth problems but for some reason it never occurred to me that I may also have problems with my teeth. My incisors weren't coming out when all of my friend's teeth had already made an appearance when they were much younger. I had got to my 10th birthday and the one thing I wanted as a present was to see my new teeth making an appearance.

"I looked in the mirror on my birthday, but still no teeth. This called for desperate

measures – I would have to let Dad loose on the problem. When Dad found out my teeth were going in the wrong direction he pulled my milk teeth out to let my adult ones come down.

"To be honest I was shy about people seeing me without teeth and a little scared they would not like me but Dad told me it would be fine. When my teeth started to come down I was relieved but then I had forgotten they weren't going to be the right shape. I was scared people were going to bully me and because I was going to secondary school soon that I wouldn't make any new friends. I never smiled and I didn't feel confident anymore, it was like all of my good feelings had been drained out of me and instead I was just

nervous and shy.

"I got braces and this made me feel slightly better because people couldn't see my fangs behind them however I knew that the day would come when the braces would have to come off and then what would my new friends say? I stopped smiling again. When I went in to get my teeth built up I was nervous that they would look fake because I wanted my teeth to look just as perfect as my sister's teeth. It took a long time but I am amazed with the result, and people can't believe they aren't real. I feel so much happier now and I haven't stopped smiling since! I now have white perfectly formed, straight teeth and it is great!"



Wearing dentures can restore your appearance and dignity-but eating with them is hell - just ask any denture wearer! Natural teeth are fixed into your gums and stay put even when you are chewing the toughest food. Dentures just sit on top of your gums. Sometimes when you chew they stay resting on your gums and sometimes they stick to the food instead. 'It's a bit like trying to jog wearing flip-flops' explains Winning Smiles denture expert James Neilson. 'The top set usually stays in place tolerably well but the lower set just bobs about everywhere rubbing the gums and making them sore. To try to solve this problem scientists in New Zealand have looked to the animal kingdom for inspiration.

Insects can walk up smooth glass surfaces and even upside down on ceilings because they have tiny suckers on their feet. (Ladybirds can even walk unimpeded on the windscreens of cars traveling at speeds as high as seventy miles an hour!) Could a similar technique help denture wearers, the scientists wondered?

Happily their experiments have been very successful and have resulted in much more stable lower dentures. 'The little suction valves have also solved another problem. The plastic base of an upper denture covers the entire roof of your mouth. Some people find this unpleasant and feel that it affects the taste of their food. Using suction valves we can make upper dentures which leave most of the palate clear' explains James.

Suction valves can either be incorporated in new dentures or retro-fitted to existing dentures if desired.

If you would like to discuss the possibility of moving up to suction dentures please telephone Winning Smiles on 01747 826222 and book a no-obligation consultation with James.



Practice Hours and information

**Two Saturdays per month*

Monday 8.30am - 8.00pm • Tuesday 8.30am - 7.00pm • Wed-Fri 8.30am - 5.30pm • Saturday 9.00am - 4.00pm*
 Winning Smiles Dental Care Middlefield House Marlott Road Gillingham Dorset SP8 4FA
 tel: 01747 826222 fax: 01747 835932 dentist@winningsmilesgillingham.com www.winningsmilesgillingham.com

