

Smile analysis

Our aim is to boost your confidence with a smile you can be truly proud of. This brief questionnaire should help you to identify any aspects of your smile that could be enhanced. If you would like to discuss how we can help with any improvements, please bring this along to your next appointment.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1) Do you like the colour of your teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Do you have a space between your front teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do your front teeth protrude or stick out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Are your front teeth crowded or overlapping? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) When you smile broadly, are your teeth all one colour? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Do you cover your mouth when you smile, or make sure it is closed when you are having your photograph taken? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Do your teeth have white or brown stains? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) If your front teeth contain tooth coloured fillings, do they match the shade of your teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) In a full smile, the back teeth normally show. Are your back teeth free of stains and discolouration from unsightly restorations? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Do your restorations (fillings, veneers and crowns) look natural? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Are your gums pink and healthy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Is your mouth free from decay or gum disease that can cause bad breath? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) If you could alter your smile, what would you most like to change? | | |

Beautiful smiles & younger looking skin

Here at the Dentist at Chiswick we can offer a range of the very latest treatments to improve your smile, from simple solutions for small imperfections to full smile makeovers.



Tooth whitening is becoming increasingly popular.

It can make a huge difference to the way your smile looks by erasing stains caused by tea, coffee, red wine or smoking, and whiten teeth which have become naturally darker over the years.

Dental implants are the next best thing to still having your own teeth.

They are strong, comfortable and very natural looking. Implants can be used to replace one or more teeth and unlike dentures they are permanent so don't move around!

As well as treatments for your teeth we offer facial aesthetic treatments.

These can be used for a variety of purposes, such as enhancing your lips to make them appear fuller and less lined around the edges, helping to reduce facial lines and wrinkles, and to generally improve your facial contours.

Please get in touch if you would like more information about any of our treatments.

Opening hours

Monday	9.00am - 5.30pm
Tuesday	9.00am - 7.00pm
Wednesday	9.00am - 7.00pm
Thursday	9.00am - 5.30pm
Friday	9.00am - 2.00pm



'word of mouth'

Catherine Jaques

We would like to introduce Catherine, our newest team member, who has joined us as our new receptionist.

Originating from Vancouver in Canada, Catherine has many years of experience and will be happy to answer all your questions. Please feel free to call 020 8994 1525, email info@dental dental.co.uk or text 07792 693151 with any dental queries.

Becky, our previous receptionist recently became engaged and has decided to move to Australia with her fiancé. We wish them both the best of luck.

If you have been satisfied with the service you have received here, please recommend us to your friends and family. Thank you for your support.



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

