

# Anderssons Dental

“Working together to help you smile!”

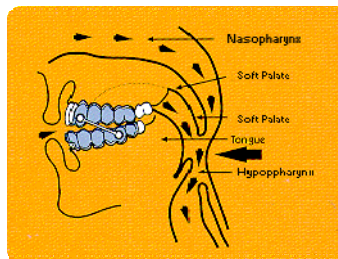
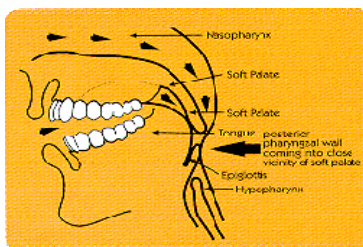
May 2009

## Snoring keeping you up at night?

We might have the answer....

**If your partner's a heavy snorer you'll know what a misery it can be! Snoring can affect the health of the snorer too—causing sore throats, drowsiness and causing extra strain on the heart!**

Now for the science bit...



When you fall asleep the muscles which hold your upper airway open relax which causes the airways to collapse, restricting the passage of air. The body then compensates for this by forcing it through. This causes vibrations of the soft tissues which generates the snoring!

How does it work?

The **silensor** uses a pair of custom made plastic moulding's, shaped to fit your teeth, which you slip into your mouth at bed time. The top and bottom sections are connected at the sides by short plastic links, which have the effect of pulling your lower jaw forward. This in turn holds the airways open, reducing the restriction that causes the snoring!

**If you feel you or your partner would benefit from a “silensor” Please call the practice and a member of our team will book an appointment for you with Dr Andersson.**

## Chernobyl kids are smiles better!

We recently had the privilege of helping the Chernobyl Children's Life Line. Dr Lindsay Andersson volunteered to complete eight of the children's dental treatment.

“Most of them haven't even seen a dentist before so its great we can give them that opportunity” said Colin Macdonald chairman of chernobyl life line.

Lindsay Andersson added “ The kids were great and we were delighted to help such a good cause and do what we could”

If you would like to find out more about Chernobyl Children Life Line please visit

[www.ccll.org.uk/ayrshire](http://www.ccll.org.uk/ayrshire)

*Remember to pick up your dental tapes at your next appointment.*

*We now are offering a softer range of dental tapes..ask for more details.*

*We are now stocking Colgate Fluoriguard in our practice*

*This daily mouth wash works by strengthening tooth enamel helping to protect your teeth.*

*And it tastes good too!*

*Perfect For kids!*

*Ask for more details*



Dr Lindsay Andersson with one of the young Chernobyl children

## Tooth Whitening @ Anderssons Dental Practice

Nothing Improves your appearance more effectively than a whiter, brighter, more youthful smile.

We have introduced a new whitening system to our practice “professional pola night”

Pola night dental bleaching gels is what we now recommend and will be using with our “take home” cosmetic teeth whitening system.

The system works by making dental trays in the surgery then applying Pola night gel to the inside. The dental trays are simply worn for a few hours at night or in the evening until the desired level of whitening is achieved.

Whitening teeth the professional way is not just for people with stained teeth, it is also for people who want to “enhance” their smile.

Our bleaching kits are on offer @ £250.00



Before Pola Night Whitening



After using Pola Night Whiten-



Your Questions Answered  
By Dr Per Andersson BDS

### What is gum disease?

Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. There are two main forms of gum disease: gingivitis and periodontal disease.

### What is gingivitis?

Gingivitis means inflammation of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed during cleaning.

### Am I likely to suffer from gum disease?

Probably. Most people suffer from some form of gum disease, and it is the major cause of tooth loss in adults. However, the disease develops very slowly in most people, and it can be slowed down to a rate that should allow you to keep most of your teeth for life.

### What do I do if I have gum disease?

The first thing to do is visit your dentist for a thorough check-up of your teeth and gums. The dentist can measure the ‘cuff’ of gum around each tooth to see if there is any sign that periodontal disease has started. X-rays may also be needed to see the amount of bone that has been lost. This assessment is very important, so the correct treatment can be prescribed for you.

## Mrs Grays tip of the month—Tepe brushes!

For those of you successfully using Tepe brushes ...

As your mouth improves you may find that the brushes are easier to use. Try a larger size as the space may well have become large with the swelling reducing.

We do stock variety packs in regular and soft which you could use to check that the brush is fitting to the sides of the space at the same time.

Tepe Brushes are available in packs of six and varying sizes

—ask a member of staff for more details.



Mrs Eveline Gray  
MBE Dip DH, Dip DHE RSH