



Word of Mouth

2 Nelson Road Whitstable Tel: 01227 771323

The patient's practice newsletter

March 2010

**YOU ARE NOW
DUE FOR
YOUR ROUTINE
CHECK-UP**

**Please contact the
practice to arrange a
suitable
appointment**

Plasma jet is set to replace dentist's drill?

A futuristic 'plasma jet' that can eradicate tooth decay without the need for traditional fillings could be replacing the dentist's drill in as little as 3 years, it has been claimed by researchers in Germany.

A new study has shown that firing low temperature plasma beams at dentine can reduce bacteria levels by up to 10,000 times. The lower temperature allows the microbes to be killed without damaging the remaining healthy tooth.

I hope to report back in 3 years time, hopefully with further good news!

More adults opt for braces

Nearly 20% of the population of England and Wales believe that their teeth would benefit from orthodontic treatment according to a recent survey.

According to Dr Khuana, a consultant orthodontist at Alder Hey Children's NHS Foundation Trust, "The stigma attached to wearing braces is considerably less than it was even just 5 years ago."

"It's clear that more and more adults are acutely aware of the powerful influence that having straight teeth and a confident smile can have both personally and professionally."

How's your lunch box?

The consumer campaign group *Which?* have found that by selecting the worst snacks aimed specifically at children, would result in a lunch box containing the equivalent of 12 teaspoons of sugar!!

Among those snacks singled out as **BAD** are:
Robinsons Fruit Shoot drinks (23g of sugar in each small bottle)
Kellogg's Frosties Cereal and Milk Bars (25g of sugar per bar)
*Munch Bunch Double Up Fromage Frai*s (12g of sugar and only 2g of fruit puree!)

Which? also highlighted unhealthy levels of salt:
Dairylea Lunchables Ham 'n' Cheese Crackers (1.8g of salt)

Best wishes

Dr Paul Downes
BDS MGDS DGDG LDS

Now
National
Orthodontic
Week
22nd – 28th March