

November is Mouth Cancer Action Month and research shows that dentists play a vital role in the early detection of the disease, which claims one person's life every five hours in the UK. Please don't skip the appointments that could help save your life and call us immediately if you have any concerns.

Autumn 2010



## Coffee cuts mouth cancer risk

GOOD news at last for coffee lovers! A recent study has found that drinking five cups of coffee a day could cut the risk of mouth cancer.

According to research those who enjoy a regular coffee fix are over a third less likely to develop cancer of the mouth or throat than those who do not drink coffee.

Researchers from the University of Utah in Salt Lake City found evidence to suggest that some of the ingredients in coffee can decrease the risks of mouth cancer.

The study found that caffeine was unlikely to be the magic ingredient, as drinking large quantities of tea offered no protection against mouth cancer. Chemicals, cafestol and kahweol, were considered most likely to be the beneficial elements, as they have anti-cancer properties.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter, said: "Many people enjoy coffee, but often worry about the risks it has for their health – possibly high blood pressure. But this study shows that drinking coffee can actually have beneficial effects."

Those who drank less than five cups a day are also less likely to be diagnosed with the illness, with their risk of mouth cancer decreasing slightly with each cup they drink.

Mouth cancer is one of the fastest growing cancers in the UK, with around 5,000 people being diagnosed each year.

Usually more common in men over 40, the numbers of women and young people being diagnosed are rising.

Tobacco is still considered to be the main cause for mouth cancer, with tobacco and alcohol contributing to at least three-quarters of cases. However, the protective effect of coffee was not reduced in smokers or drinkers.

The HPV virus, which is transmitted by oral sex, has recently been identified as another key risk factor and an unhealthy diet can also contribute. The Foundation advises an increased intake of fruit, vegetables, fish and eggs, as growing evidence suggests these can lower risks.

It also emphasises that early detection is vital, saying the chance of survival can increase from 50% to 90% if the disease is caught early.

Early symptoms include: an un-healing mouth ulcer, red or white patches in the mouth, unusual swelling, or lumps in the mouth. If you are suffering from any of these symptoms call us immediately on 01489 581 158. More information can be found by visiting [www.mouthcancer.org](http://www.mouthcancer.org)

### Raising awareness of mouth cancer

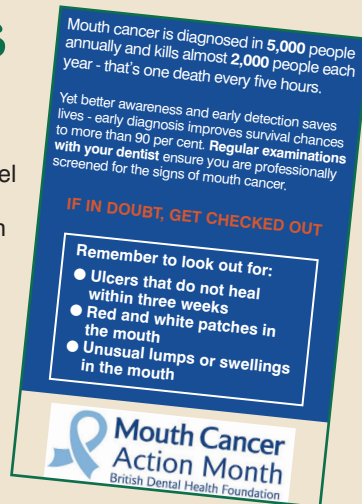
At Titchfield Dental Health we are embracing Mouth Cancer Action Month with open arms because we feel awareness must be raised about this awful disease.

To actively take part in Mouth Cancer Action Month we will be holding an Open Evening on Wednesday 24th November from 6.30pm to 8pm and offering **free mouth cancer screenings** to you, your friends and family.

We have also created specially designed cards (pictured right) highlighting the warning signs of mouth cancer, which will be available for patients and the public to pick up in reception. We are encouraging patients to take away a handful of cards for their family and friends.

We are also improving our service to you by producing a dental health check list, so that when you come for your dental health reviews, you will have a record to take away to see exactly how healthy your mouth, teeth and gums are. You will also be given advice to improve them further, all the more important now that there is more and more research to show that there are links between dental disease and diseases such as heart disease, strokes and diabetes.

We can't stress enough how important it is to have a mouth cancer and gum disease screening at least once a year. Members of the Titchfield Dental Health Plan enjoy the added peace of mind of having two dental health reviews and two hygiene therapy sessions a year, along with other benefits for £17.95 a month. Call us to find out more.



**FREE screening for mouth cancer**

Patients, friends and family are invited to our Open Evening on Wednesday November 23rd from 6.30pm - 8pm.

Call us on 01489 581 158 to reserve places.

