

This month at ...

COTTINGHAM
DENTAL PRACTICE



Give your teeth a break

Now that we have just started the third lockdown of the pandemic, we wanted to share some research that was carried out last year into snacking habits across the UK.

Results from the Oral Health Foundation's investigations showed that 38% of UK adults were snacking more following the announcement of the first national lockdown.

"As a nation we have slowly moved away from three square meals and have adopted more snacking habits," said Dr Nigel Carter, chief executive of the charity. "This worsened during lockdown, as sudden changes to work and family life might have led more people to snack more. Snacking could be the result of boredom or the need to find a distraction that gives us short-term comfort. The problem is that snacking can have serious repercussions for our health, including our oral health.

"Whenever we eat or drink anything, plaque bacteria build up in the mouth. This produces acids that attack the teeth, causing tooth decay and erosion. Usually, the mouth can neutralise these acids by producing saliva; however, constant snacking doesn't give the mouth a chance to recover. This leaves us susceptible to acid attacks."

Our advice

- Brush your teeth for two minutes, twice a day with a fluoride toothpaste.
- The best time to brush is last thing at night, before you go to bed.
- Cut down on how much sugar you have and how often you have it.
- Keep sugar consumption to meals, reducing the time your teeth are under attack.
- Use interdental brushes or floss to clean in between the teeth.
- Use mouthwash daily to remove bad bacteria and keep fresh breath.
- Sugar-free chewing gum can help produce saliva and neutralise the plaque acids in your mouth.

Christine wins our 'Bake Off' competition!

What could have been a quiet Christmas for our staff turned into a contest to see who could bake and decorate the best gingerbread house. A bottle of fizz was up for grabs.

Rob provided the kits and nurses Tina, Sami, Katy and Hannah, administrator Christine and hygienist/therapist Beth all took part. Our newest recruit Melissa judged the results, picking Christine's amazing creation as the winner – see below.



"It was great fun to watch their progress," says Rob, "as they sent me photos and videos during the baking process. They all had the same ingredients and instructions but each house was different, and included Tina's impressive icing and Katy's 'insane' design. Well done to everyone!"

Find more photos on our Facebook page.

January 2021

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