

## Is Tooth Wear Wearing You Down?

Noticing your teeth looking flatter, shorter, or more sensitive lately? You might be experiencing tooth wear — a slow but steady thinning of the enamel caused by grinding, acidic foods/drinks, or even everyday brushing habits.

The good news? **Tooth wear is preventable.**

Small changes like reducing fizzy drinks, using a soft toothbrush, and wearing a night guard (if you clench or grind) can make a big difference. And if your smile needs a little TLC, we offer gentle, modern treatments to rebuild and protect worn teeth.

If you're concerned about changes in your teeth, **book a review with our team** — early care keeps your smile stronger for longer.



MELISSA



10  
YEARS

## In the Spotlight

**We have just recently celebrated a very special milestone — Melissa's 10-year anniversary at the practice!**

As our brilliant Head Nurse, Melissa is truly the heartbeat of the team. She manages everything from compliance and stock checks to reception support and chairside assisting, all while keeping the clinical side of the practice running smoothly.

If you've ever met Melissa, you'll know she's rarely without her big smile and warm, can-do attitude. We're incredibly lucky to have her, and we're so grateful for everything she brings to our patients and our team every single day.

***Thank you, Melissa, for a decade of dedication!***

# Festive Fun at Albert Schloss!



Before the Christmas rush began, the team swapped scrubs for sparkles and put down the dental tools for an evening of festive fun at Albert Schloss.

It was a brilliant night filled with great food, plenty of laughter, and — of course — all the smiles! It's not often our patients get to see us out of uniform, but rest assured, even when we're off duty, we bring the same positivity, teamwork, and good spirit that we do in the practice every day.

Here's to a team that works hard, laughs together, and always keeps the smiles shining — on and off the clock!



## Thinking About Whitening?

### Here's Some Information

Many patients ask about safe and effective ways to brighten their smile. One option we offer is Boutique Whitening, a professional at-home whitening system prescribed by dentists.



Boutique Whitening uses custom-made trays and a carefully controlled whitening gel to gently lift staining caused by tea, coffee, red wine, and everyday

life. Because it's dentist-supervised, the process is tailored to you, ensuring it's both safe and effective.

If you're curious about whether whitening is suitable for your teeth or would simply like more information, **feel free to get in touch with the team** — we're always happy to help and answer any questions.



DRY JANUARY®

## How Cutting Alcohol Supports a Healthier Smile

**January is a great time to reset habits, and taking part in Dry January doesn't just benefit your overall wellbeing — it can have a positive impact on your oral health too.**

Regular alcohol consumption is one of the biggest risk factors for oral cancer, especially when combined with smoking. Alcohol can cause the delicate tissues in the mouth to dry out and become more vulnerable to damage, making it easier for harmful substances to penetrate. By reducing or removing alcohol for the month, you give your mouth a chance to recover, stay hydrated, and maintain a healthier environment.

### **Taking a break from alcohol can also help:**

- Reduce staining on teeth
- Lower sugar intake (many drinks are surprisingly high in sugar)
- Improve sleep and energy levels, making daily brushing and flossing easier to keep up with

***If Dry January inspires longer-term changes, even small reductions in alcohol intake can contribute to better long-term oral health.***

**Do you have an inspirational story about your smile, or tips for staying on track with your oral care?**

We'd love to hear them. Drop us a message with your suggestions.



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