



ALEXANDRA DENTAL PRACTICE

AUTUMN NEWSLETTER

Welcome to our newsletter, the aim of which is to keep you up to date on recent events at your practice. We hope you enjoy reading it.

If any issues spark your interest please let one of our staff members know. We would also welcome your comments and suggestions for future newsletters.

General Information

Opening Hours
Monday-Thursday 8am-5pm
Friday 8am-2pm
Tel. 0118 986 8167
Email/Website
info@alexandradental.com
www.alexandradental.com

November is Mouth Cancer Awareness Month

What is Mouth Cancer?

Cancer is not a disease that only affects parts of the body such as the lungs or breasts. It also occurs in the mouth, where the disease can affect the lips, tongue, cheeks and throat.

Although it is more common in people over the age of 40, particularly men, anyone can be affected by mouth cancer whether they have their own teeth or not. Research has now shown that mouth cancer is becoming more common in younger patients and in women. Mouth cancer is on the increase of more than a third compared to the last decade

Sadly, more than 2,000 people in the UK lose their life to mouth cancer every year. Many of these deaths could be prevented if the cancer was caught early enough. As it is, people with mouth cancer are more likely to die than those having cervical cancer or melanoma skin cancer.

What can cause mouth cancer?

Most cases of mouth cancer are linked to tobacco and alcohol. Smoking Cigarettes, cigars or a pipe are the main forms of tobacco use in the UK. However, the traditional ethnic habits of chewing tobacco, betel quid, gutkha and paan are particularly dangerous.

Alcohol increases the risk of mouth cancer, and if tobacco and alcohol are consumed together the risk is even greater. Over-exposure to sunlight can also increase the risk of cancer of the lips.

A good diet, rich in vitamins A, C and E, provides protection against the development of mouth cancer. Plenty of fruit and vegetables help the body to protect itself, in general, from most cancers

Cut down on your smoking and drinking.
For smoking advice contact 0800 622 6360
email info@smokefreelifeberkshire.com

What are the Signs of Mouth Cancer?

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips.

Mouth cancer can appear as a painless mouth ulcer that does not heal normally. A white or red patch in the mouth can also develop into a cancer. It is important to visit your dentist if these areas do not heal within three weeks. Mouth cancer can often be spotted in its early stages by your dentist during a thorough mouth examination. If mouth cancer is recognised early, then the chances of a cure are good. However, too many people come forward too late, because they do not visit their dentist for regular examinations.

The dentist examines the inside of your mouth and your tongue with the help of a small mirror, lips, neck glands, tongue, cheeks, palate and gums. Remember, your dentist is able to see parts of your mouth that you cannot see easily yourself.

If your dentist finds something unusual they will refer you to a consultant at the local hospital who will carry out a thorough examination of your mouth and throat. After more tests, if the cells are found to be cancerous and the area or ulcer are small and spotted early, the chance of a complete cure are good.'

It is important to visit your dentist regularly, as often as they recommend, even if you wear dentures. This is especially important if you smoke and drink alcohol.

When brushing your teeth, look out for any changes in your mouth, and report any red or white patches, or ulcers, that have not cleared up within three weeks.

If you have any concerns, please do not hesitate to contact us on 0118 9868167





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Appointments at short notice

We have emergency slots available every day. If you need to be seen urgently please telephone us as soon as possible before 8.00am .

In addition, the receptionists keep a short notice cancellation book so that they can contact you should an appointment become available, we can then contact you should there be a cancellation.

Staff News

We are happy to welcome and introduce to you our two new members of staff at the practice. Monica Gurung our decontamination Technician and Lilia Ungureanu a Qualified dental nurse.

Monica



Lilia



Lilia is covering maternity leave for Eloise who gave birth to a baby girl, Niamh on 21st August Congratulations to Eloise and partner Anthony.

Reminders

We know that our appointment reminders by email and text are greatly appreciated. Please keep your mobile number and email address up to date and let us know how you prefer to be reminded.

Please note that you should not rely on these reminders as modern technology does fail so please continue to use our appointment cards and diaries as well.

Please be assured we will not use your details for any other purposes.

Feedback

We welcome patient feedback and we would love to hear any comments and suggestions that you may have.

You may use our suggestion box located in the reception area or alternatively we would love to hear your comments on our website.

Did You Know?

Prosecco lovers could end up with rotten teeth because of the alcoholic drink's high sugar content, dentists have warned. Experts are calling the problem 'prosecco smile' and think it could get worse due to the popularity of the beverage. It starts with a white line just below the gum, which if you probe it is a little bit soft, and that is the beginning of tooth decay which can lead to fillings and dental work.'

Women were at higher risk because they buy the Italian sparkling wine more than men.

Women especially enjoy prosecco but unlike wine, which you often have with a meal, it is very easy to just keep sipping prosecco and have a few glasses without noticing.

It is acidic and it has sugar in it so, while a few glasses are fine, if you drink too much of it you are going to have a problem.

It's suggested waiting a few hours to brush your teeth after drinking the alcohol as this would give time for the enamel to harden.

But ultimately the best way to prevent damage to teeth would be to cut down on the alcohol.