

Welcome!

During the time that the practice is temporarily closed due to Covid-19 restrictions, Dr Claire Hudson and her team will be keeping in touch with you in a regular newsletter. As routine treatment is temporarily suspended, there has never been a more important time to look after your mouth. Rest assured that we shall be working very hard in the background to ensure that the moment we can reopen our door, we will be ready for you.

In the meantime, we will be sending you vital information and advice on how best to take care of your mouth, to keep your mouth and your smile as healthy as possible during this testing time. On behalf of everyone here at Cotswold Dental Wellness we hope you and your families keep safe and well.

Why does the health of my Mouth Matter?

Every time we smile, frown, talk, or eat, we use our mouth and teeth. Our mouth and teeth allow us to make different facial expressions, form words, eat, drink, and begin the process of digestion.

The muscles of our mouth are essential for speech, the lips and the tongue allow us to form words by controlling the airflow into the mouth.

When we eat, the tongue helps to push food against our teeth where they tear, cut and grind food in preparation for swallowing. The tongue is fantastically sensitive and allows us to taste the delicious food we eat.

To enable the mouth to function properly it must be healthy, the mouth has its own protective mechanism which will help to do that. Our own immunological make up adds healthy and protective bacteria to the mouth, and our saliva also has an important role in lubricating the mouth, breaking down food and fighting infection. However, the mouth needs help to stay healthy and that's down to us and what we do each day to help control disease.

This series of newsletters will offer information, help and advice on how you can maintain the health of your mouth so that you can continue to enjoy eating, drinking, speaking and smiling!

COVID-19: Five steps to look after yourself and others



DENTAL WELLNESS

What's it all about?

Each newsletter will contain topics such as

- How to maintain the health of your teeth and gums
- Maintaining a healthy mouth for the health of your body
- Homecare help
- Why are teeth sensitive?
- Product recommendations
- Exciting investments in equipment
- Fun facts and more ...

Website and video links will be added to enable you to find out more information on some of the topics covered.

Day To Day

Fundamental to the health of your teeth and gums is the daily, thorough removal of plaque.

Plaque is a biofilm that is forming in the mouth 24 hours a day. It is a collection of bacteria in a sticky 'glue' which sticks to all surfaces of the teeth, restorations and dental Implants. Bacteria also cling to the soft tissues of the mouth like the tongue and the cheeks.

Some of the bacteria in plaque biofilm are healthy, and some are not. These bacteria can cause disease if left on the teeth and in close contact with the gum. So we brush our teeth twice every day to remove the bacteria which could otherwise cause disease.

Twice daily toothbrushing and interdental cleaning (between the teeth) is paramount for the maintenance of a healthy mouth.

More details to follow ...

5 fun facts about smiling:

- 1) It's universal
- 2) Happy people generally don't get sick as often as unhappy people
- 3) It takes only 17 muscles to smile vs. 43 muscles to frown
- 4) Women smile more than men
- 5) Smiling releases endorphins for an overall well-being feeling

Get out there and **SMILE** — it's contagious; and worth spreading!



Emergency service

Dr Claire Hudson will be able to offer a telephone emergency service during the Covid-19 crisis according to the regulations set out by the Chief Dental Officer NHS England.

Please call the practice number 01608 642993 for advice

COTSWOLD DENTAL WELLNESS SUPPORT

During this crisis, local Support Groups have been set up for elderly and vulnerable people. Cotswold Dental Wellness will offer support for any of our patients who are isolated for whatever reason. If you need help and you have nowhere to turn, you can call the practice number and we will help!