

NIBBLES



ISSUE 68

NEWSLETTER OF THE GRANGE DENTAL CARE, OMAGH.



www.thegrangedentalcare.co.uk

☎ 028 82244776

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TOOTHBRUSHING CLUB

Sessions will be geared around school holidays and take place from **12.30pm to 1.00 pm**. Parents have to **contact the practice in advance** of the day to book this. Dates for the next few months include

Tuesday 3rd July (fully booked)
Tuesday 14th August
Tuesday 28th August



POOR BRUSHING LINKED TO CANCER

Studies in America and Sweden have found a link between high levels of bacteria found in dental plaque and cancer. They found that those with the highest levels of the bacteria had an **80% increased risk of premature death**. On average these people died 13 years earlier than may be expected from cancer.

Even after known risk factors such as smoking etc were considered the link between plaque build up and cancer remained strong.

It has been widely known previous to this that **poor oral hygiene** is linked to increased risk of diabetes, heart disease and low birth weights.

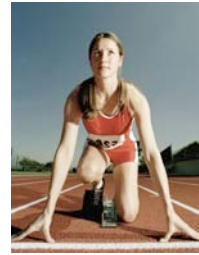
**SPECIAL DEAL – ANY 3 PACKS OF TEPE BRUSHES FOR £10
FOR BEST SELECTION AND PRICES SHOP AT THE GRANGE-
SMILES BETTER!**





THE OLYMPIC FLAME

Congratulations to our 4 patients who were torch bearers of the Olympic flame during its visit here at the start of June. It was a **great honour** for them all and will be a great memory for themselves and their families in the years to come



CONTACT DETAILS



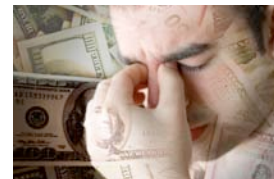
Due to patient feedback, the increase in postal charges and to do our bit for the environment we intend to **phase out postal** communication with our patients over the next while. Make sure we have at least your current mobile number and if possible e-mail address. This will allow us to make you aware of **special offers** and deals as well as keeping you up to date with your routine care. As with all your details, we will not be sharing this information with any third parties unless as part of a referral for further treatment.



RECESSION CAUSING TOOTH DAMAGE?

Recent Irish surveys have found that the incidence of bruxism (grinding teeth) has increased dramatically in the last few years.

It is thought that **stress and anxiety** are contributing factors.



It is thought that **1 in 5 people now grind** their teeth.

A lot of the time this can happen at night. If this is diagnosed early and appropriately managed then treatment can be very successful and relatively simple. If not treated or corrected a patient may suffer from jaw or neck pain, headaches, pain in their teeth or wear and in some cases fracture of teeth.

The most common treatment is the use of a splint or mouthguard that protects the teeth from damage and helps relieve muscle tension.

If you are aware of symptoms like these please let us know so that we can help you.

THE HIGHWAY CODE OF DRINKS

Check out our display on drinks and sugar content. It has been provoking plenty of discussion.

We have produced some additional information regarding drinks, sugar content and **acid wear** which is very interesting especially for those who have a 'healthy' lifestyle and are worried about **discolouring teeth** Please feel free to ask about these when you attend



HOLIDAY ARRANGEMENTS SURGERY CLOSED: THURSDAY 12th JULY



And also MONDAY 27th AUGUST

