

PRACTICE NEWSLETTER

IT'S BEEN A BUSY 6 MONTHS



A big congratulations to Dana on the birth of her little baby boy, Lukas Kumar weighing in at 8lb 6oz on Tuesday 18th July 2017.



Meet Jordan our facebook giveaway winner for winter 2017! Find us on social media for all our giveaways and offers. Our next is our Valentines day giveaway, just tell us why your loved one deserves £1000 worth of free discounted treatment. We will be picking a winner on 14th February 2018!



Dr. Govinder Suthi joins the practice and becomes the newest dentist to our team. Gov has an interest in clear braces and changing amalgam fillings to white.



Mark Tangri is now studying for his MSc: Master of Science in Restorative dentistry with the University of Birmingham. Maek ic committed to lifelong learning. Helping to advance the techniques and treatments that Mark Tangri Dental can offer to its clients.



Annual Intermediate Life Support Training as part of our ongoing sedation training and commitment providing the best service for our patients.



West Bromwich Albion 6 monthly examinations for the players and coaching staff. We wish the team all the best as they battle in the premier league.



November saw Mark and his two boys compete at the British Rapid play Championships. Benjamin 9 years old came 3rd in the Under 16s and his younger brother William 7, beat a England under 11 international team member.



Mark Tangri Dental.

WHAT IS GUM DISEASE?

Gum disease is often called "Periodontitis" Peri- (around) -dont- (tooth) -it is (inflammation of). Is the 6th most common disease in the world with upto 90% of people suffering – most in silence, embarrassment and fear of not understanding what is going on.

Often people's gums bleed and they think they are brushing too hard and are causing problems – this thought process only makes things worse.

We aim to educate people about what is happening – quite often understanding what is going on and how to control the disease yourself at home with some simple advice and instruction is the key to managing the condition.

Gum inflammation is a hyper response to bacteria, no or minimal bacteria equals gum disease control. So brushing is essential.

What causes gum disease:

- Bacteria in plaque
- Plaque build up – missed during brushing, on teeth & under gum
- Triggers immune system & inflammation
- Gums bleed, swell, redden
- Eventually bone is damaged
- Longer term teeth become loose, painful & fall out

Risk factors, including:

- Genetics – a family history of gum disease is very common
- Smoking/ tobacco use
- Misaligned and crowded teeth, dental work that has ledges where food gets caught.
- Tooth clenching and grinding
- Stress
- Fluctuating hormones
- Some medications
- Poor diet

Links with other systemic diseases:

- Cardiovascular disease – Atherosclerosis/ Heart disease/ Stroke
- Diabetes Mellitus
- Osteoporosis

Preventative measures:

- Understanding & minimising risk factors
- Regular gum assessments & hygiene cleaning
- Home maintenance – brushing, tepees, mouthwashes, disclosing tablets



Simple solutions are often the best, we aim to help you incorporate into your lifestyle habits, for example if you love spending time in the shower of a morning keep a tooth brush in the shower. If you drive a lot, keep some tepees in the car to use when you are in traffic. If you watch TV, keep some tepees by the remote!

Keep your diet 'clean and healthy'

A patient's journey

My experiences of being scared of the dentist!

The journey of Marva in her own words.

I was nervous and scared I had toothache and a loose denture. I was embarrassed as it was loose and I couldn't eat in public. My teeth would move and vibrate when I spoke so I would be quiet at functions. I had lost my identity.

It was only when my son 'dragged' me to see Mark I decided that I wanted to get things sorted. The tooth ache was too much, I was up for two nights. If I had the pliers there I would have pulled it out there and then!

Mark and the girls were kind, warm and I felt comfortable. Mark spoke to me for 15 minutes over a cup of tea, I wasn't used to this type of service.

By the time I left I felt so much more confident, I knew what was happening, I had a plan and was confident that I'd found the right person to help me with my problems.

I've had 3 stages of treatment all with sedation.

I can not remember a thing, no pain, nothing!

and now "I can honestly say I feel a new woman, I have my smile back at last".

I can taste my food, I had forgotten what it was like!

All my friends tell me I am talking too much just like I used to do!!

I have recommended so many of my friends to Mark and my best friend was so pleased she has now seen Mark for sedation as she was as nervous as I was in the beginning.