

The logo for Briarmeads Dental Practice features a stylized blue wave above the word 'BRIARMEADS' in large, white, serif capital letters. Below this, the words 'DENTAL PRACTICE' are written in smaller, white, sans-serif capital letters. A second stylized blue wave is positioned below the text.

BRIARMEADS

DENTAL PRACTICE

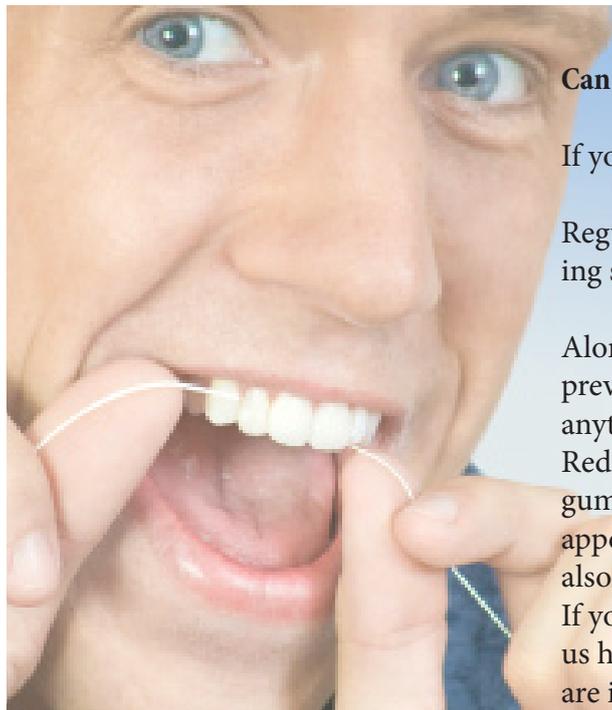
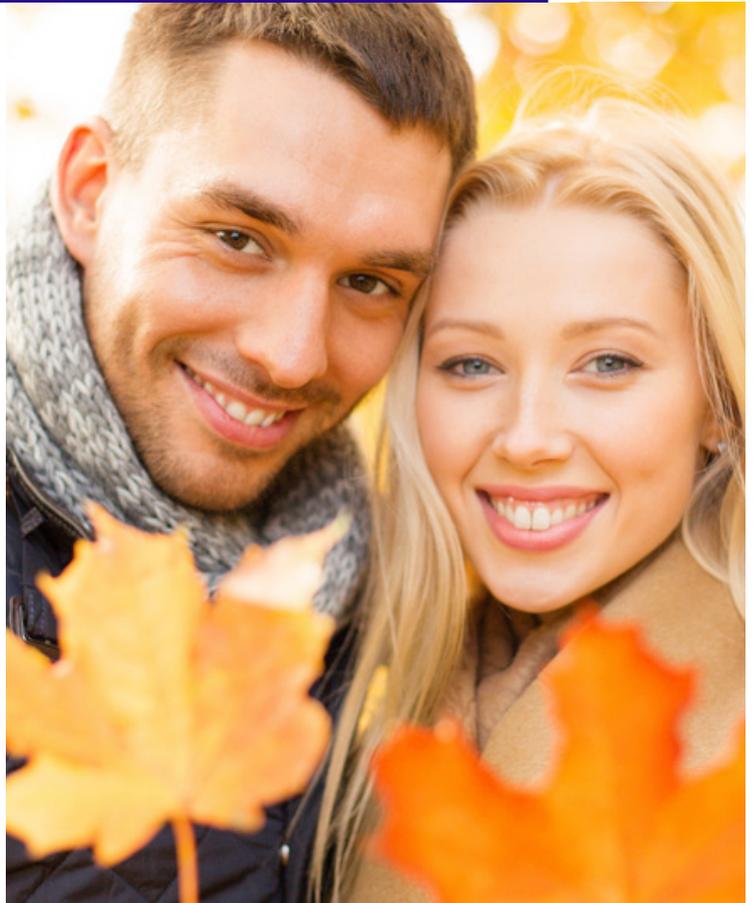
A whiter, brighter smile!

Professional tooth whitening is a fantastic way to boost your confidence and take years off your appearance! In recent research supermodel Kate Moss was thought to be 6 years' younger when her smile had been made whiter. On average women looked 10 years' younger and men 12 years' younger when they had been given a whiter, brighter photo!

Teeth whitening is fast, effective and safe when performed by a registered dental professional, and at Moti Smile Design Centre, teeth whitening is currently **HALF PRICE!**

Until the 15th December 2017 you could get a whiter, more attractive smile for just £200!

To book your consultation so you take advantage of this fantastic offer simply contact us.



Can you remember the last time you visited the hygienist?

If you can't then you're probably due a visit!

Regular hygiene visits to the practice are part of the key to making sure your smile lasts a lifetime.

Alongside visiting the dentist these hygiene visits can help with preventative measures for future gum issues and help deal with anything negative that might be happening with your gums. Red, sore or bleeding gums can be a sign of gum disease, and gum disease is the biggest cause of tooth loss in the UK! Regular appointments can tackle any issues with your gums heads on and also help arm you with the tools to prevent future problems. If you haven't visited the hygiene team for a while then contact us here to book an appointment today and make sure your gums are in tip top condition.



November is Mouth Cancer Action Month

Whether we are facing it ourselves or supporting a loved one going through the experience, coping with cancer is one of the toughest challenges we will ever face.

Despite cancer rates in general falling and survival rates improving, this is not the case with mouth cancer, as diagnoses have increased by 40% in the last decade alone.

Mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek. Given that early detection is crucial, it's important that everyone checks regularly for changes in their mouth.

There are several signs not to ignore, and if you notice any of these signs or changes within your mouth you should consult your dentist or doctor as soon as possible:

Ulcers which do not heal within three weeks

Red and white patches in the mouth

Unusual lumps or swellings in the mouth or head and neck area

Although mouth cancer can affect anyone, around twice as many men are diagnosed with mouth cancer than women, while those over 40 are those who are statistically more at risk.

More than nine in ten cases are linked with lifestyle and risk factors. This means that by changing our lifestyle choices we can help to cut the chances of developing mouth cancer.

Here are some of the risk factors which have been shown to play a major role in contracting mouth cancer:

Tobacco: The leading cause of mouth cancer, tobacco transforms saliva into a deadly cocktail that damages cells in the mouth and can turn them cancerous.

Alcohol: Excessive use of alcohol is linked to more than a third of mouth cancer cases in men and a fifth in women while heavy drinkers and smokers are up to 35 times more at risk.

Diet: New research has suggested that there is a noticeable risk reduction for mouth cancer with each additional daily serving of fruit or vegetables.

If you have any concerns about changes within your mouth please contact us to arrange a consultation. If you would like to know more about the Mouth Cancer Action Month campaign please visit www.mouthcancer.org