



rosebank
dental practice

Creating
Beautiful
Smiles

Produced for the Patients of Drs. Shameek Popat & Nejal Joshi

Winter 2010

fromthedentists

The last few months have been very busy at *Rosebank*. Just this last week I was privileged to be able to have dinner with my very own mentor, Dr. John Kois. Some of you may be aware that over the last three years I have been travelling to *Seattle*, to complete a nine module course at the world renowned *Dental Centre of Excellence - The Kois Centre*. Therefore to meet Dr. Kois here in London and spend time with him was a real pleasure.

A few weeks ago, I was also proud to attend the *British Academy of Cosmetic Dentistry Conference in Edinburgh*. It is an opportunity to meet some of the UK's leading dental surgeons and find out more about the leading-edge-technology available on the progress of Cosmetic Dentistry. I really enjoyed the hands on course on *Lasers in Dentistry*. This will make soft tissue procedures easier for the dentists and more comfortable for the patients.

Finally, we are proud to announce that *Rosebank* has been shortlisted for the second year running for the coveted award for *The Best Practice in the South East 2009*. As always we try to continue to deliver our best and are glad that our efforts have been noticed once again by the esteemed judging panel, made up by the top members of the dental profession. The competition was of a high standard and *Rosebank* battled against a whole host of other practices in the region to reach the shortlist. We shall be attending the black tie ceremony in Leicester. Last year it proved to be the largest event in the dental UK calendar and we are really looking forward to it.

- All at *Rosebank Dental*



Dr. S. Popat



Dr. N. Joshi

A time to celebrate what is
yet to come...



We are committed to preventive dental care!

Dentistry Celebrates!

Collaborative science ... making tooth regeneration possible

Dental science has come a long way since 1953 when Francis Crick and James Watson deduced the double helical structure of DNA. The pair built upon scientific knowledge that started with Darwin's principles of natural selection. Thanks to the advent of computers and international co-operation, scientists involved in the Human Genome Project have identified thousands of genes. A genome is a description or a map, of how, what, and even who we are.

Many fields of medicine and science have benefited, including dentistry. An exciting benefit? The possibility of eventually mastering the science of tooth regeneration – the ability to routinely grow 100% real replacement teeth. And as with all scientific discoveries, there'll likely be many additional unanticipated benefits. Understanding the genetic code to human dentition is only a first step on the path to more discoveries.



Frank Casparillo, ADA Johnson Space Center, Penn. State, Lockwood Martin



What's All The Fuss About?

We've all heard that drinking milk builds strong teeth and healthy bones.

For most of us, that pretty much sums up the link between diet, fitness, and oral health. But in fact, it's way more complicated than that...

According to the *Academy of General Dentistry*, more than 90% of all systemic diseases show up orally. Your dental health care providers may be the first to identify a potential health problem.

The links may sometimes seem precarious. What *does* your weight have to do with your oral health? Well, obesity – along with diabetes and cardiovascular disease – has reached epidemic proportions. It has a

direct link not only to these diseases, but to poor oral health through poor nutrition. Proper diet and exercise can go a long way to lessen the symptoms of these diseases.

What does this mean for you and your family? If you eat healthily and exercise to maintain weight and fitness levels, you will be well on the way to avoiding cavities, periodontal disease, cardiovascular disease, and diabetes.

Keeping your regular recall appointments, and providing us with your medical and dental history, may help identify diseases in their earliest stages. And be sure to inform us of any recent health problems – even if they seem unrelated to your mouth.

Our tendency to eat on the run – along with the easy accessibility of processed convenience foods, fast takeouts, sweets, and snacks – contribute to these alarming statistics:

Obesity is a modern problem – statistics did not even exist 50 years ago.
Most adults in the UK are overweight.
Overweight is defined as roughly 10-30 pounds over your doctor recommended healthy weight; obesity is 30+ pounds.
The World Health Organization predicts more than 700 million obese adults by 2015.
British officials are considering a ban on fast food near schools.

Men's Oral Health

Looking good on the inside *and* the outside

Traditionally, men have been more likely than women to ignore their oral health, even though it is linked with longevity and an attractive appearance. It's been said that many men take better care of their cars than their oral health! A survey of UK adults found that men take less care of their teeth than women, and they were also less likely to seek professional help for dental problems. This tendency toward dental neglect



before



after

may be disappearing as more men are returning to the dental practitioner's practice because of – *surprise* – an increased interest in their appearance!

Grooming items for men have become a €2.5 billion industry, and coinciding with this trend, men are increasingly requesting non-invasive cosmetic dental procedures like whitening, veneers, and bonding to improve their appearance.

