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DO YOU GRIND YOUR TEETH? Many people don't realise they do...



WHAT ARE THE SIGNS THAT YOU GRIND YOUR TEETH?

As grinding often happens during sleep, it can be surprisingly difficult to spot. Some of the signs to look out for include waking with a headache, an aching, a tight jaw and facial or neck discomfort.

You don't have to experience pain to be grinding your teeth. Some people have very few symptoms and only discover the problem when their dentist notices characteristic patterns of wear.

WHY DO WE GRIND OUR TEETH?

Stress and anxiety can contribute to grinding and clenching, particularly during periods of increased pressure. Some people also find themselves unconsciously clenching their jaw while concentrating.

Sleep-related factors, lifestyle habits and certain medications can also sometimes be associated with bruxism.

You may be grinding or clenching your teeth without even knowing it.

Teeth grinding – known as bruxism – often happens while we sleep, which means many people are completely unaware they are doing it. Sometimes the first indication is a partner hearing grinding during the night. For others, it is their dentist who notices the tell-tale signs during a routine examination.

CAN GRINDING DAMAGE YOUR TEETH?

Persistent grinding can gradually wear away the protective enamel covering your teeth. As enamel is lost, teeth can become increasingly sensitive and may start to look shorter, flatter or more worn.

In more significant cases, the pressure generated by grinding and clenching can contribute to cracked or chipped teeth and may place additional strain on existing fillings, crowns and other dental restorations.

CAN YOU PROTECT YOUR TEETH FROM GRINDING?

Yes. If we identify signs that you are grinding or clenching your teeth, we can discuss the most appropriate way to protect them.

For some patients, a custom-made dental appliance worn at night may be recommended. Made specifically to fit your mouth, this can help protect the teeth from the damaging effects of grinding and clenching while you sleep.

Recognising daytime clenching habits and considering factors such as stress and sleep quality may also form part of managing the problem.

Contact our friendly team to arrange an appointment or ask your dentist about teeth grinding at your next routine examination.

Call: 01423 503428 or visit
<https://coppiceviewdental.co.uk/contact-us/>

To read the full article on teeth grinding, visit the Blog section of our website **here**.

Can a grey tooth be whitened?

If you have noticed that one tooth looks grey or darker than the rest of your smile, you may be wondering whether teeth whitening can help.

The good news is that in many cases, a grey tooth can be lightened. However, the right treatment depends on why the tooth has changed colour in the first place.



**Individual treatment options and whitening results vary. Tooth whitening should only be carried out following an appropriate dental assessment.*

Why has my tooth turned grey?

There are several reasons why a tooth can become grey or noticeably darker than the surrounding teeth.

One of the most common causes is trauma to the tooth. This could be from a recent knock or accident, or an injury that happened many years ago – sometimes even during childhood.

Trauma can damage the nerve and blood supply inside the tooth. If the nerve becomes damaged or dies, the tooth can gradually become darker or develop a grey appearance.

A tooth may also become darker following root canal treatment, while other causes can include changes within the tooth, previous dental treatment or developmental factors.

Because there are several possible causes, it is important to establish why the tooth has changed colour before deciding how best to treat it.

Will normal teeth whitening work on a grey tooth?

Sometimes – but not always. Conventional professional teeth whitening is designed to lighten natural teeth and can be very effective for general staining and discolouration.

Your dentist will first examine the tooth and may recommend an X-ray or other tests to check the health of the tooth and its nerve.

Contact Coppice View Dental Care today to arrange an appointment.

To read the full article on grey teeth, visit the Blog section of our website [here](#).

TEAM UPDATE



Meet Alfie

Our Patient Coordinator

We're delighted to introduce **Alfie Sewell**, our **Patient Coordinator**, who has recently joined the team at Coppice View Dental Care.

Alfie is based at reception and is here to help make your experience with us as smooth and welcoming as possible - from arranging appointments and answering queries to helping you navigate your treatment journey.

Alfie has already become a valued member of the Coppice View team, so please do say hello when you next visit us!

Weight-loss injections and your teeth – what to know

Weight-loss injections have become one of the most talked-about health developments of recent years. Medicines such as Wegovy and Mounjaro are now being used by a growing number of people, while similar medicines are prescribed to manage type 2 diabetes.

These treatments do not automatically damage your teeth. However, some of their possible side effects can indirectly affect your mouth, particularly if you experience dehydration, nausea, vomiting or acid reflux.



What are GLP-1 medicines?

GLP-1 and related medicines work by affecting appetite, blood sugar and the speed at which food leaves the stomach. Some are licensed for weight management, while others are primarily used to treat type 2 diabetes.

Most people use these medicines without developing serious problems. However, the **MHRA advises** that common side effects can include nausea, vomiting and diarrhoea. These symptoms can sometimes result in dehydration. For your teeth and gums, it is generally these indirect effects that matter.

Dry mouth and dehydration

Saliva does far more than keep your mouth feeling comfortable. It helps wash away food particles, neutralise acids and protect your teeth against decay.

If you become dehydrated because you are vomiting, have diarrhoea or simply find it difficult to drink enough, your mouth may feel unusually dry. A reduced flow of saliva can contribute to bad breath, increased plaque and a higher risk of tooth decay.

Sip plain water regularly throughout the day. Sugar-free chewing gum can also help stimulate saliva, provided it is suitable for you. If your mouth remains persistently dry, tell your dentist, as additional protective treatment may be recommended.

