

## Katz & Madhok Orthodontics

### Coping With Mouth Ulcers

Mouth ulcers are very common during orthodontic treatment. Most mouth ulcers heal within 10-14 days without causing any lasting problems, although severe ulcers may last for several weeks.

The following steps can help to heal your ulcers more quickly:

- Use soft toothbrush when brushing your teeth
- Avoid hard, sharp, spicy and acidic foods and drinks until the ulcer heals
- Avoid things that may be triggering your ulcers, such as specific foods
- Reduce your stress levels by doing an activity that you find relaxing

### Maintaining High Professional Standards

Earlier this year our practice was inspected by the Care Quality Commission. You can view our report on [www.cqc.org.uk](http://www.cqc.org.uk). We pride ourselves on meeting all the standards set by the CQC.

### Brace Friendly Recipe

Chosen by Nicole

#### Pineapple & Mango Smoothie

- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 7 frozen white grapes
- 1 cup no added sugar apple juice
- 2 tablespoons of fat free Greek yoghurt

Combine all ingredients in a blender and puree until smooth, about 2 to 3 minutes. Drink immediately.



### New Website

We are currently working on a complete make-over of our website using a responsive web design. This will allow you to view our website on any device. The new site will feature updated content, easier navigation through the site and much more.

### Ask The Orthodontist

**Question:** Can crooked teeth correct themselves over time?

**Answer:** No, this is very unlikely. In most people, once the permanent first molars have grown (at around age 6-7), the available space for the front teeth will not increase, even in the presence of growth. In fact, this space will decrease over the years and the situation will worsen. Studies have demonstrated that most dental problems have a tendency to deteriorate with time if they are not treated.

### Think Before You Drink

Soft drinks have emerged as one of the most significant dietary sources of tooth decay, affecting people of all ages. Acids and acidic sugar bi-products in soft drinks soften tooth enamel, contributing to the formation of cavities. In extreme cases, softer enamel combined with improper brushing can lead to tooth loss. Sugar-free drinks, are less harmful. However, they are acidic and potentially can still cause problems.

To keep your teeth healthy use a straw to draw the damaging liquid away from your teeth. Food consumed with acidic drinks can often help counteract acid attacks. Most important is to brush your teeth with fluoridated toothpaste before bed to reduce bacteria and to help harden your enamel. Wait at least one hour after drinking an acidic drink to brush your teeth to allow your saliva to begin the repair process. Drinking and swishing with water can also help.

Those with orthodontic appliances need to brush as soon as possible to remove food particles and plaque. They are at the greatest risk of decalcification and should limit soft drinks and sports drinks to occasional use.



### Summer 2014

A huge welcome back to Trine who has re-joined our reception team after working for us last year to cover maternity leave. We are very excited to have her back.

### Race for Life

With your help, we have raised £419.00 for Cancer Research UK.



### Did You Know...?

- The nickel titanium in some braces wire was developed by NASA with shape memory properties that are activated by body heat and/or pressure.
- 100% of all orthodontists are dentists but only 6% of all dentists are orthodontists.
- Nearly 25% of orthodontic patients have to get braces again because they didn't wear their retainers.

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