Bonding can mask deep stains, repair small cracks or chips, and fill gaps. **Contouring** can reshape teeth, and **whitening** can brighten most smiles with ease. **Veneers** and **crowns** can restore damaged teeth to their original shape, function, and look.

Three out of four individuals believe that an unattractive smile can hinder careers. Improving your smile power is an excellent reason to make dental visits a regular thing. We'll always encourage you to maintain your oral health *and* your appearance.

Do You Have These Symptoms?

Men are more likely to have periodontal disease than women, but periodontal disease should be of concern for the whole family. Periodontal disease occurs when plaque and tartar are allowed to build up. It is the leading cause of tooth loss among adults. Please phone our practice if you have any of these symptoms:

Bleeding gums during brushing;

Red, swollen, or tender gums;

Loose or shifting teeth;

Persistent bad breath.

Just don't open
too wide!

Yawn & The Whole World Yawns With You

Thinking about yawning, or seeing someone yawn, can make you yawn. So can listening to an audiotape of a yawn. And just reading this article could set you off ... but we don't know why.

Research suggests that we yawn when our state of alertness is changing. We know it isn't to get more oxygen – lungs can't sense oxygen levels, and pre-borns yawn even though their lungs aren't ventilated. Scientists think that yawning is a reflexive throwback to prehistoric times.

Extreme yawning can place stress on your jaws, causing them to lock or to become sore. Yawning can trigger symptoms of *Temporomandibular Joint Disorder* (TMD), so if you suffer from TMD, just don't open too wide! And watch out... yawning is contagious!



OPEN DAY AT ROSEBANK

I would like to offer a heartfelt thank you to all the people who came to visit us at *Rosebank* on our very first ever *Open Day at the end of October*. Also, I would like this opportunity to also thank my fantastic staff for all their hard work on the day. We were really excited that so many people came. We wanted to showcase the new treatment room and the new patient lounge as well as give people the opportunity to meet and informally chat with any members of the *Rosebank staff*. Needless to say, we managed to drink dry a lot of bottles of champagne on the day!! It was a huge success and the feedback we have received from people has been great. We were inundated by people who wanted to ask from very simple to some very testing questions. It was a pleasure to introduce the two newest members of staff to everyone who came – *Dr. Richard Brookshaw*, our own Implant Surgeon and *Dr. Kalpesh Bavisha* our Periodontal and Restorative Consultant.

We were also delighted to welcome back *Dr. Gordon Black* and his wife *Ishita* and their lovely son, *Rowan* – who was the *Star of the afternoon!*



practiceinformation

Rosebank Dental Practice

Dr. Shameek Popat

Dr. Nejal Joshi

Shire Lane

Chorleywood, Hertfordshire

WD3 5NH

Practice Hours

Monday	8:30 am	–	17:30 pm
Tuesday	8:30 am	–	17:30 pm
Wednesday	8:30 am	–	20:00 pm
Thursday	8:30 am	–	17:30 pm
Friday	8:30 am	–	17:30 pm
Saturday	9:00 am	–	13:00 pm*

*By appointment only

Contact Information

Tel 01923 282691

Email info@rosebankdental.co.uk

Web site www.rosebankdental.co.uk

**Communication is important
to us – don't be
afraid to ask questions!**



Brace Yourself Invisalign® is the clear choice

Orthodontics is the branch of dentistry that corrects teeth that are crowded, protruding, or too far apart. Until recently, orthodontic treatment was focused mainly on teenagers, and the preferred method was metal train-track braces. Today, about 20% of orthodontic patients are between twenty and sixty years of age.

Dental researchers have produced a revolutionary new technique that has brightened the smiles of thousands of patients. The system is called *Invisalign®*, and it's the invisible way to straighten teeth using a series of custom-made, nearly undetectable aligners.

Here's how it works. During consultation, we decide if *Invisalign* is right for you. We create a treatment plan, take an impression of your teeth, and submit it to *Invisalign* who translates our instructions into a series of medical-grade plastic aligners. Each one of your comfortable aligners is precisely calibrated and manufactured to fit snugly over your teeth and gently move them through every stage of your treatment plan. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because *Invisalign* aligners are removable, you can still enjoy your favourite foods and smile without holding back. With *Invisalign*, there's nothing to avoid and nothing to hide!

We welcome you to call our sister practice **Chorleywood Orthodontics** to arrange a free consultation to ask questions.

The choice is clear!

Please call 01923 283461 to arrange a free consultation before 30th January '10.

