

Thank you

We would like to thank all our clients for the trust and loyalty you place in us – we really appreciate it. We are also grateful to those of you who have recommended friends and family to the practice and continue to offer a warm welcome to anyone you feel would benefit from our services.

When accidents happen

Sometimes, no matter how well you care for your teeth, accidents happen and a tooth can be knocked out. By taking a few simple steps immediately, your tooth will stand a much greater chance of being saved.

The most important thing is to preserve the root. Avoid touching the root surface and don't try to clean it. If it is very dirty rinse it with milk – do NOT use disinfectant or water.

The tooth needs to be kept moist. If you can, put it straight back into the socket firmly but gently, and bite on a clean handkerchief to help keep it in place. If you can't, or if you do not have the whole tooth, try and keep it in your mouth next to your cheek (but not in the case of young children or if there is severe injury), or put it into some milk.

Seek emergency dental treatment immediately – the sooner you see us the greater the chance of saving your tooth. However, if you do end up losing it, there are still a number of options which we can discuss with you, such as bridges and implants.

Many accidental tooth losses are caused on the sports field, so it is a good idea to protect your teeth by wearing a mouthguard. Make sure you ask us to custom-make one for you – ready-made ones are available but do not fit nearly as well or offer as much protection.



Congratulations

We are delighted that Anthony's wife Nicci is expecting a baby in August. We wish them all the best during this exciting time.

Mouth cancer

If you ever suffer from mouth ulcers that don't heal, white or red patches, or any other unusual changes in your mouth, please do come and see us straight away – it could save your life.

For these are the main early symptoms of mouth cancer, and early diagnosis can improve your chances of survival from 50% to nearer 90%.

We always look for signs of anything suspicious in your mouth and throat when we carry out our regular check-up examination. If we do spot any potential problems, we will let you know immediately and advise you to see an oral surgeon.

For more information, please ask us or visit www.mouthcancer.org or www.mouthcancerfoundation.org



Spread the cost

If you are considering any of our range of cosmetic treatments you may be interested in interest-free and low interest payment plans from Medenta Finance. It is possible to spread the cost of treatments costing over £4,000 over an appropriate period. Please ask if you would like more details.

Dr Anthony Zybutz
— 39 Harley Street —

Dental Update

Facial aesthetics

As well as providing a full range of treatments to enhance your smile, we also offer a range of facial aesthetic treatments to help you maintain your youthful looks.

We can treat facial lines that have been caused by muscle movements, such as frown lines between the eyebrows and crows feet around the eyes. We can also make your lips look fuller and less lined around the edges and improve your facial contours making you look years younger.

Feedback from our clients has been excellent – they have been pleasantly surprised at how simple the treatment is and they are delighted with the results.



Edited in association with the
British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.
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Special lollipop fights decay

We usually recommend patients to steer clear of lollies, but now a dentistry professor has invented a lolly that fights tooth decay. Available in the United States, the orange flavoured lolly contains a liquorice extract which kills the primary bacteria that cause tooth decay.



Why your medication matters

We are often asked why we need to know about patients' medical conditions and what medication they are taking. The simple answer is that it helps us treat you safely.

We need to know any regular medications you take, and any others that you have taken recently. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

This helps you and us avoid any potential problems. For example, some antibiotics can make the contraceptive pill less effective, so you will need to take extra precautions for a while.

Knowing your medical history helps us understand any signs and symptoms seen in your mouth, and help you with any side-effects from your medication. These can include common issues such as dry mouth or ulceration.

In some cases, we spot signs of illnesses that you are not unaware of, and can advise you to see your doctor. **If your health or medication changes, please do let us know, or give us a call so we can update your records.**



Beckham's smile is a winner!

British football icon David Beckham has one of the best celebrity smiles in the world, according to a new survey.

He was beaten to the prestigious top male smile spot only by film star Brad Pitt, and in fact was the only non-film star to be awarded the accolade.

The survey was carried out among members of the American Academy of Cosmetic Dentistry, who voted actress and super model Eva Mendes' smile the most gorgeous and glamorous of them all.

These days it isn't just high-earning celebrities who can have fantastic smiles. Modern techniques and materials mean that anyone can have their smile enhanced, often at a much smaller cost than they might think.

Tooth whitening can have a big impact on your smile and your confidence, lightening teeth and helping to erase stains caused by smoking or drinking tea, coffee or red wine. And because teeth tend to darken with age, having lighter teeth can also make you look younger!

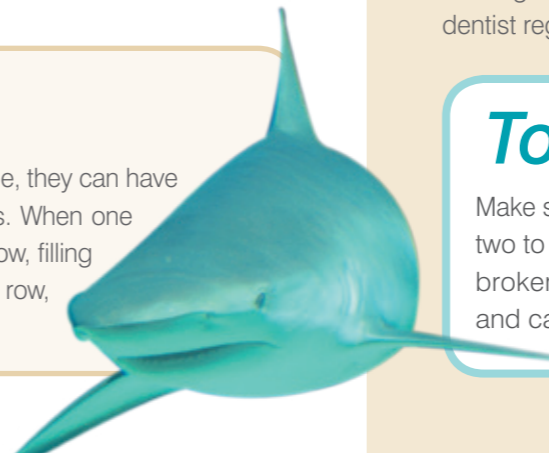
Other treatments include dental veneers, which can disguise a number of imperfections, and dental implants which are strong, realistic replacements for one or more missing teeth.

To find out how you could have a winning smile, please call us to book a consultation.



Sharks' teeth

It's no wonder sharks are so widely feared – at any one time, they can have up to 300 teeth! The teeth are arranged in about five rows. When one is damaged or lost, all the teeth behind it move forward a row, filling the gap at the front. A new tooth then grows in the back row, so the shark is never left toothless.



'Exercise to keep your teeth'

Experts say that people who don't exercise, are overweight and have unhealthy eating habits have a greater chance of developing advanced gum disease and losing their teeth.

A new study shows those who stayed fit and healthy were 40% less likely to develop the condition. Now the British Dental Health Foundation is urging people to take better care of themselves.

Chief Executive Dr Nigel Carter said: "People see the health of their mouth and the health of their body as two very different things, but it is becoming increasingly clear that this just isn't the case.

"We already know that poor oral health can have a negative effect on the rest of your body, and the fact that gum disease increases your chances of developing heart disease, heart attacks, diabetes, strokes and low birth weight babies needs to be taken very seriously indeed."

Other ways of helping to avoid gum disease include brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth and around the gumline, cutting down on sugary food and drinks and visiting the dentist regularly.

Top tooth tip

Make sure you replace your toothbrush at least every two to three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.

