

Smiles Better



with Dr. Nuala Devlin,
Causeway Dental Practice,
Ballymoney

Welcome to the first of my columns with Local Women magazine. Firstly thank you for all your emails following my feature profile in last month's edition. Since then many of you have asked about tooth whitening and how to get that bright white hollywood smile.

Teeth can become darker over time due to surface staining from tea, coffee and smoking and due to tartar build-up. A good scale and polish from a hygienist makes a big difference, but if its the actual colour of your teeth you want to change then you will require tooth bleaching/whitening.



the dentine. The result is whiter teeth!!

There are so many adverts for whitening toothpastes/mouthwashes, DIY whitening kits, whitening strips and now even beauticians are advertising tooth whitening. Whitening toothpastes will not change the actual colour of your teeth, but they will help reduce stain build-up. DIY kits and some whitening strips have a very low percentage of bleach, and its only dentists that are permitted to use hydrogen peroxide as it is a class 2 medical device.

DENTISTS usually offer two types of tooth whitening

THE SCIENCE BIT:

Your teeth are made up of two layers: and enamel layer which is translucent or clear and a dentine layer which is typically yellow but over time it darkens and so may be brown, grey or black. This colour is what is seen penetrating through the enamel. In order to whiten or bleach the dentine dentists use hydrogen peroxide of carbamide peroxide. This breaks down when placed on enamel and the oxidising agent penetrates the enamel and whitens

HOME WHITENING: eg illumine or Ramp, Your dentist will make custom fit plastic trays, you will be given bleaching gel usually 10-15% concentration and instructions on how to load the gel into the trays. You can wear they trays for a few hours a day or over night 3-4 times a week, its up to you how often you whiten but we usually recommend that 3-4 times a week for 3-4 weeks. The darker your teeth the longer you will have to wear the trays.

LASER/POWER WHITENING: e.g Zoom! (As use by the x-factor finalists) This takes approximately 2 hours. The dentist

places a rubber seal around your teeth to protect your gums, the bleaching gel is then placed on the teeth and a light is placed over the teeth. The results are immediate, the dentist will normally take before and after pictures so you can compare.

You are then given your own custom made trays which you take home to finish the zoom process, these are to be worn an hour a day for 3 days.

Sensitivity is the most common but short lived side affect of the tooth whitening process. it usually occurs around the tops of the teeth where the gums have receded. I always advise my patients to use a sensitive toothpaste such as proenamel, prior to bleaching and after.

Choosing to have your tooth whitening with a dentist ensures that a full examination is carries out before treatment. The dentist will check for decay, gum disease and any failed or leaking fillings. They will also advise if whitening is suitable for you by assessing the nature and extent

of discolouration. Some people have veneers, crowns and dentures, these will not whiten. Instead your dentist will be able to advise you on alternative treatment options. As professionals, dentists can use stronger whitening agents(DIY kits 0.1% hydrogen peroxide), they will ensure that the whitening agent contacts only the teeth necessary by making custom trays and they will always be there to answer any questions or queries you will have.

After whitening, your dentist will advise you on a good oral hygiene regime that will ensure lasting results. My tops tips for a lasting white teeth are:

Brush twice daily with a fluoride toothpaste and floss Limit the amount of food staining food stuffs in your diet e.g Tea, Coffee, Red Wine Stop smoking Visit your dentist and hygienist regularly

I hope this has been helpful to you, if you have any queries or questions please contact me at:

nuala@causewaydental.co.uk

A fat belly can be fatal



A fat belly can be fatal, a study involving many thousands of men and women has revealed.

Scientists found that having a large waistline doubled the likelihood of an early grave.

Being thick around the middle was already known to be linked to inflammation, insulin resistance, Type 2 diabetes, abnormal cholesterol levels and heart disease.

The new research confirmed how dangerous this can be, showing that it dramatically increased the risk of dying from any cause over a nine-year period.

AUSteamcomparedwaistcircumference and death rates in a population of 48,500 men and 56,343 women aged 50 and older.

All had participated in a large cancer

study which asked them to provide information about weight and waistlines.

Deaths among the participants and their causes were tracked for a total of nine years.

The results, published in the journal Archives of Internal Medicine, showed having a very large waist roughly doubled the risk of death during the study period.

The pattern was seen in men with a waist circumference of 47 inches or more, and women measuring at least 42 inches around the middle.

This was after making adjustments to take account of body mass index (BMI) — a standard measurement relating weight and height — and other risk factors.

Surprisingly, in women the link was strongest for individuals with a normal BMI who nonetheless had a large waistline.

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