




## Vaping and the effects on teeth and gums



Vaping and e-cigarettes have become increasingly popular in recent years and whilst they can be seen as a healthier alternative to smoking, users aren't perhaps aware that they can have a big impact on their oral health.

Nicotine restricts blood flow to the gums, whether smoked or vaped and the addition of sweet flavourings has made them particularly attractive to younger users.

Like smoking, vaping dries out the mouth so the reduction in saliva that would normally wash away any plaque and bacteria, is causing many issues with gums leading to gum disease which can eventually lead to tooth loss. Vapers have also been reporting bleeding and inflamed gums.

Vaping is a growing trend and the effects on oral health has not been overlooked by the British Dental Association as their recent announcement overleaf highlights. 



01865 514253

# Dentists: Huge gaps in science on impacts of vaping

9 June 2022



We have welcomed the aspirations set out in the Independent review into policies to reduce tobacco use. However, we have stressed that government must take a guarded approach to promotion of vaping as an alternative, given current gaps in the science.

Smoking is one of the lead drivers for oral cancers, which claim more lives each year than car accidents. This review, led by Dr Javed Khan OBE, makes four 'critical recommendations' including promoting vaping. It stresses "the government must embrace the promotion of vaping as an effective tool to help people to quit smoking tobacco. We know vapes are not a 'silver bullet' nor are they totally risk-free, but the alternative is far worse."

We accept the harms from vaping are less than from smoking. However, there have been recent suggestions linking disposable vapes to gum disease. Epidemiological studies also highlight concerns over oral dryness, irritation, and gum diseases.

Mick Armstrong, Chair of the British Dental Association's Health and Science Committee said: "The risks of long-term oral and general health problems from e-cigarettes are frankly an unknown. With products that are so new, officials must keep an eye on emerging evidence, particularly given high uptake among young people."

Source:  
British Dental Association

## Interproximal reduction (IPR)

Interproximal reduction (IPR) is a well established technique used during orthodontic treatment to create space for tooth alignment. It involves removing up to 0.5mm of enamel from the sides of teeth to enable the orthodontist to straighten them accurately. The technique can also be used to improve the shape of teeth. It's a routine procedure but it requires care, skill and experience by the operator.

Obviously, removing too much enamel can have a harmful effect on the health of the teeth. Therefore, the amount of enamel removed is carefully calculated for the individual patient. It is rare to remove more than 0.25 mm of enamel unless the teeth are misshapen.

Due to a rise in online DIY orthodontic systems, dentists are now being asked to provide IPR for patients where the treatment has been planned remotely without the patient having first attended to see an experienced orthodontic clinician in person for a full assessment and to discuss all the treatment options available.

The British Orthodontic Society advises that a full clinical examination by an orthodontic specialist or dentist with experience in orthodontics should always precede an orthodontic treatment plan and that whoever is responsible for the treatment plan should carry out the IPR.

# Mouthguard & Retainer Reminder!



It wouldn't be our Summer Newsletter without our annual reminder to order your mouthguards over the summer break, so that you'll be super-organised in time for the new term!

Why not check out the latest advice below from the Oral Health Foundation regarding the risks of not wearing a mouthguard whilst playing sport along with other useful tips for keen sportsmen and women on how to protect your gnashers and general oral health.

## Sports and oral health

**60x**

People who play contact sport are **sixty times more likely** to harm their teeth if they don't wear mouthguards.



Clean your mouthguard **after every use** and take it with you to dental visits.



If a tooth is knocked out, **go straight to the dentist** put the tooth back in if you can or keep it in **plain water or milk**.



Opt for **sugar free sports drinks**, dissolvable **electrolyte tablets**, or even make your own sports drinks.



Nearly half of the athletes surveyed had **untreated tooth decay** and 77% had **inflamed gums**

Sometimes we need expert advice about our oral health. **Our Dental Helpline** is there to provide you with the very best information and support about the health of your mouth.

 **Dental Helpline**  
01788 539780  
Oral Health Foundation



(See overleaf for fees etc)

If you already have a routine appointment scheduled, great, just give us a quick call prior to your appointment to give us the heads up so that we can allow extra time to keep things running smoothly for everyone.

This is a popular service so do please allow plenty of time (10 to 14 days) for our laboratory to turn these around during peak times.


Likewise replacement retainers, another popular item over the summer, do let us know if replacements are required.

## Mouthguard Fees;

**Custom Mouthguard;**                    **£65.00 (Patients in treatment)**  
**£75.00 (New Patients/siblings)**

**SAFEJAWZ® Mouthguard:**        **£35.00 (Fitted)**  
**£20.00 (Supply only)**

**Replacement retainers:**            **Please call Jenny & Catherine**  
**on Reception for further details.**  
Please note payment is required when placing your order

 **Reception:**                            **01865 514253**



Don't forget you can buy all your sundry items at Reception to keep your pearly whites sparkling clean!

How's your retainer looking? – a bit grubby? – why not try the **Ultra Sonic Cleaner** which alongside **Retainer Brite™** tablets will keep your retainer clean and fresh!

# Staff News



You may have noticed a couple of smiling new faces in the practice recently – please join us in welcoming both **Manisha** and **Abbie**, our new **Dental Nurses**.

As well as nursing, you may find **Manisha**, **Abbie** and **Georgia** helping out on **Reception** from time to time, so please bear with them whilst they familiarise themselves with the practice software etc

## **Staff Training**

With patient and staff safety paramount to the ethos of **Lars Christensen Orthodontics**, staff recently undertook their **CPR** and **Fire Marshal Training**.

**All staff passed with flying colours!**

The next time you visit – take a minute to familiarise yourself with our **Fire Exits** – just in case!