



rosebank
dental practice

Creating
Beautiful
Smiles

Produced for the Patients of Drs. Shameek Popat & Gordon Black

Summer 2008

fromthepractice



Dr. S. Popat



Dr. G. Black

Thank You...

We want to thank each and every patient for your ongoing support and loyalty to *Rosebank Dental Practice*. We have had a busy few months and have increased our dentist sessions with the assistance of our new hygienist, Heather, who is now available on Fridays.

We also want to congratulate Dorothy from Northwood for winning the tooth whitening competition! We will try to put her before-and-after photos in our next newsletter.

Patients often comment on the Olympic poster on my ceiling. I received it when I qualified from *Guy's Hospital* fifteen years ago and it's become my good luck charm! It is a bit tattered and faded, and as the whole room has changed and been updated, the poster has remained... Hopefully, it will always provide new things to discover when we look at it.

Yours in good dental health,

Drs. Shameek Popat & Gordon Black

Keeping You Informed

The mouth-body connection

As you know, we here at *Rosebank Dental Practice* spend a great deal of time on continuing education to always remain progressive and innovative. Scientific and cosmetic improvements are taking place at rapid speed and we believe it is our responsibility to keep you, our valued patients, informed of changes as they take place.

For instance, there is a great deal of research now being published from the medical community about possible links between gum disease and systemic health concerns such as heart attack, stroke, respiratory disease, and premature births in women. Bacteria living in periodontal pockets can cause infection and swelling of gum tissues, allowing bacteria to enter the bloodstream and be carried to the organs or cause inflammation in the arteries.

As with high blood pressure or high cholesterol, patients are often unaware of the problem. For this reason and due to many patients' requests, we are offering sixty-minute hygiene appointments so that we can more thoroughly screen for gum disease and inform and educate you on your periodontal status and treatment needs. This is common practice in the USA



and has proved to benefit patients' oral and systemic health.

If you would like to take advantage of this service, please inform our receptionist when booking your next recare

appointment. The inside pages of this newsletter are focused on *periodontal health*. We hope you find them informative and take the information to heart.

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

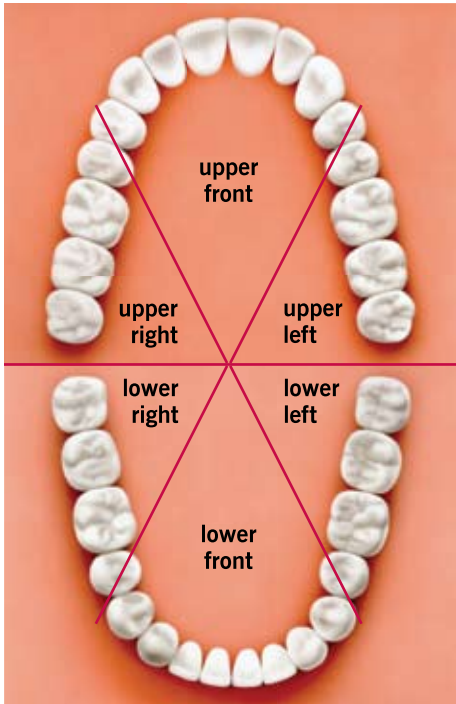
Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Please be sure to read our special announcement inside

Micro-Mapping Your Future



Probe: (prôb) noun: An exploratory action, expedition, or device.

Believe it or not, to a dental professional, probing the micro world of the oral cavity is every bit as absorbing and as important as an explorer's expedition to Everest, or a Cousteau underwater adventure. The oral cavity is a fascinating and complex microcosm, but more importantly – timely exploration could save your smile and perhaps even your life. This is particularly true of the gingivae or gums that make up the tissues surrounding your teeth. Untreated bacterial buildup in the mouth can cause periodontal disease which has been linked to cardiovascular and other systemic illnesses, including diabetes and osteoporosis. Periodontal disease is the number-one cause of tooth loss in adults. Diagnosis and prevention are a top priority.

