

Summer Newsletter 2015

Welcome to our Summer Newsletter which provides news and updates about the practice and staff, plus useful information about how to maintain your dental and oral health.

Practice News



NHS Friends & Family Test

In April this year we introduced the NHS friends and family test.

This is a new initiative brought out by the NHS to give patients an opportunity to give feedback on the services that provide your care and treatment.

Whilst we are primarily a Denplan practice, we treat children on an NHS basis and this gives parents and children an opportunity to provide feedback about the dental care their children receive & to help us improve our services. It is entirely optional & completely anonymous.

If you would like to take part please complete a form and post it in the feedback box in Reception.

How much toothpaste should children use?

A recent Cochrane study reviewed the levels of fluoride ingestion in children under the age of 6.

The study found that children may be ingesting more fluoride than is necessary and guidelines have been set for how much toothpaste is required for cavity protection and at what concentration.

For children aged 6 and under the best combination is to use a higher concentration toothpaste containing at least 1450 ppm in a very small quantity:-

Children aged under 3 years should use only a smear of toothpaste



Children aged 3 – 6 years should use a pea sized blob of toothpaste



Practice Holidays

SUMMER

Monday 6 July – Friday 10 July

OCTOBER

Monday 5 October – Friday 9 October

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Dental Health Focus

Tooth Decay in Children



Tooth decay among children has increased significantly in recent years and is now the leading cause of hospitalisation in 5 to 9 year olds. In 2013 – 2014 figures from the Health and Social Care Information Centre found that the number of hospital admissions for 5 – 9 year olds with dental problems was over 25,000, which constitutes a rise in more than 3000 since 2010.

Dental Caries

Excessive sugar consumption presents a huge problem in children and it is estimated that those aged 4 – 10 currently consume up to 50% more sugar than is recommended.

Even babies could be at risk as shop bought products contain fewer nutrients than homemade foods and some contain high levels of sugar. This can create a preference for sweet foods in babies and ultimately lead to tooth decay in early childhood.

Public Health England has already launched a Change4life campaign to encourage parents to cut down the amount of sugar their children consume. The campaign allows families to register for free sugar swap packs filled with hints, tips and recipe suggestions. Go to NHSUK/change4life for more information.

Changing Behaviours

It is imperative that parents are encouraged to develop and maintain a regular oral health routine for their children. Effective tooth brushing should start as soon as their first primary tooth erupts.