National Smile Month is an annual oral health campaign that runs from 20th May to 20th June and aims to promote three important key messages to promote oral health:

- Brush your teeth for at least two minutes twice a day with a fluoride toothpaste;
- Cut down on how often you have sugary food and drinks;
- Visit your dentist regularly.

**Dental facts:**

- Poor dental health has been linked to an increased risk in type 2 diabetes
- Direct links have been established between bacteria in the mouth and heart attacks
- One third of people in the UK still only brush their teeth once a day or less

**Ways to improve your oral health include:**

- Clean between your teeth with interdental brushes or floss at least once a day
- Chew sugar-free gum in between meals to help protect your teeth throughout the day
- If you wear dentures, clean them twice a day

**Some reasons why you should keep up good oral health:**

- A healthy mouth means a healthy body
- A healthy mouth means a healthy smile
- Your less likely to have bad breath
- The better your oral health now, the less treatment you will need as you get older.

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**FOCUS ON—TEETH WHITENING**

Teeth whitening can be a highly effective yet very simple way to whiten your teeth without removing any of the tooth surface. Here at Botley Dental Practice we offer three types of teeth whitening procedures, a tray whitening home system and Zoom® Tooth Whitening.

**Tray whitening home system**

- Impressions are taken in the surgery and sent to a cosmetic dental laboratory for gum shields to be constructed
- The gum shields are worn with a gel every night, at home, until the desired whiteness is achieved
- If, after a few years, your teeth become stained / discoloured, the same gum shields can be used to undertake further whitening

**Evolution**

- Works by increasing the tooth’s permeability to oxygen that breaks down stain molecules
- A combination treatment which means there is a two week home treatment followed by a one hour visit to the dentist
- Effective in difficult cases of discolouration

**Zoom® Tooth Whitening**

- ‘Walk-in’ teeth whitening undertaken in the chair
- Light-activated process using state-of-the-art technology to whiten teeth, on average, by eight shades
- The process is painless, safe and effective

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**Teeth Whitening Special Offer**

We are offering £50.00 off ANY teeth whitening system until the end of July 2012.

Please quote ‘Newsletter Offer’ when you book your appointment

All special offers are subject to times and availability

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Botley Dental Practice provides a range of different dental treatments including dental implants, orthodontic appliances, cosmetic crowns and much more. We also have a hygienist at the practice.

If you would like to take up any of the special offers or have any further questions please contact Botley Dental Practice on 01865 250214.