Vomiting, reflux and tooth erosion

Vomiting and acid reflux bring stomach acid into contact with the teeth. This can soften and gradually wear away the enamel, the hard protective surface covering each tooth.

Repeated exposure can lead to dental erosion, which may cause increased sensitivity, teeth appearing more yellow or discomfort when eating hot, cold or acidic foods.

One isolated episode of sickness is unlikely to cause noticeable damage. The greater concern is frequent vomiting or reflux over an extended period.

How to protect your teeth? **A few practical habits can reduce the likelihood of dental problems:**

- **Drink water regularly.** This helps prevent dehydration and supports a healthy flow of saliva.
- **Brush twice a day with fluoride toothpaste.**
- **Spit rather than rinse after brushing.** This leaves fluoride on the teeth for longer.
- **Clean between your teeth daily.** Use floss or interdental brushes of the correct size.
- **Wait before brushing after vomiting or reflux.** Rinse with water and allow around an hour before brushing.
- **Choose sugar-free gum.** Chewing gum can encourage saliva production and help your mouth recover after eating.
- **Attend regular dental examinations.** Early enamel erosion and decay are much easier to manage before they become painful.

Tell your dentist what you are taking

Always keep your dental team informed about your medicines, including injections obtained through a private prescriber or online pharmacy. This information is confidential and helps us plan your care safely.

GLP-1 and related medicines can slow the emptying of the stomach. This is especially relevant if you are referred for treatment involving deep sedation or a general anaesthetic.

The Royal College of Anaesthetists advises patients to tell their healthcare team before such procedures.

Do not stop taking prescribed medicine before dental treatment unless your doctor, prescriber or anaesthetist specifically advises you to do so.

When should you seek advice?

Contact your dentist if you develop persistent dry mouth, new sensitivity, changes to the appearance of your teeth or discomfort when eating and drinking.

You should also speak to your GP or prescribing clinician if nausea, vomiting, diarrhoea or reflux is persistent or difficult to manage.

The MHRA advises anyone taking these medicines to seek urgent medical help for severe and persistent stomach pain that may spread to the back, particularly if it is accompanied by nausea or vomiting, as this can be a symptom of pancreatitis.

Worried about changes to your mouth?

If you are taking a weight-loss injection and have noticed dryness, sensitivity or other changes, please mention it at your next dental appointment.

To arrange an appointment with our Harrogate dental team, contact us on **01423 503 428**.



To read the full article on weight loss injections and your teeth, visit the Blog section of our website **here**.

Electric vs Manual Toothbrushes: Which is better for your teeth?



Walk down the oral-care aisle and the choice of toothbrushes can feel overwhelming. From traditional manual brushes to sophisticated electric toothbrushes with pressure sensors, timers and smartphone apps. Do you really need all that technology to keep your teeth healthy?

The good news is that both manual and electric toothbrushes can clean your teeth effectively when used correctly. However, for many people, an electric toothbrush can make achieving a consistently thorough clean a little easier.

WHY CHOOSE AN ELECTRIC TOOTHBRUSH?

Electric toothbrushes are designed to do much of the brushing action for you. Rather than vigorously scrubbing your teeth, you simply guide the brush slowly around your mouth and allow the moving brush head to do the work.

Research has shown that over time, powered toothbrushes can provide a modest improvement in plaque removal and gum health compared with manual brushing.

Electric toothbrushes can be particularly useful because many models include features such as:

- Two-minute timers to help you brush for the recommended amount of time.
- Pressure sensors that alert you if you're brushing too hard.
- Small brush heads that can make it easier to reach around individual teeth and towards the back of the mouth.
- Different cleaning modes, including gentler settings for sensitive teeth and gums.

An electric toothbrush may also be easier to use for anyone who finds the movement required for manual brushing difficult.

BUT DON'T DISMISS THE MANUAL TOOTHBRUSH

A good-quality manual toothbrush can still do an excellent job. The important thing is how you use it.

Choose a toothbrush with soft or medium bristles and use gentle, controlled movements, paying particular attention to the area where your teeth meet your gums. Brushing harder doesn't mean brushing better – excessive pressure can contribute to gum recession and tooth wear.

Whichever toothbrush you choose, brush twice a day for around two minutes using a fluoride toothpaste and remember to clean between your teeth too.

SO, WHICH WOULD WE RECOMMEND?

For many patients, we find an electric toothbrush can make good brushing technique easier and more consistent – particularly if it has a timer and pressure sensor.

However, the best toothbrush is ultimately the one you will use properly, twice every day.

And remember, even the most expensive toothbrush can't reach everywhere.

Would you like some advice on improving your dental care routine? Speak to our reception team on 01423 503428 or visit <https://coppiceviewdental.co.uk/contact-us/>

To read the full article on electric vs manual, visit the Blog section of our website [here](#).

'Direct access' hygienist appointments

You don't have to be a registered patient at Coppice View to see one of our dental hygienists. Perhaps you have a friend who'd like their teeth whitened or professional cleaned? We can help. Just fill in our **enquiry form** or give us a call on **01423 503 428**.

Denplan essentials for children

Our Denplan Children's Essentials membership plan provides children from ages 6 to 18 with a comprehensive range of services for just £7.50 per month. This includes two check-ups a year plus, digital x-rays.

Check out our **Denplan page** to find out more.

Stoptober

Don't forget! October is the month dedicated to Stoptober, a public health campaign to encourage smokers to quit. More information about the campaign can be found [here](#). Coppice View offers a range of services to support patients who want help to quit smoking.