Probe: (prôb) noun:

A slender, flexible surgical instrument.

The periodontal probe is a specially designed instrument used in a simple three-minute test. It measures, maps, and tracks the health of your gums. Your mouth will be divided into sections, and your "score" will indicate whether further testing is required. This test allows quick, simple, and effective monitoring of your oral health.



Future Wave

Dentistry continues to push the envelope of scientific knowledge.

Scientists can clone, characterise, and identify patterns of a protein in mice that appear to be important to the body's ability to create dental materials. Previously it was thought that these proteins could only form

enamel, but experiments are being done to **regenerate periodontal (gum) tissues.**

Scientists have discovered that a deficiency in white blood cell function can contribute to early-onset or aggressive **periodontal disease.** Bacteria initiate the disease, but when white blood cells can't reach infection sites, a bacterial overgrowth may occur. This opens **an exciting new avenue**

for future treatments.

Developing effective antibiotics presents a greater challenge due to the copious types of bacteria in the mouth. Vaccine experiments have shown promise with animals, but it will be some time before these are available.

The best **cure for periodontal disease?** Prevention and early detection – no matter what the future holds.

Cause & Effect



In an earlier age you might have believed that opening your eyes in the morning caused the sun to come up. It's easy to draw conclusions about cause and effect based on observation ...and then run with them. But now we know better.

Over time, observers developed scientific methods and learned to

exercise caution before drawing hard conclusions. This is especially true when we try to establish cause and effect regarding disease. It takes a whole body of research over a very long time to weed out other contributing factors and to decide just what is affecting what. Applying this to dentistry, if patient

1960s

A Boston study followed 1,231 healthy men. By the late 1990s, the men who started out with bad gums had about twice the death rate as the others, particularly from cardiovascular disease.

1970s

A Wisconsin study followed up on the health of 9,760 Americans surveyed in the 1970s. By 1987, heart disease was 25% more common in those who had gum disease in the first study.

Your Smile Is More Than Your Teeth

When we look at beautiful smiles, it's easy to focus on the teeth, but if you look closely, you'll see that there's more to a youthful, dazzling smile. Pink, healthy gums surrounding sparkling teeth also send out a message of health and youth. If you really want a sunshine smile, take care of your periodontal health!

Your gums aren't perfect? You're not alone. Periodontal disease affects 75% of adults over 35 years of age, and up to 30% of the population may be genetically susceptible. Tobacco use, stress, medications, systemic disease, or fluctuating hormonal levels during puberty, pregnancy, or menopause can all affect the health of your gums.

The earliest stage, known as *gingivitis*, is characterised by red, swollen gums that bleed easily. Gingivitis begins when the bacteria in plaque – the sticky film that forms on teeth – causes inflammation. It's reversible with diligent home care and regular dental treatment.

Periodontal disease is progressive if untreated, and in later stages, only professional dental intervention can help. Advanced periodontal disease (*periodontitis*) can lead to severe inflammation, bone loss, gum recession, and tooth loss.

Healthy gums and teeth mean a healthy mouth – and that's the look you've been looking for!



What We Can Do

[Screening]

To assist with early detection of periodontal disease, periodontal screening is a part of your routine oral checkup.

[Tartar/Calculus Removal]

To remove the hard calcium deposit formed over time when plaque collects and hardens.

[Root Planing]

To remove plaque and tartar deposits that have built up above and below the gumline. The root surfaces are smoothed to help prevent future bacterial deposits.

What You Can Do

[Brush]

To remove food particles and plaque from your teeth, to stimulate your gums, and to clean your tongue.

[Floss]

To remove food particles from between your teeth, plaque from above and below your gumline, and to prevent tartar buildup.

[Mouth Rinse]

To effectively reduce the bacteria that form plaque and tartar, and to freshen your breath. Make sure it's been approved by the Dental Association.

with cardiovascular disease have periodontal disease, which is the cause and which is the effect? Or is one a symptom of the other? Until these questions are answered, the scientific community prefers to talk about *links*.

