

Word of Mouth

A simple check can
save your life



Autumn 2024



Mouth Cancer Action Month in November is the UK's biggest charity campaign for mouth cancer awareness.

Since the Oral Health Foundation started its first event in the year 2000, the charity has invested nearly £2 million on improving awareness and education around mouth cancer.

Over the last year, 8,337 people in the UK were given the life-changing news that they have mouth cancer.

These numbers continue to rise while the disease claims more lives than cervical and testicular cancer combined.

The more we know about mouth cancer, the better chance we have of beating it. This means knowing how to spot mouth cancer early and knowing where to go when we see something out of the ordinary. It also means reducing our risk by cutting down on the things that cause mouth cancer.

How to spot mouth cancer

Mouth cancer can appear in different forms and can affect all parts of our mouth, tongue and lips. Mouth cancer can appear as a painless mouth ulcer that does not heal normally.

A white or red patch in the mouth can also develop into a cancer.

Be aware of any unusual lumps in your mouth or jaw area and any persistent hoarseness. It is important to visit us or your doctor if these areas do not heal within three weeks. If you aren't sure, please get in touch.

Spotted something unusual?

Contact us without delay. Mouth cancer can often be spotted in its early stages during a thorough mouth examination.

If mouth cancer is diagnosed early, then the chances of a cure are good. Many people with mouth cancer go to their dentist or doctor too late.

If you have concerns about mouth cancer, please get in touch with us as soon as possible for professional dental advice. We will be able to take immediate action or put your mind at rest.

Reducing the risk of mouth cancer

- Stop smoking, and cut down on the amount of alcohol you drink.
- Eat a balanced, healthy diet with at least five portions of fruit and vegetables a day. This can also help protect against many other cancers.
- Visit your dental team regularly, as often as we recommend.

A brush for every mouth

Interdental brushes are a great way to keep your teeth and gums healthy, as they target areas that your toothbrush can't reach.

They reduce the risk of tooth decay, gingivitis and periodontal disease, by removing plaque and food particles from the tight spaces between your teeth.

Regular use can promote healthier gums by preventing the build-up of bacteria and plaque in these areas, which in turn can help combat bad breath.

Interdental brushes come in various sizes to accommodate different gaps between your teeth and we have a range of



brushes to suit your needs.

Our budget-friendly Optim brushes are kind on the bank account, whilst our eco-friendly Humble brushes reduce the amount of plastic used in your oral health regime. Our Tepe ranges include their Angle interdental brushes, designed to help with access to the back teeth, and their silicone-coated Easypick

interdental brushes, which are designed to be flexible, durable and comfortable to use.

Speak to our friendly team at your next appointment if you want any advice on which interdental brushes might be most suitable for you.

Spotlight: Do you skip brushing at night?

New data collected by the Oral Health Foundation shows over half the adult population (54%) admits to skipping brushing their teeth at least once a week.

The charity's findings, released as part of National Smile Month, also reveals 16% skip toothbrushing at least three times a week.

Of particular concern is the revelation that people are almost twice as likely to skip brushing before bed (28%) compared to in the morning (15%).

Skipping brushing sessions, especially on a regular basis, significantly increases the risk of plaque build-up, which is the primary cause of tooth decay and gum disease. This can lead to painful and costly dental issues if left unchecked.

The bedtime brush is arguably the most crucial of the day. Throughout the day, bacteria and food particles build up in the mouth, and failing to remove them before bedtime allows these harmful substances to wreak havoc overnight.

The charity's data also looked into the frequency of



toothbrushing and reveals that 24% of UK adults brush their teeth only once a day, with as few as 68% adhering to the recommended twice-daily brushing regimen.

Brushing only once a day significantly increases the likelihood of plaque buildup and the development of dental problems,

Failing to brush twice daily leaves the mouth susceptible to bacterial overgrowth and increases the risk of bad breath, tooth decay, and gum disease.

The data also reveals a notable gender disparity, with women being three times more likely to adhere to a strict oral care routine than men.

We urge everyone to prioritise brushing twice daily with fluoride toothpaste, using interdental brushes daily, and attending regular dental health examinations.

These simple yet essential practices can prevent a host of oral health issues and contribute to a brighter, healthier smile.

Are you growing a mo for Movember?

Then hats off to you good sir!

The charity says that growing a mo is a symbol for better men's health. It grabs attention and starts important conversations.

Movember funds ground-breaking projects all over the world. Whilst having a jovial, upbeat appearance, the charity addresses difficult topics, such as men's mental health, cancers affecting men, and suicide, which accounts for 69% of all suicides.

There is a close connection between the health of the body and that of the mind. There is further evidence to suggest those who experience mental illness also suffer with poor oral health.



MOVEMBER®

Some of the most common mental health issues that can have a negative impact on a person's oral health include: anxiety and panic attacks, depression, eating disorders, obsessive-

compulsive disorder, self-harm, schizophrenia and psychosis.

It is important for us all to be aware of the link between oral health and mental health and understand the value of good oral health and maintaining positive dental habits.

Concerned about your dental health or that of a loved one? Please speak to us at your next visit.

For further details visit www.dentalhealth.org/mental-illness-and-oral-health

Practice news

Tell your friends!

We are now accepting new patients. Mahwish joined us earlier this year and is taking on new patients to the practice. If you know of anyone looking for a dentist, we would love for you to recommend us.

Extra hygiene

Faye Clements will be providing hygienist appointments on a Thursday from January 2025, in addition to her Tuesdays. Don't worry, you'll still be able to see Dapo on a Monday, if you wish.

Valuable feedback

We will shortly be sending out a practice survey via email. This helps us to gain valuable feedback from our patients about the services we provide. We would be grateful if you could spare a couple of minutes to complete it.

Park Street Dental Clinic

34 Park Street
Thame
Oxfordshire
OX9 3HR
01844 215404

Opening hours

Mon: 8.30 - 18.30
Tue: 8.30 - 18.30
Wed: 8.30 - 18.30
Thu: 8.30 - 18.30
Fri: 8.30 - 16.00

info@parkstreetdental.co.uk
www.parkstreetdental.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.