

# Practice newsletter

Autumn/Winter 2009



WHITE HOUSE DENTAL CLINIC

**Dental Surgeons:** Dr P Hanna BDS and Associates

**White House Dental Clinic** 33 Langney Road, Eastbourne, East Sussex BN21 3QD

**Tel:** 01323 725224/730406 **Fax:** 01323 410447

**Email:** info@whdental.com **Web:** www.whdental.com

## Dr Hanna's advice on implants

What may come as a surprise, is that the loss of even one tooth can have far reaching effects. It can compromise eating habits and speech, and can even change the appearance and shape of one's mouth and face.

Dental implants provide the ideal solution to dental 'gaps' and an alternative to dentures.

**What are implants?** Dental implants are usually small titanium screws fixed into the jawbone to act like the root of a natural tooth. Implants allow the tooth to function completely independently of the adjacent teeth, providing a permanent, healthy and attractive solution.

**What are the benefits of implants?** Implants preserve the integrity of your facial structure and replicate your natural teeth as closely as possible, both in function and appearance. They also overcome the disadvantages of bridges and dentures that do not preserve bone and can necessitate the grinding down of adjacent teeth to fit.

**What is your advice to people thinking about getting implants?** Before embarking on this treatment, it is important to establish exactly what procedure is proposed, what experience the dentist has in this field of work, the total cost of the treatment and what the alternatives are. You will be spending a lot of time, effort and money, so be sure that you know what you are getting at the end of the treatment.



For further information on dental implants, or to arrange a FREE consultation with Dr Paul Hanna, contact the White House Dental Clinic, Eastbourne: 01323 725224 or visit [www.whdental.com](http://www.whdental.com)

## BDA Good Practice Scheme

The White House Dental Clinic has been awarded the British Dental Association's Good Practice Scheme mark. This underlines the clinic's commitment to providing dental care of consistently good quality for all patients that meets their needs and wishes, as well as taking part in continuing professional development to keep dental skills and knowledge up-to-date.



## Referrals



The biggest compliment you can pay us is to refer us to your friends and family. We are always delighted when we receive referrals from our patients. This means a great deal to us as it means you are happy with your dental care and are pleased to pass on this news to your family and friends. This is how our practice has grown and will continue to do so with your help. Remember, smile. It's infectious...

## Regular dental visits reduce problems for children

The 2003 Children's Dental Health Survey compared children's oral health problems over a period of 12 months against the frequency they attended their dentist for routine dental care. Among all age groups, children who attended the dentist for regular routine appointments were less likely to report problems with their oral health, compared with those who only visited the dentist when having trouble with their teeth.

## A smile you will never want to hide

We can use the most advanced techniques to give you a healthy-looking smile. First impressions mean everything and our state-of-the-art technology can transform your appearance. We offer a range of treatments, including tooth whitening, veneers, orthodontics (tooth straightening), implants, porcelain crowns and cosmetic tooth fillings. Veneers are the ideal way to treat discoloured, chipped or cracked teeth, and they can be used to fill gaps between front teeth. White fillings are now popular, as they are virtually invisible, unlike traditional amalgam fillings.

Our team will discuss your specific needs in detail before any treatment is recommended. Please ask a member of staff for more information.

## Budget for dental care and save money

Many patients have taken the opportunity of joining our dental care plan and have been delighted with the benefits. We thought it was worthwhile reminding you of the savings our plan members are making and point out that you can join the plan at any time. This is especially relevant if you are considering treatment, as you will receive a discount on your fee.

What next? Please telephone the practice if you would like us to send you a registration form by post. Alternatively, you can call into the practice and we can complete a form. This will only take a few minutes and will simply require your name, address and bank account details.

## Afraid of the dentist?

Many people find going to the dentist a very frightening experience. For some people, their fear even prevents them from going for check-ups.

Fear of the dentist can be caused by many things. For example, you may have had an unpleasant experience, be embarrassed about your teeth, have a feeling of loss of control, have a fear of injections or needles, worry that the anaesthetic won't work properly or have concerns about unnecessary treatment.

Talk to your dentist about your concerns. We take a gentle approach to dentistry and we will try to understand your fears and work with you to make your visit as stress-free as possible. If you need treatment, discuss it with your dentist and ask plenty of questions. If you understand what is going to happen, you should feel more in control. Before you start any treatment, agree on a sign with your dentist, such as raising your hand, which means you need to stop for a few moments. You may feel better if you bring a friend or relative to the practice for support and reassurance.

Dental techniques have improved dramatically over the last few years, meaning that dental treatment can often be completely painless. For example, anaesthetic gels can be applied to the gum so that you don't even feel any injections.

If your fear is very strong, there are other approaches that may help such as relaxation techniques, sedation, hypnosis, acupuncture or counselling.



## Smile makeover case study: Peter Clark

Over a period of time my teeth became worn down and sensitive. I disliked the appearance of them immensely. I rang to make an appointment and was given a free consultation with Dr Hanna the same week. At my consultation it was suggested that I had a smile makeover which consisted of ten veneers and crowns. Dr Hanna discussed my case in-depth beforehand, letting me know he had just come back from the world's largest cosmetic congress in Hawaii and he would offer me the latest techniques and systems. The treatment consisted of two whole afternoon sessions, which were strangely pain-free and relaxing, the atmosphere was enjoyable as I listened to music. The aftercare I received was exceptional, Dr Hanna's nurse took the time to check I was happy and not in any discomfort. No matter how busy the dentist was, he always made time for me. Once again, I cannot thank you enough for the difference it has made and the confidence you have given me. Thank you so much.



## Laser teeth whitening

Only £300.00,  
couples for £400.00

- Pola Office in-office whitening treatment
- Custom-made tray
- Four days take home Pola Day/Night whitening gel



## Tea could be good for your mouth



Many people in Britain suffer from tooth decay. Harmful bacteria in the mouth form plaque, which then reacts with sugar to form acid, which attacks tooth enamel.

Recent research has shown that tea may help to protect our teeth and keep them healthy. Tea is a natural source of chemicals called polyphenols which can destroy the bacteria and viruses that cause bad breath, tooth decay, gum disease and throat infections. Tea also contains fluoride, which helps to strengthen and protect tooth enamel from acid.

As it contains no sugar, it is also a good alternative to soft drinks. And, as many people drink their tea with milk, they also get the benefits of calcium at the same time. When used alongside your regular brushing and flossing routine, tea could help to protect your dental health.