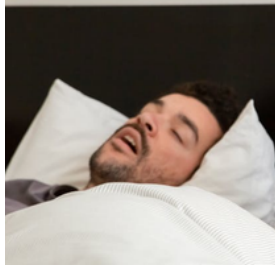
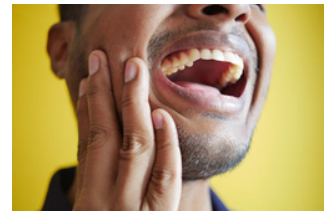


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IN THE NEWS

SNORING, SLEEP AND DENTISTRY

Snoring is extremely common, but many people are unaware that dentists may sometimes be able to help.

Simple snoring often occurs because the airway narrows slightly during sleep, causing soft tissues at the back of the throat to vibrate. In some people this may simply be a nuisance, while in others it may be associated with poor sleep quality, tiredness, headaches, dry mouth, or disrupted sleep for partners and family members.

In certain cases, specially designed dental appliances called mandibular advancement devices or “snore guards” may help reduce snoring by gently repositioning the lower jaw during sleep to help keep the airway more open. These appliances are custom made and are generally more comfortable and effective than over-the-counter devices.

However, it is important to understand that not all snoring is simple snoring.

Persistent loud snoring, witnessed pauses in breathing, gasping during sleep, waking unrefreshed, excessive daytime tiredness, or high blood pressure may sometimes indicate obstructive sleep apnoea, a medical condition which requires proper assessment.

For this reason, patients may sometimes require medical screening or referral before treatment is provided.

If you are concerned about snoring or poor sleep quality, please mention this at your appointment and we can discuss whether further assessment or possible treatment options may be appropriate.



Sensitive Teeth

What causes tooth sensitivity?

Many people experience sensitive teeth at some point. Symptoms may include sharp discomfort when eating or drinking something cold, hot, sweet, or acidic.

Sensitivity can occur for several reasons, including:

- gum recession exposing root surfaces
- tooth grinding or clenching
- enamel wear or erosion
- cracked teeth
- tooth whitening treatments
- decay or leaking fillings

Sometimes sensitivity settles with simple measures such as using a desensitising toothpaste and reducing acidic foods and drinks. However, persistent or worsening sensitivity should always be checked professionally, as treatment depends on identifying the underlying cause.

Treatment may include:

- fluoride applications
- desensitising products
- replacing worn fillings
- protective night guards
- treatment for gum disease or cracks where required



TIPS FOR BRUSHING TODDLERS' TEETH



Good oral health habits begin early, and cleaning baby teeth is important even though they are temporary.

Helpful tips include:

- Start brushing as soon as the first tooth appears
- Brush twice daily using a smear of fluoride toothpaste
- Use a toothbrush with a small head and soft bristles
- Sit toddlers on your lap or stand behind them to help support their head
- Make brushing part of the daily routine
- Use songs, timers, or games to help keep brushing positive
- Avoid rinsing after brushing so fluoride can continue protecting the teeth
- Supervise brushing until at least age 7
 - It is also important to accept that some days will be more challenging than others. Toddlers are naturally independent and brushing can occasionally become a battle.
 - Try not to focus on achieving “perfect” brushing every single time. Consistency and routine are often more important in the long term. Keeping brushing calm, regular, and positive helps children gradually accept it as a normal part of everyday life.

Frequent sugary snacks, juices, and bedtime bottles containing milk or sweet drinks can significantly increase the risk of tooth decay in young children.

Regular dental visits from an early age help children become familiar and confident with dental care and allow preventive advice to be tailored to each child.

In the News



Illegal teeth-whitening industry exposed by the BBC.

MailOnline Health

EXCLUSIVE Revealed: The children's vitamin chews that have more sugar than Haribos

HOW THE SUPPLEMENTS COMPARE... ...AND SWEETS

Brand	Sugar per serving (g)	Vit D (mcg)	Brand	Sugar per serving (g)	Vit D (mcg)	Brand	Sugar per serving (g)
Sambucol Black Elderberry Kids+ Vit C Immune Support, 4-12 Years (1 serving = 2 gummies)	2.2	0	Boots Daily Health Strawberry Flavour Gummies, 3 Years+	1.38	10	Haribo Starmix - jelly ring	1.41 (one sweet)
H&B Multivitamin Strawberry Flavour Gummies, 3+ Years	1.8	2.5	Superdrug Kids Multivitamin Strawberry Flavour Gummies, 3+ Years	1.3	10	Haribo Starmix - jelly bear	0.92 (one sweet)
Haliborange Softies Multivitamins, 3-12 Years	1.46	2.5	Vitabiotics Wellkid Peppa Pig Multi-Vits, 3-7 Years	0.99	10		
			Bassetts Soft & Chewy Multivitamins, 3-6 Years	<0.1	5		

Vitabiotic's Wellkid Peppa Pig Multi-Vits were found to have more sugar than a Haribo starmix jelly bear

A mail investigation revealed Multivitamin chews for children are often higher in sugar than Haribo sweets and lacking vital vitamins.

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