



## Custom-made mouthguards

It's not just illness that can have a detrimental effect on your oral health. Sporting dental injuries can be very painful and expensive to treat, but they can be avoided by using a custom-made mouthguard from your dentist.

A mouthguard custom made in our practice gives you much better protection than an off-the-shelf version, as it will be tailor-made to fit and protect your teeth using a detailed cast of your mouth.

Because a custom mouthguard is made to perfectly fit your mouth, you will also breathe more easily and speak more clearly with a tailored mouthguard.



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## YOUR HEALTH & DENTISTRY



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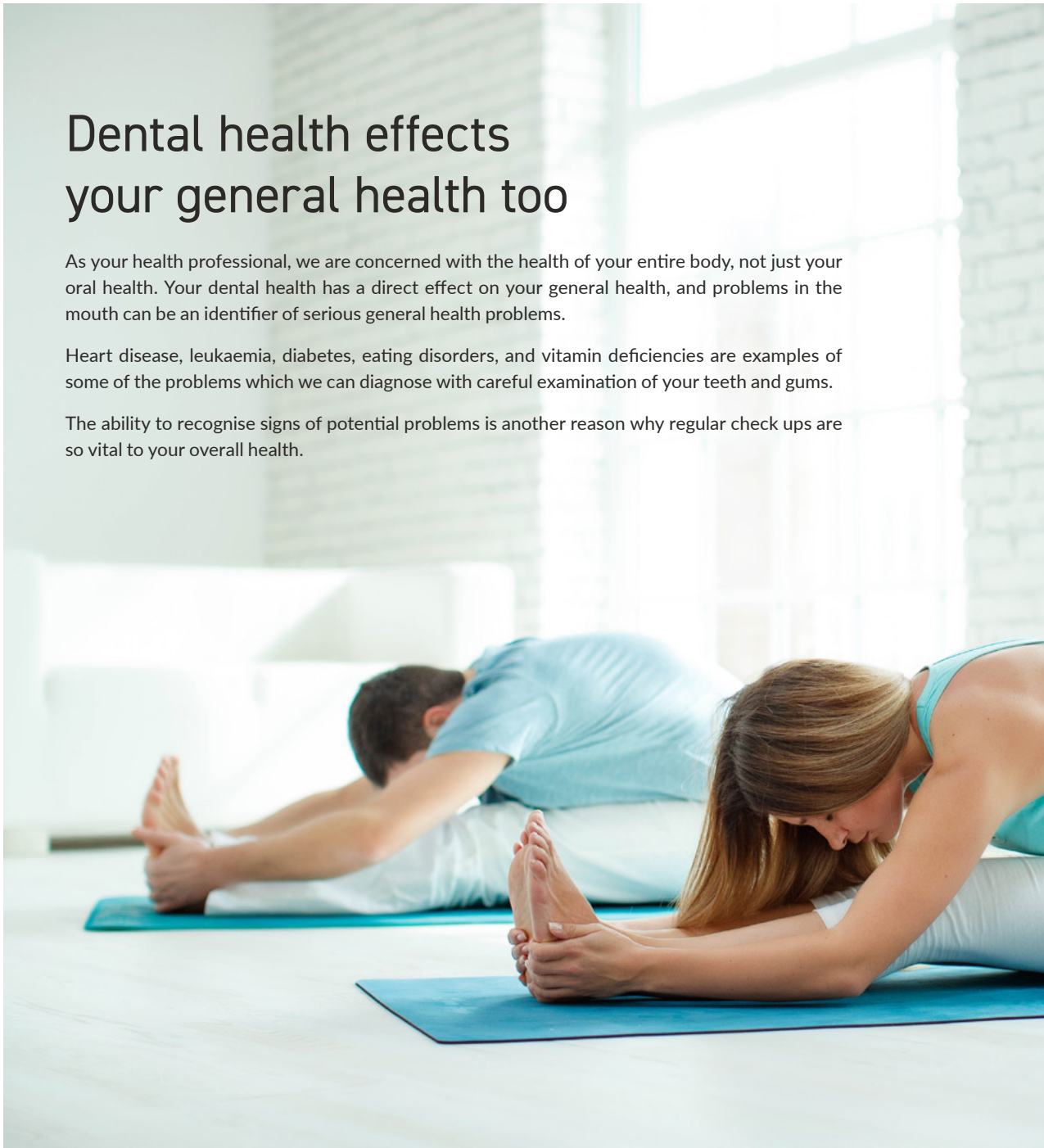
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## Dental health effects your general health too

As your health professional, we are concerned with the health of your entire body, not just your oral health. Your dental health has a direct effect on your general health, and problems in the mouth can be an identifier of serious general health problems.

Heart disease, leukaemia, diabetes, eating disorders, and vitamin deficiencies are examples of some of the problems which we can diagnose with careful examination of your teeth and gums.

The ability to recognise signs of potential problems is another reason why regular check ups are so vital to your overall health.



## Oral health and your general wellbeing

Your dental health has a direct effect on your general health. For example, periodontal disease has been linked to an increase in heart disease, and snoring and sleep apnoea not only leave you fatigued, but in severe cases can be life threatening. There are also many cancers that can start in the mouth. We can also supply appliances to protect your teeth when you are playing sport, and preventing damage to your teeth caused by bruxism, or grinding of your teeth. All our staff is trained to offer advice and assistance with these issues so please speak to us at your next appointment for information and advice on any of these problems.



## Your mouth speaks volumes about your health

Medical research shows a clear link between many conditions within the mouth and your overall health and wellbeing. Your teeth and gums are a good indicator of conditions such as heart disease, diabetes, leukaemia, eating disorders, or vitamin deficiencies.

It has been proven that gingivitis and periodontal disease can be indicators of other serious health problems, such as heart disease, diabetes, cancer, and even the risk of having a premature or low-birth-weight baby.

Often, your dentist or dental hygienist will be the first person to identify a systemic health problem, thanks to the close attention they pay to your mouth. It's another reason why we recommend that you see us regularly to identify signs of potential health problems.