

National Smile Month comes to Essex/Redbridge

National Smile Month 2009 is taking place between 17th May and 16th June under the tagline 'Look After Yourself, Brush for Health.' The campaign is focusing on the vital importance of looking after your oral health as it has systematic links with overall body health.

Dentists at Longwood House will be helping to spread the message of good oral health in Essex/Redbridge. They will be visiting local sports centres and schools within the area to raise awareness. Adults can arrange free dental examinations with a blood pressure check at the practice during Smile Month. Longwood House offer weekend appointments to encourage individuals with work commitments.

Last year they successfully educated over 2,000 individuals through school visits, literature, flyers, handouts and the press. Their aim this year is to continue to promote dental habits that will contribute to a life time of good oral health.

Dr Tasleem Ahmed commented: "We are delighted to get involved in National Smile Month and to spread the word that there is a scientific link showing that bad oral health can contribute to the onset of heart disease, strokes, diabetes and premature births. Good oral health is very important and every one needs to know that free advice is at hand to avoid these serious health risks."

Three key oral health messages:

1. BRUSH - Brush your teeth twice daily using fluoride toothpaste.
2. VISIT - Visit the dentist regularly.
3. CUT DOWN - Cut down on the frequency of sugary food and fizzy drinks.

To arrange a free oral and blood pressure check-up, please contact Longwood House Dental Care on 020 8551 0088 or visit our website on www.longwood-house.co.uk.

Children can complete the attached Quiz and send it into Longwood House Dental Care, 150 Longwood Gardens, Ilford, IG5 0BE. We will pull out a winner at the end of Smile Month. The prize is a professional electric toothbrush.



WIN A PROFESSIONAL ELECTRIC TOOTHBRUSH

Simply complete the sentence
and email your answer along with
your name and address to
dentist@happier-smiles.co.uk

*"Plaque is best removed from between
the teeth using"*