There is no question about it. There is a body of circumstantial evidence building strong links between

periodontal disease and overall health, and there are two favored theories:

- Bacteria are released from the mouth into the bloodstream, perhaps while brushing, and release toxins. Periodontal plaque has been found on artery walls.
- Bacteria-fighting blood cells give off proteins that could have harmful

effects on the body, and may trigger premature labour by making the uterus contract.

All of the evidence has yet to come in ... but in the meantime, please take care of your periodontal health. Brush, floss, rinse, and attend your regularly scheduled appointments to ensure a lifetime of healthy smiles.

1993

The British Medical Journal published a study that showed 7,610 Americans with periodontal disease had a 25% higher risk of coronary heart disease than those without gum disease.

2000

The Surgeon General's Report On Oral Health In America recognises that oral & general health are linked. The connection between oral health & many diseases is evident, but more study is required.

2002

Studies continue to research the links established between periodontal disease & low-weight pre-term births, osteoporosis, respiratory & heart disease, stroke, & diabetes.

SUPPORT GLOBAL HEALTH And Log on!

Part of *Rosebank's* philosophy is to *be giving* to those who are less fortunate. That is why Dr. Popat is going to trek the highest mountain in Northern Africa – Mount Toubkal (4167m) – for *Dentaid*.

At this exact moment, it is conceivable that more people are suffering from untreated dental decay and oral diseases than any other global health complaint. Over

the last twenty years, oral health has deteriorated significantly in middle and low income countries around the world, and hundreds of thousands are dying every year from preventable infections, oral diseases, and dangerous cultural practices. *Dentaid* aims to improve oral health overseas and in the UK.

As Dr. Popat is paying for all of the expenses for the endeavour himself, all



money donated is going to charity. If you would like to support this worthwhile charity please visit www.justgiving.com/spopat and donate to help Dr. Popat achieve his fund raising target of £1000.

About my Charitable Choice: **Dentaid**

Dentaid is one of the leading oral health charities in the world, having supported almost 200 oral health programmes in over 50 countries. In recent years, the charity has expanded its work from supplying refurbished dental surgeries for charitable projects, to playing vital roles in oral health promotion such as establishing innovative school prevention programmes, and initiating various training schemes encompassing disciplines from equipping rural health workers to carry out basic dental care in remote communities to teaching governments on fluoride advocacy and writing national oral health strategies. Dentaid is also working hard to lobby governments, companies and health organisations to adopt more oral health friendly policies and practices.

Charity Registration No 1075826

dentaid
IMPROVING THE WORLD'S ORAL HEALTH

practiceinformation

Rosebank Dental Practice

Dr. Shameek Popat
Dr. Gordon Black
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

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

Practice News

Congratulations! To Kirsty, Dr Popat's nurse who has just passed her Dental nursing exam and is now a Qualified Dental Assistant. All the nurses at Rosebank are fully registered with the General Dental Council in line with the new regulations coming in from 1st August.

Baby Boom time at Rosebank again!

Ana, one of our hygienist gave birth to a baby boy called Daniel in May. Kerry our locum nurse gave birth to a baby girl called Gracie in June and Tara our receptionist on Fridays is expecting a baby in October. Our best wishes to them all.

Chocolate Boosts Health? *You bet it can!*

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of *Xocai™* dark chocolate, coined "The Healthy Chocolate." Unlike most commercial chocolate that claims to have 80% or higher cacao content – *Xocai* (Sho-sigh) uses its own exclusive "unheated" process that keeps "alive" over 300 ingredients full of antioxidants, eliminating almost all of the fat and sugar typically found in other chocolate. In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the 6th position in the top 10 super foods.

With a very low percentage of people consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like *Xocai* is a delicious option for slowing the aging process, improving your health – and even reducing plaque and gum disease!