

“ Keeping your smile  
healthy for life ”

**FREE**  
gift\*

## Refer a friend

If you're happy with the care you receive from us, please don't keep us a secret!

Refer a friend or family member to us and when they attend a combined exam and hygiene session, or a comprehensive assessment you can choose one of the following gifts:

1

Complementary hygiene session  
worth £115

2

Electric toothbrush  
minimum value £100

3

Gift voucher for Jamie Oliver's  
Italian restaurant  
worth £50

\*Terms and conditions apply,  
please ask us for details.



## The gadget show

This summer we were pleased to welcome Suzy Perry from Channel 5's 'The gadget show'. Suzy and team came here to record a feature on electric toothbrushes which was aired in August.

Electric toothbrushes can improve your oral health through effective brushing and plaque removal. They enable you to penetrate deep beneath your teeth and gums, this can dramatically improve the health of your teeth and gums.

Much research has been carried out to assess the effectiveness of various electric toothbrushes. Oral-B has been proven to be the most effective, closely followed by Sonicare.

Whichever toothbrush you use you should use it twice a day, spend at least two minutes brushing each time, cover every surface of every tooth and the gumline, and change the brush or brush head every two to three months.

**If you would like more information about electric toothbrushes or advice on brushing please contact us or ask next time you visit.**



We want you to experience the benefits of using an electric toothbrush. As a special gadget show offer, all Smile-Care members can now purchase Oral B and Sonicare toothbrushes at trade price. You will also receive a free electric toothbrush (*minimum value £100*), if you refer a friend or family member.

# Smile Train

Making a difference



This young boy received a cleft lip repair as a result of the donations made to the charity Smile Train from the sales of Dr Neil Gerrard's book 'There is no perfect dentist'.

Clefts are a major problem in developing countries where there are millions of children who are suffering with unrepaired clefts. Most cannot eat or speak properly. Aren't allowed to attend school or hold a job. And face very difficult lives filled with shame and isolation, pain and heartache. Their clefts usually go untreated because they are poor – too poor to pay for a simple surgery that has been around for decades. Being born with a cleft in a developing country is truly a curse. Every baby born in Uganda with a cleft is given the name Ajok which means literally, "cursed by God." Some newborns are killed or abandoned right after birth.

Smile Train provide free cleft lip and palate surgery for hundreds of thousands of children and empower local doctors in developing countries by providing free surgical training and education.

Just over £2000 has been donated to the cleft lip and palate charities Smile Train and CLAPA (Cleft Lip and Palate Association) from the sales of Dr Gerrard's book. Charities rely on donations like this to be able to keep doing their important work. Please contact the practice if you would like to buy a copy of the book. If you would like to make a donation directly to Smile Train or CLAPA or learn more about their work please visit [www.smiletrain.org](http://www.smiletrain.org) and/or [www.clapa.com](http://www.clapa.com)

## Smile enhancements

Many patients ask us how we could improve their smile. Some have only needed very little work to make a huge difference, others have needed more extensive treatment, but all have been absolutely delighted with their new smile and the extra confidence boost it has given them. We offer a wide range of treatments that can help. Please ask us if you would like more information.

### Clifton Dental Studio

Tortworth House, 92 Queen's Road, Clifton, Bristol BS8 1RT  
t: 0117 973 1910 w: [www.CliftonSmiles.com](http://www.CliftonSmiles.com)



## Tooth loss linked to memory decline

**If you want to keep your memory working well in later years, look after your teeth and gums.**

A study carried out in an American university has shown that people with fewer teeth scored lower in memory tests than people with more teeth. They also showed a quicker decline in memory over the years.

The biggest cause of tooth loss among adults in the UK is gum disease. Early signs of this common condition can include sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss.

Gum disease can be avoided or controlled by following a good daily oral healthcare routine. This includes brushing your teeth twice a day, especially at bedtime, and cleaning between the teeth and under the gumline.

Hygiene appointments play a key role in combating the disease. During your appointment we remove any plaque – a constantly forming, sticky layer of bacteria that irritates your gums and leads to infection. We also polish your teeth, making it more difficult for the plaque to stick to them.

It is important to visit us for regular dental check-up examinations so we can keep a close eye on what is happening in your mouth and treat any issues at an early stage.