

## SPRING NEWSLETTER 2017

### Practice News



In February this year we upgraded our IT system and installed a new digital processor for taking X-rays. Digital X-rays have many advantages:

- Images that are easier to store and examine. This helps with our diagnosis and treatment planning.
- Images are easier to forward on with referrals and this reduces the need to take multiple X-rays.
- No chemicals required, therefore better for the environment.
- Potentially lower radiation exposure.

### Upgraded Website

We have recently updated our website with new practice information and staff photographs.

Check out our new  
upgraded website

[Kendaldentalcare.co.uk](http://Kendaldentalcare.co.uk)



We will also be adding regular updates to our facebook page.

Watch out for some new competitions and Like and Share us for a chance to win some dental goodies.

### Spring/Summer Holidays & Bank Holidays 2017

The practice will be closing for holidays on the following dates this year

#### Bank Holidays

Friday 14<sup>th</sup> April

Monday 1<sup>st</sup> May

Monday 29<sup>th</sup> May

Monday 28<sup>th</sup> August

#### Practice Holidays

Monday 17<sup>th</sup> April - Friday 21<sup>st</sup> April

Monday 25<sup>th</sup> Sept - Friday 29<sup>th</sup> Sept

During this time emergency cover will be provided.

Please call the practice number on 01539 720302 for details of who to contact for emergency dental treatment.

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### Childrens tooth decay on the rise in England

For the fourth year in a row the number of children undergoing dental extractions has increased.

In 2014-2015 there were 33,781 cases of children aged 10 and under requiring the removal of one or more teeth - a rise of 3% on the previous year.

Sarah Hurley, Chief Dental Officer for NHS England, described the figures as disappointing. She said children in England drink more sugary drinks than anywhere in Europe. "Even though people understand the impact of a sugary diet, so many children have advanced tooth decay - a highly preventable disease" She added "We are also creating a legacy of obesity and health problems. If we are to get serious about tackling this then prevention is the key".

Over the four year period there were 128,558 cases in total of children having teeth removed because of tooth decay. The 2014-2015 figures show a 9.8% rise from the 30,761 recorded in 2011-2012.

Professor Nigel Hunt from the Royal College of Surgeons said "An almost 10% increase in the number of children being admitted to hospital for tooth extraction due to decay over a four year period is unacceptable". He added "The need for tooth extraction continues to be the number one reason why 5 to 9 year old children are admitted to hospital". He also said that poor oral health education was another reason for the rise.

### What is tooth decay?



Tooth decay is caused by plaque collecting on your tooth, mainly around the gum line, in the grooves on the biting surfaces and below the points where the teeth touch each other.

When we consume food and drink high in carbohydrates, particularly sugar, the bacteria in plaque are able to convert these sugars into energy. During this process they produce acid. These acids are able to break down and destroy the hard outer layer of your teeth - the enamel.

Once these acids have broken through the enamel, the bacteria are able to enter the tooth and they can cause more damage. In the early stages these holes are usually painless but they can grow very large. This can result in harm to the pulp (the bit in the middle of your tooth, which is alive) causing it to die off. Pain and infection can follow.

Eating food and drink high in sugars and particularly snacking in between meals increases your risk of tooth decay