

# Word of Mouth



November is Mouth Cancer Action Month and research shows that dentists play a vital role in the early detection of the disease, which claims one person's life every five hours in the UK. Please don't skip the appointments that could help save your life and call us immediately if you have any concerns.

Autumn 2010



## Coffee cuts mouth cancer risk

GOOD news at last for coffee lovers! A recent study has found that drinking five cups of coffee a day could cut the risk of mouth cancer.

According to research those who enjoy a regular coffee fix are over a third less likely to develop cancer of the mouth or throat than those who do not drink coffee.

Researchers from the University of Utah in Salt Lake City found evidence to suggest that some of the ingredients in coffee can decrease the risks of mouth cancer.

The study found that caffeine was unlikely to be the magic ingredient, as drinking large quantities of tea offered no protection against mouth cancer. Chemicals, cafestol and kahweol, were considered most likely to be the beneficial elements, as they have anti-cancer properties.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter, said: "Many people enjoy coffee, but often worry about the risks it has for their health – possibly high blood pressure. But this study shows that drinking coffee can actually have beneficial effects."

Those who drank less than five cups a day are also less likely to be diagnosed with the illness, with their risk of mouth cancer decreasing slightly with each cup they drink.

Mouth cancer is one of the fastest growing cancers in the UK, with around 5,000 people being diagnosed each year.

Usually more common in men over 40, the numbers of women and young people being diagnosed are rising.

Tobacco is still considered to be the main cause for mouth cancer, with tobacco and alcohol contributing to at least three-quarters of cases. However, the protective effect of coffee was not reduced in smokers or drinkers.

The HPV virus, which is transmitted by oral sex, has recently been identified as another key risk factor and an unhealthy diet can also contribute. The Foundation advises an increased intake of fruit, vegetables, fish and eggs, as growing evidence suggests these can lower risks.

It also emphasises that early detection is vital, saying the chance of survival can increase from 50% to 90% if the disease is caught early.

Early symptoms include: an un-healing mouth ulcer, red or white patches in the mouth, unusual swelling, or lumps in the mouth. If you are suffering from any of these symptoms call us immediately on 01454 412053. More information can be found by visiting [www.mouthcancer.org](http://www.mouthcancer.org)

### Providing quality care to our patients

From April 1st 2011 a new overarching regulator, the Care Quality Commission (CQC), will commence regulating all dental practices in England. It aims to bring a unified approach to the regulation of health and social care and has introduced what it calls a 'common sense' set of standards for quality and safety, and a clear process for facilitating a swift response to concerns and issues.

We are been working busily in the background to prepare for the changes we must implement as a result of CQC and while we already had many of the systems and protocols in place, there are some changes that we are making in order to comply that you may notice in the future. For instance there will be new documentation to sign before we undertake particular treatments, changes to who can give consent to treatment, and in the case of children, the fact that they must now be accompanied by a parent or grandparent rather than a brother or sister. We will of course be on hand to provide specific information of any administrative changes as and when they arise.

We will also need to make a considerable investment to comply with new cross infection and decontamination regulations.



We are in the process of converting one of our downstairs rooms into a dedicated decontamination unit and will need a nurse to manage this process. New regulations stipulate that the decontamination of instruments must not occur in patients' presence therefore examination time is potentially impinged upon by cleaning time.

Our investment in a separate decontamination area underlines our ongoing commitment to patient care and means that we can continue to offer an unhurried, thorough consultation because decontamination is undertaken in another part of the practice.

Enjoy a whiter  
Christmas!

Tooth whitening  
Was £350 ~ Now £299

Call now on 01454 412053 to  
book an appointment.

Offer ends 31.01.11

Clinical excellence with a gentle touch · [www.bankcottage dental.co.uk](http://www.bankcottage dental.co.uk)

# Spotlight on - tooth grinding

## First Bruxism Awareness Week is launched

The UK's first Bruxism Awareness Week runs from October 25 to 31 and it aims to make people aware of this painful condition and offer support to sufferers.

Bruxism - tooth clenching and or grinding - is a condition that affects around 50% of the population. It is often stress related and is the main cause of tooth wear and breakage, disorders of the jaw (pain and limited movement) and headaches and migraines. Both children and adults are affected but it is most common in 25-44 year olds.

It has been reported recently that there has been a 20% increase in patients suffering with bruxism.



Signs that someone could be suffering from the condition can include:

- waking up with a headache, earache, jaw or facial pain that eases as the day goes on
- signs of wear and tear of the teeth
- increased tooth sensitivity, flattening, cracks or broken fillings.

Help is available. Please don't suffer in silence - talk to us about specialist splints and mouth guards that can be custom-made to relieve the symptoms.

Bruxism Awareness Week is supporting the Help 4 Heroes charity and is hoping to raise £1,000. Many people suffering from Post Traumatic Stress Disorder are also found to grind their teeth.

## Hollywood actress makes shocking dental confession

CELEBRITY A—Lister, Jessica Simpson, has admitted that she only brushes her teeth a few times a week.

The 29-year-old actress and singer made the shocking confession during a live chat show interview. She said: "I only brush my teeth maybe three times a week - I don't brush every day.

"It's because my teeth are so white and I don't like them to feel too slippery, but I do use Listerine mouthwash and I do floss every day. My lips just slide all over the place. I can't catch up with my mouth, so I need a little coating. I know it's gross, but I always have fresh breath."

The British Dental Health Foundation emphasises that brushing teeth twice a day is crucial to maintain a healthy smile.

The Foundation's Chief Executive, Dr Nigel Carter, said: "Brushing is important because it removes plaque, which if left can build up on the teeth and cause tooth decay and gum disease. In fact, a good dental care routine can prevent most dental problems and decrease the need for treatments such as fillings and extractions.

"Past studies have found connections between oral health and serious illness and conditions such as heart disease, strokes, diabetes and premature births. Caring for teeth should be something everyone makes time to do, as keeping your teeth healthy can help keep your body healthy too."

### Practice News

#### Christmas fair

Come and join us for a coffee and mince pie whilst visiting the Castle Street Christmas Fair on Saturday, December 4.

You can also take part in our free raffle, which gives you the chance to win an electric toothbrush.

#### London marathon

Our dentist Mike Furlong and receptionist Angela Bushell have secured places in the 2011 London Marathon.

They have already started their training regime so look out for them pounding the streets.

#### Medication

To allow us to treat you safely we request that our patients tell us about any medication they are taking.

This includes the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs. For example, some antibiotics make the contraceptive pill less effective, so you will be advised to take extra precautions. If in doubt, just ask.

### Recommend a friend

*The biggest compliment you can pay us is to recommend our practice to your friends. So, if you know someone who needs a caring, friendly dentist please give them our details.*

*For every new patient who joins us we will donate £10 to The Smile Train, a charity which helps children worldwide who suffer from cleft lips and palates.*

### Bank Cottage Dental

14 Castle Street  
Thornbury  
Bristol  
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#### Opening hours

Monday: 9am - 5pm  
Tuesday: 9am - 5pm  
Wednesday: 9am - 5pm  
Thursday: 9am - 5pm  
Friday: 9am - 5pm

#### Christmas opening hours

Dec 24: 9am - 12noon for  
emergency treatment  
Dec 25 - Jan 3: closed  
Jan 4: open as usual  
Call 01454 412053 for  
emergency information

info@bankcottage dental.co.uk  
www.bankcottage dental.co.uk

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