

Teens newsletter

Trinity House Dental Practice

Welcome to your club

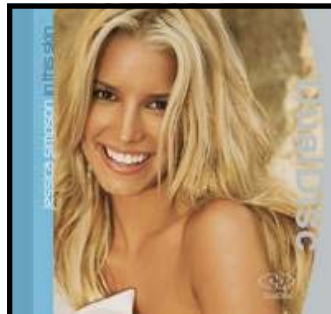
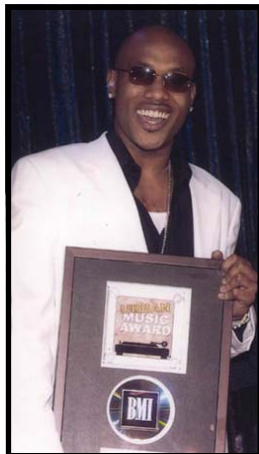
Welcome to the second edition of the "Teens club" newsletter. We hope the first edition gave you a "taster" of the way we want to run this,

We don't want to make the topics "stuffy and boring" for you, we want to make them varied and interesting, so if you have any ideas of topics you would like us to include please e-mail me at liz.gee@trinityhousedental.co.uk

Make the most of your smile

Nothing looks nicer than a nice set of "pearly white" teeth, it helps build confidence in yourself if you are happy with your smile.

All your favourite celebrities and pop stars would never have got where they are without a good smile.



May 2006

Inside this issue:

Welcome to your club	1
Make the most of your Smile	1
The structure of the tooth	2
Inside The tooth	2
"When things go bad" 1	3
The Perils of Piercings	4



The Structure of the Tooth

The Tooth is made up of two main parts:-

The Crown and The Root.

The Crown

The Crown is the visible part of the tooth above the gum. The outer surface of the tooth is covered in a substance called "Enamel". This is a very hard substance, and it would need to be because this is the surface of the tooth that gets all the "battering" when we chew our food.

The Root

The Root is the part of the tooth below the gum line, it is attached to the bone by small fibres called the "Periodontal Ligament" or "membrane".

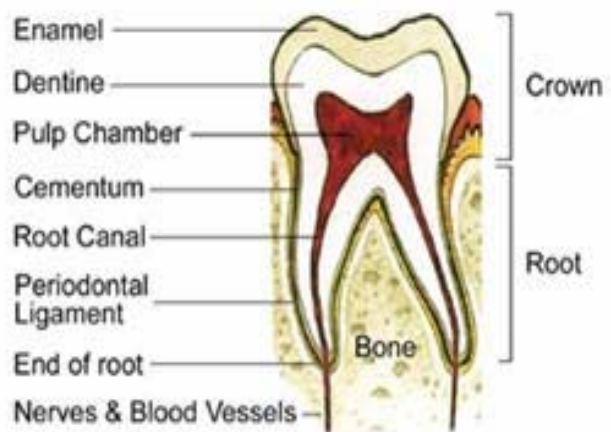
Inside The Tooth

Dentine

Underneath the Enamel Lies the Dentine, this is a "bone like" substance which contains nerve fibres which tell you if there is anything wrong with the tooth.

The Pulp

The Pulp is the centre of the tooth, it contains blood and Lymph vessels , and nerve fibres which send messages to the brain.



When things go Bad”!!!!

Tooth decay is caused by bacteria which is contained in Dental plaque forms acids which erodes the teeth and causes gum disease.

Plaque is a soft sticky substance which forms on our teeth. It starts to form within minutes of us brushing our teeth and the bacteria start to grow. If it is left millions of bacteria can form, and with the food we eat causes Tooth Decay.

That's when things "start to go bad" Toothache can be a very painful thing but nothing looks worse that a mouthful of "Bad Teeth" !

"Doesn't do much for your street cred does it"!!!!



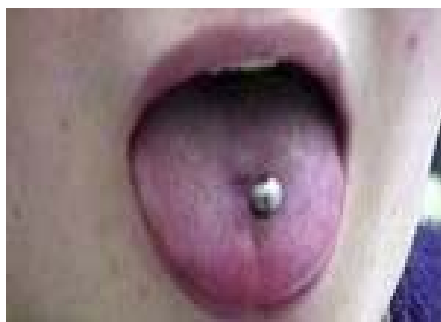
Oral Piercing “The piercing truth”

This part of the newsletter we are going to talk a little bit about the very dangerous "trend" in oral piercing.

Piercing has been a custom of many civilizations for thousands of years. It was used to mark stages in a persons life such as puberty and adolescence.

Piercing today has little to do with rituals, it is done to be fashionable.

Oral piercing has become very popular especially piercing the tongue or cheeks.



The perils of piercing's



Oral piercing can cause a variety of problems including:-

Infection from the millions of bacteria in our mouths, handling the jewellery whilst it is in the mouth can increase the chances of getting an infection

Prolonged bleeding If a blood vessel is punctured during piercing it can cause serious bleeding and blood loss.

Pain and swelling Are common symptoms from oral piercing. In extreme cases it can actually restrict the airway.

Chipped or cracked teeth Contact with oral jewellery can fracture teeth, especially crowns or "capped" teeth.

Injury to the gums Not only can metal jewellery injure soft gum tissue, it can cause the gums to recede. As well as looking unattractive, recessed gums leave the root surface more vulnerable to decay.

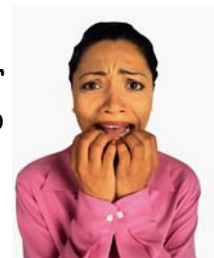
Interfere with speech Tooth jewellery can effect the way we speak and pronounce our words, and also cause problems with chewing and swallowing.

Blood borne diseases. Oral piercing has been linked with transmitting serious infectious diseases such as Hepatitis or Aids.

If you wear tooth jewellery it is important to:-

- * Use an antiseptic mouthwash after every meal
- * Brush your jewellery every time you brush your teeth
- * Avoid hard sticky foods
- * Have regular Dental check ups.

Piercing can have life-long consequences. If you have concerns or feel unsure in anyway, it is ok to change your mind. It is too late to change your mind after the procedure is done.



Trinity House Dental
Practice

01935 415605
lizgee@trinityhousedental.co.uk

We go the extra smile

17 Peter Street
Yeovil
Somerset
BA20 1PN