

This month at ...

COTTINGHAM
DENTAL PRACTICE



Hydration and oral health

Water is one of the most important factors in maintaining a healthy mouth. Staying hydrated doesn't just keep you feeling refreshed — it plays a crucial role in protecting your teeth and gums. Drinking enough water helps prevent tooth decay, reduces bad breath and keeps your smile strong.

Why water is essential for oral health

Every sip of water benefits your mouth in several key ways:

- **Washes away food and bacteria:** water helps rinse away food particles and sugars that would otherwise stick to your teeth and feed harmful bacteria.
- **Neutralises acids:** drinking water dilutes acids in your mouth, reducing the risk of enamel erosion and cavities.
- **Prevents dry mouth:** saliva is your mouth's natural defence against decay, and staying hydrated helps you produce enough of it. A dry mouth can lead to increased plaque buildup and bad breath.
- **Strengthens teeth (if fluoridated):** in areas where tap water contains fluoride, drinking it regularly can help remineralise enamel and prevent cavities.

The link between hydration and bad breath

A dry mouth is one of the biggest causes of bad breath (halitosis). When your mouth lacks saliva, bacteria multiply, producing foul-smelling gases. Drinking water throughout the day helps keep your breath fresh by washing away these bacteria and keeping your mouth moist.

How to stay hydrated for a healthier smile

Drink water regularly — aim for at least **6 to 8 glasses a day** to keep your mouth hydrated.



How AI is benefitting dentistry: consistent real-time results

In recent years, artificial intelligence (AI) has been making significant contributions to dentistry, with radiograph (X-ray) analysis being a prime area of focus. One of the leading players in this field is Pearl's Second Opinion platform.

We have recently invested in this technology to enhance our dentists' ability to assess radiographs in real time in the surgery.

Rob commented: "Initial feedback from our patients who have seen Second Opinion in action has been very positive. The new screen images help me to explain any issues that the X-rays show in more detail."



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