

The number of teeth we have could tell us how long we will live!

Tooth loss can be used as a major predictor to somebody's life expectancy, according to new research.

The research, published in the Periodontology 2001, found that the number of teeth we lose can be a key indicator to our quality of life and that those who have a full set of teeth when they are 74 are significantly more likely to reach 100 years old.

The study shows that there was a clear evidence that tooth loss is closely related to 'stress' during a person's lifetime. This includes a person's specific social, emotional, economic and educational experiences as well as health issues such as chronic disease, genetic conditions, nutritional intake and lifestyle choices.

Evidence showed that people who had lost five or more teeth by the age of 65 were also more likely to suffer from other serious health issues such as cardiovascular disease, diabetes and osteoporosis which could severely limit a person's life expectancy. Many of these illnesses have been previously linked to as person's quality of life and their socio-economic status.

With such a close relationship between our oral health and quality of life, leading health charity, the Oral Health Foundation, is encouraging people to ensure they pay close attention to the health of their mouth and visit their dental team regularly to check for any signs of disease which could lead to tooth loss.

Speaking on the issue Dr Nigel Carter OBE, CEO of the Oral Health Foundation, said: "There are many reasons why somebody can lose their teeth, it could be down to trauma, smoking or just a continued poor oral health routine, it can also be related to gum disease which is closely linked to health conditions such as heart disease and diabetes.

"What this piece of research suggests is that tooth loss can often be a signifier of a poor quality of other areas of a person's lifestyle and therefore a higher likelihood of someone having health issues because of this.

"Importantly it also shows that diseases associated with tooth loss, such as gum disease, can also contribute to an increased risk of life limiting diseases.

"It is very evident that what is going on in our mouths can really be a useful window to our overall health. It is therefore vital that we take proper care of our mouth and pay close attention to what is happening as it could be a sign of something more serious."

People should to abide by three simple rules for looking after their oral health; brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste; cut down on the amount of sugary foods and drinks and how often you have them and visiting your dentist regularly, as often as they recommend, by doing so it is possible to help prevent disease, not only in the mouth but the whole body too.

"Tooth loss itself comes with its own problems, it can lead to issues with eating and therefore a person's ongoing nutrition and even create problems with their ability to communicate.



Mouth Sports Guards

Why wear a mouthguard

With no mouthguard, a blow to the lower face sends a shock wave through the skull.

A direct impace can fracture front teeth.

In some cases forces can fracture the lower jaw or will travel through the jaw joint (TMJ) into the base of the skull causing a concussion.

Mouthguards act like a shock absorber, both spreading the force over a larger area and increasing the time for the peak force to occur.

A custom made sports guard is essential to protect your teeth when taking part in all contact sports.

We recommend a sports guard especially for rugby,

hockey, boxing, basketball and martial arts.

A simple impression will provide maximum protection. It is important to remember damaged teeth do not grow back and will be lost earlier than normal.

Protect that perfect smile!

Wear a mouthguard.



Tooth whitening

FACTS ABOUT TOOTH WHITENING

1. A third of all cosmetic dental treatments carried out involves tooth whitening.
2. Few people have brilliantly white teeth, and your teeth naturally become discoloured as you get older.
3. 'Hydrogen Peroxide' or 'Carbamide Peroxide' are the active bleaching ingredients which are used in tooth whitening.
4. Most tooth whitening products bought over the counter do not contain enough peroxide to be effective and are unlikely to change the colour of your teeth.
5. Tooth whitening only works on natural teeth and will not work on dentures, crowns or veneers.
6. Most tooth whitening treatments normally take three to four weeks to complete. Some treatments like 'power whitening' can be completed in one visit.

7. Tooth whitening can last for up to three years.
8. Known short-term side effects of tooth whitening can include increased tooth sensitivity, sore throats and white patches on the gum line.
9. Whitening toothpastes do not affect the colour of your teeth, but may be more effective at removing staining to restore the tooth's natural colour.

FIVE TIPS FOR TOOTH WHITENING

1. Seek advice from your dentist if you are considering using a home whitening kit.
2. Always have your teeth whitened by a registered qualified dental professional.
3. Always get a written estimate of the cost of tooth whitening before treatment. You should expect to pay more for 'laser' or 'power whitening'.
4. Cut down on food and drinks which stain your teeth such as tea, coffee, red wine and

blackcurrant juice.

5. Always look for the British Dental Health Foundation approved logo on the packaging of oral care products. This is a guarantee that the claims made about the product have been scientifically and clinically checked by an independent panel of experts.

Whitening toothpastes

There are several whitening toothpastes on the market. Although they do not affect the natural colour of your teeth, they may be effective at removing staining. Therefore, they may improve the overall appearance of your teeth. Whitening toothpaste may also help the effect to last, once your teeth have been professionally whitened.

Botox at Petre

Colin has been offering botox and fillers at the practice for the last 6 years.

The treatment is safe and virtually painless and results are visible within 3-7 days, lasting for 4-6 months.

Patients who have had treatments over 12 months may only require further treatments every 6 months.

Costs:

1 Area £140

2 Areas £185

3 Areas £220

Lip & Dermal fillers from £250



Bizarre dental facts.

With the UK's average life expectancy currently standing at 81.5 years, if a person brushes their teeth for two minutes twice a day over the course of their life it would equate to 118,990 minutes - the equivalent of 1,983.16 hours or slightly more than 82 days.



The enamel on the top surface on your tooth is the hardest part of your entire body.

In the first adult dental health survey in 1968 over one third of the population (37%) had no natural teeth - it is now about 6% of adults.

More than one in ten (14%) of people find cleaning the toilet more appealing than flossing every day.

The average person produces over 5,000 gallons of saliva in a lifetime - that's enough to fill 78 bathtubs.

Our 'smile comes top of the thing we first notice when meeting a new person.

A toothbrush came top of the list of things we could not do without when we go on holiday.

If we only had five minutes to get ready in the morning, one in twenty would skip brushing our teeth.

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