

dental integrity

exceptional care



Your Local Dentist

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Welcome to our Winter Newsletter

In this edition we include
information about:

- Pregnancy and dental health
- Coffee and teeth staining
- Multilingual dentists
- How to floss
- Winter recipe

Patient Referral Rewards!

For any new patient that you refer in
to our practice, we will reward you
with a night out at the cinema on us!

To be eligible for the tickets, the
new patient that you refer must
supply your name when they attend
their appointment.

Your confidence in our practice is
extremely appreciated and this is our
fun way to thank you for your loyalty
and support.



Starting from 13th of June
we will be open on Saturdays!

Monday	8:00am - 5:00pm
Tuesday	8:30am - 5:30pm
Wed - Thu	8:00am - 7:00pm
Friday	8:00am - 4:00pm
Sat	8:00am - 12:00pm
Sun	CLOSED



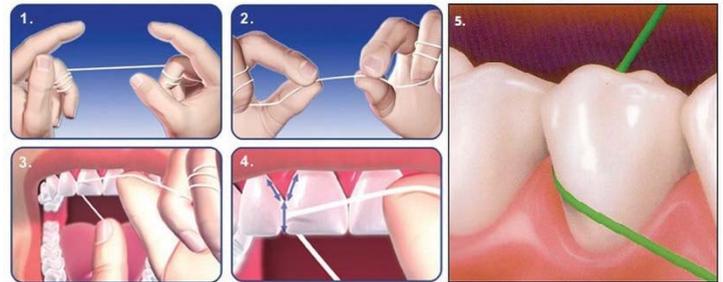
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How to floss

Most people know how important brushing your teeth can be, but another integral part to taking care of your teeth is flossing. Flossing is something we hear most patients dislike to do because it is too hard. If you understand what the process is then you'll find it may get easier to put into practice. Correct technique will help to remove plaque and food debris in areas the toothbrush just can't get to such as under the gum line and between the teeth.

Here is a breakdown step by step process to flossing the teeth:

1. Start with around 30cms of floss
2. Wrap the floss around each middle finger, leaving a few centimetres of floss to work with
3. Whilst holding the floss taut with your thumbs and index fingers gently slide the floss up and down between your teeth
4. Gently curve the floss around the base of each tooth making sure you go beneath the gum line. Never force or snap the floss as it may cut or bruise the gum
5. As you continue tooth by tooth use clean sections of the floss



There are many brands of floss out there so it can be confusing as to which one to use. Nylon (multifilament floss) and PTFE (monofilament floss) are the two types of floss out in the market. Nylon floss is available in waxed and unwaxed and a range of flavours. This floss is made up of tiny strands of nylon so it can shred in tight contacts whereas the PTFE floss although more expensive is single stranded it glides easily between teeth and is almost non-existent to shredding. Both floss if used correctly are excellent in the removal of plaque and debris.

Feel free to ask for a demonstration on how to floss next time you are in and enjoy the free floss the team at Dental Integrity give you at your next preventive care appointment.

Multilingual dentists

In today's society we are a very multicultural community and speaking English is often something that is not yet perfected by all. Here at Dental Integrity we try to accommodate the needs of our patients in the best way possible. Saying this we have multilingual dentists available and even auxiliary staff that are able to speak other languages other than English.

Dentists

Dr Oksana Hill is originally from Russia and English is her second language. She has a large following of Russian based patients as they are able to speak their native dialect and feel at ease when trying to explain what is happening with their teeth. Dr Nilesh Vidhate is originally from India and he is able to speak Hindi, Marathi and Gujarati. Dr Sharon Fan is originally from Malaysia and is fluent speaking in Cantonese and Mandarin and conversational Malay.

Staff

Nonna is one of Dental Integrity's part time dental assistants and is originally from Russia but spent half her life living in Israel. Nonna is fluent in Russian and Hebrew and English is a second language for her.

Next time you are in say Hello, Privet, Shalom, Namaste, Neih hou, Nin hao!



Pregnancy and Oral Health

Why Should I look after my teeth and gums during pregnancy?

