



Prevention is better than cure

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This January saw the publication in the findings from the Adult Dental Health Survey 2009 in the British dental Journal (Volume 214 No 2 Jan 26 2013). Unfortunately the results were quite disappointing considering the ever expanding list of treatment options and health products available. The biggest concerns were that 66% of adults over the age of 55 had significant gum problems and nearly a fifth had complex dental problems – especially over 45 year olds.

How did this happen? To quote the article “Across England, Wales and Northern Ireland no nationally coordinated preventative or dental health programmes have been implemented for adults.” At last the powers that be admit it now, this is better known as the ‘fix it only after it has broken’ concept.

What can we do? As we all know ‘prevention is better than cure’. In other areas of life we are quite good at this, such as having our brake pads renewed on our car before they fail and we have an accident. The problem with dentistry and other health issues is that many of them don’t cause us any problems until its too late for an easy solution – like diabetes. The art of good dental health is to address the dental problems just before they become obvious. This means earlier intervention such as replacing failing fillings and crowns before they actually fail or treating tooth and gum infection before it flares up into an abscess.

The solution is quite simple and follows a number of phases.

- Careful and honest assessment of current dental health
- Look at which treatment options suit the individuals long term health
- Eliminate all infections first, both in the teeth and gums
- Strengthen the weakest teeth
- Create a stable bite
- Address any cosmetic issues once we have a healthy foundation
- Once complete have a solid monitoring and maintenance schedule



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Children, teenagers, parents and whole families can become unexpectedly affected by a wide range of psychological difficulties. These can vary from a one off incident such as being involved in a car accident, to a major family emotional trauma like a divorce. My private practice based in Harley Street and the Cotswolds, offers a creative range of individual and family therapeutic approaches to enable recovery and wellbeing.

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