

# Who's Who in Chorleywood

## "A smile is the universal welcome"

*Max Eastman, American Poet*

Dr Shameek Popat is the Principal dentist at Rosebank Dental Practice, Shire Lane, Chorleywood. He qualified from Guys Dental Hospital, London in 1993 and obtained the degree of MFGDP(UK) from The Royal College of Surgeons in 1998. He has been in General Dental Practice for a number of years and took over Rosebank 31/2 years ago. Dr Popat works and lives in Chorleywood with his wife and twin girls. He enjoys reading, watching movies, snowboarding, cricket and is a keen Liverpool FC fan.

He says his aim for Rosebank is to protect and maintain patients natural teeth through high quality dentistry, accurate and comprehensive diagnosis and highly proficient technical skills in a safe environment.

His practice philosophy is to offer a service to patients that will exceed expectations and to make dental treatment as positive and painless an experience as possible.

## TIPS ON LOOKING AFTER YOUR TEETH

*with compliments from Dr Shameek Popat*

1. **GIVE** up smoking. There's a well-established link between smoking, gum disease and increased tooth loss. It will also stain your teeth.
2. **USE** a small-headed, soft to medium brush with round synthetic bristles that won't damage your gums. Change your brush whenever it goes out of shape – every three months – so brushing is effective.
3. **USE** a toothpaste with added fluoride. Dental scientists agree that fluoride toothpaste has been the main cause for the decline in dental decay in the last two decades.
4. **IT IS** not always necessary to use a mouth rinse and some are of absolutely no benefit. Ask your dentist which are worth using or look for those containing triclosan, cetylpyrindinium chloride and peroxide – all anti-plaque agents.
5. **CHEW** sugar-free gum. It stimulates saliva which helps clean away food remains and 'remineralises' the mouth after an acid attack.
6. **BRUSHING** too aggressively can lead to receding gums and other problems. Hold your brush at an angle of 45 degrees against the top of the tooth where it meets your gum and use four to five short horizontal movements per surface. Hold the brush like a pen so that you don't apply too much pressure.
7. **REDUCE** your intake of foods rich in refined sugars which can rot tooth enamel. Limit your intake of sugary, canned drinks to one day.
8. **AVOID** sweet drinks before going to bed or during the night. The aggressive colourings and additives in cola and other drinks are so acidic that they actually demineralise the tooth over night, eroding away the enamel on its surface.
9. **AVOID** too much acid in your diet. Citrus fruits, juices, pickled foods and sweetened sports drinks are the worst offenders. The frequency with which you consume these is crucial. For instance, if you sip or nibble throughout the day it is worse for your teeth than downing the whole lot in one go.