The hormones associated with pregnancy can make some women more susceptible to gum disease which can have a number of negative health effects for Mother and baby. Gum disease has been linked to premature births and low birth weight in babies and can also cause your child to develop early childhood decay. Therefore it is crucial for women who are expecting or planning to have a baby to ensure that they maintain good oral hygiene.

Common signs of gum disease:

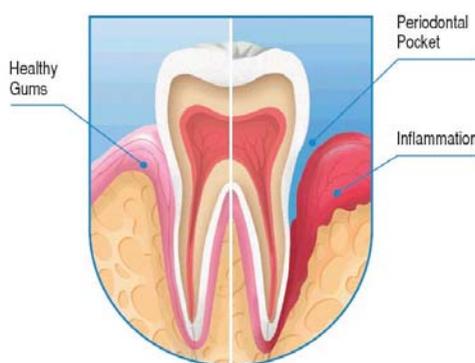
- Bleeding
- Swollen and/or red gums (instead of light pink)
- Halitosis (bad breath)

Is it safe to go to the dentist while I am pregnant?

Visiting the dentist when you are pregnant is highly recommended particular at the very early stages of pregnancy or even if you are planning on to have a baby as any treatment required can be completed prior.

Morning sickness and acid reflux

- Rinse your mouth immediately after with tap water
- Smear tooth paste over the surfaces of the teeth
- Do not eat, rinse or brush for at least 30 minutes



How can I keep my teeth and gums healthy while I am pregnant?

- Eat a variety of healthy foods
- Limit your sugar intake and snack wisely!
- Drink tap water
- Brush twice daily with a fluoride toothpaste
- Spit don't rinse after brushing
- Floss in between your teeth
- See your dentist in the early stages of pregnancy to get your teeth and gums checked
- Maintain six monthly Dental checks

Coffee and teeth staining

Drinking dark beverages, such as coffee and black tea can lead to discoloration. The outer layer of teeth, known as the enamel, can become stained by the pigments that are found in your morning cup of coffee. Fortunately, there are solutions for this external form of tooth discoloration, such as in-office procedures with your dentist and a few simple steps you can do at home.

Professional Care

Schedule regular appointments with your dentist to keep your teeth healthy and pearly white. The abrasion and polishing action of a professional cleaning can help remove surface stains that are caused by drinking coffee. You can also talk to the team at Dental Integrity about a professional teeth whitening treatment, such as bleaching.

Home Care

Maintaining a regular dental routine at home is the first step to a healthy looking smile. Simply brushing and flossing everyday will help reduce the look of yellow stains.

Another way to cut down on stains is to brush after meals and after sipping a cup of coffee. If you don't have access to your toothbrush, at least rinse to help prevent staining.

It is true: coffee stains teeth. But that doesn't mean you have to give up coffee to have white teeth. Brush regularly, especially after meals. See your dentist for regular cleanings and to talk about what whitening solutions are right for you.





Our favourite
Winter recipe

Leek and Potato Soup

Ingredients:

- 50g butter
- 450g potatoes, peeled and cut into 1cm pieces
- 1 small onion, cut the same size as the potatoes
- 450g white parts of leeks, sliced (save the green tops for another soup or stock)
- 850ml light chicken or vegetable stock
- 142ml carton whipping cream
- 125ml full-fat milk

Method:

Step 1:

Melt the butter in a heavy saucepan. When it foams, add the potatoes, onion and leeks and toss them in the butter until they are well coated. Season well with salt and freshly ground pepper and toss again. Put a disc of greaseproof paper (called a cartouche by chefs) on top of the vegetables to keep in the steam), then cover the pan with its lid. Cook over a gentle heat for 10 minutes, or until the vegetables are soft but not coloured.

Step 2:

Uncover the pan and discard the paper. Pour in 850ml of the stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes. Do not overcook or the soup will lose its fresh flavour.

To finish:

- the white part of 1 leek
- a small knob of butter
- finely chopped chives

Step 3:

Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return the soup to a clean pan and stir in three quarters of the cream and all of the milk.

Step 4:

To finish the soup, finely shred the white leek and gently cook it in the hot butter for a few minutes until it is softened but not coloured. Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking), then pour into warmed bowls. Drizzle the remaining cream over each serving, top with a little pile of buttered leeks and a scattering of chives and black pepper and serve at once.