# Spotlight on - teeth grinding

## First Bruxism Awareness Week is launched

The UK's first Bruxism Awareness Week runs from October 25 to 31 and it aims to make people aware of this painful condition and offer support to sufferers.

Bruxism - tooth clenching and or grinding - is a condition that affects around 50% of the population. It is often stress related and is the main cause of tooth wear and breakage, disorders of the jaw (pain and limited movement) and headaches and migraines. Both children and adults are affected but it is most common in 25-44 year olds.

It has been reported recently that there has been a 20% increase in patients suffering with bruxism.



Signs that someone could be suffering from the condition can include:

- waking up with a headache, earache, jaw or facial pain that eases as the day goes on
- signs of wear and tear of the teeth
- increased tooth sensitivity, flattening, cracks or broken fillings.

Help is available. Please don't suffer in silence - talk to us about specialist splints and mouth guards that can be custom-made to relieve the symptoms.

Bruxism Awareness Week is supporting the Help 4 Heroes charity and is hoping to raise £1,000. Many people suffering from Post Traumatic Stress Disorder are also found to grind their teeth.

### We can help with bruxism



Our dentist Clare Chavasse has done many post graduate education courses in bruxism, tooth wear, clicking jaws and the treatment of headaches.

She has had many successes in treating people with these problems - please take a look at Angela's story video on our website [www.titchfielddental.co.uk](http://www.titchfielddental.co.uk).

Angela was suffering with chronic headaches and had seen many health professionals but with no success. After treatment with us she no longer suffers with headaches!

Clare is very interested in occlusion - the way the teeth meet - and she is also interested in the treatment of headaches, which can be caused by a combination of occlusion and stress.

She would be delighted to help any friends or family that have concerns about bruxing, tooth wear, jaw problems or headaches which have no known cause such as migraine. So please don't suffer in silence, we can help. Call us for more information.

## Actress makes shocking dental confession

CELEBRITY A-Lister, Jessica Simpson, has admitted that she only brushes her teeth a few times a week.

The 29-year-old actress and singer made the shocking confession during a live chat show interview. She said: "I only brush my teeth maybe three times a week - I don't brush every day.

"It's because my teeth are so white and I don't like them to feel too slippery, but I do use Listerine mouthwash and I do floss every day. My lips just slide all over the place. I can't catch up with my mouth, so I need a little coating. I know it's gross, but I always have fresh breath."

The British Dental Health Foundation emphasises that brushing teeth twice a day

is crucial to maintain a healthy smile.

The Foundation's Chief Executive, Dr Nigel Carter, said: "Brushing is important because it removes plaque, which if left can build up on the teeth and cause tooth decay and gum disease. In fact, a good dental care routine can prevent most dental problems and decrease the need for treatments such as fillings and extractions.

"Past studies have found connections between oral health and serious illness and conditions such as heart disease, strokes, diabetes and premature births.

"Caring for teeth should be something everyone makes time to do, as keeping your teeth healthy can help keep your body healthy too."

### Festive special offers

- \* Enjoy a dazzling white Christmas with £100 off tooth whitening. Prices start from just £327!
- \* Thinking of having a fabulous new look for the New Year? Have a free smile assessment to find out how we can help.
- \* Suffering from headaches, tooth grinding or clicking jaws? Visit us for a free jaw assessment to find out how we can help relieve your pain.

Call for more information. Offers end 31.01.2011

### Titchfield Dental Health

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Park Gate  
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SO31 6AH

tel: 01489 581 158  
fax: 01489 582 220

#### Opening hours

Monday: 8.30am - 7pm  
Tuesday: 9am - 8pm  
Wednesday: 8.30am - 5.30pm  
Thursday: 9am - 5.30pm  
Friday: 8.30am - 5pm

#### Christmas hours

Dec 24: 8.30am - 12noon  
Dec 29: open as normal  
Dec 30: open as normal  
Dec 31: open as normal  
Jan 4: open as normal  
Emergency care: call the practice for details of our on-call dentist.

info@titchfielddental.co.uk  
[www.titchfielddental.co.uk](http://www.titchfielddental.co.uk)

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.