



Welcome to the DSM Newsletter 10th December 2015

Featured News

10 top tips if you want to keep your teeth for a lifetime

Did you know that tooth wear is an increasingly common problem and getting help early on is essential to prevent teeth becoming short and unattractive, as well as rough or sensitive? If left to continue its damaging course, teeth may require extensive restorative treatment further down the line.



The truth is that everyone experiences some tooth wear simply due to normal use of the teeth but it can become a real problem if, for example, people grind their teeth, have an eating disorder, brush too vigorously, or consumption of acidic food and drinks is high.

The good news, however, is that there are simple steps everyone can take to stop this happening, so here Professor Andrew Eder, an expert in tooth wear and Clinical Director of the London Tooth Wear Centre®, offers his top tips for a lifetime of smiles.