

December 2017



Dear patient,

Hope this letter finds you well. It's time to wrap up 2017.

Teeth as pearls of wisdom:

"The tooth, the whole tooth and nothing but the tooth."

Teeth are very important to us dentists and in wider society too. They are a prominent part of our image and offer an insight into our lives and our evolutionary history.

Teeth form such a prominent part of human image that they invite comparison with jewelry. The mythical tooth fairy fantasy presents shed deciduous teeth as jewels to be exchanged for monetary value. Teeth have been used as jewelry by various tribes.

Teeth are often referred to as "pearly whites" which may have led to cosmetic tooth whitening procedures, obtaining a brighter more vibrant smile!

Teeth are biting instruments but also pearls of disclosure and wisdom revealing evidence of human evolution and much of the life history of individuals. They provide insight into biological, ecological and behavioral living conditions and past history of dentate populations.

Teeth contain information not only externally but also within their entombed pulp chambers. They play an irreplaceable role in tracing human presence. The containment of both external evidence of a life lived and internal constituents of our genetic inheritance are lodged in the DNA of the pulp. Our dentition contains a unique historical inscription of our existence and evolution.

Having the most prolonged duration of gestation of any organ of the human body starting 6 weeks after conception and with full completion not until the eruption of wisdom teeth at the age of 18-20, the dentition harbors more information of its existence than any other component of the body.

Dental microstructure provides evidence of growth rate, developmental phenomena and life history. Dental micro wear provides insight into jaw movement and tooth use.

The study of teeth for their evolutionary evidence and as organs of facial aesthetics as predatory and prehensile instruments adds to their mastication, triturating, gnashing and gnawing functions.

Did you know?

60 years ago, in 1957 S.S White Company introduced the Bordon Airotor, the first successful air driven hand piece regarded as the precursor to the present generation of high speed handpieces. This revolutionized dentistry making it more efficient, more comfortable and more profitable. The development presented a major improvement from the "belt driven" handpieces that precedes them and represents one of the most significant leaps forward in the era of modern dentistry.

Your mouth is the mirror of your body:

Between 1947 and 1989, 82 papers were published addressing possible links between oral and systemic disease. Since then there has been more than 1,200 publications on this topic. The publications indicates that there is an association between oral disease and other illnesses and conditions such as coronary heart disease, stroke, pneumonia, diabetes, rheumatoid arthritis and infant low birth weight. Whilst these links are not established as causal, the relationship between the mouth and the rest of the body is being made yet again and this time on a scientific basis. So keep those "pearly whites" clean and your gums healthy. It will benefit the health of your whole body!

...dreaming of a white Christmas?

At least one snowflake has to fall somewhere in the UK on December 25 for it to be classed as a white Christmas. At least one snowflake has fallen on Christmas Day 38 times in the last 54 years. This means, statistically, we can expect to see a white Christmas at least once every two years. But the white Christmas of our imaginations, where there's layers of snow covering the ground, is much more rare. This has only happened four times in the last 51 years. Keep dreaming!



The surgery will be closed over the Christmas period from 22 December 2017 to 1 January 2018. In case of an emergency during the break please consult the website:
www.assmundson.com

Lastly, we'd like to take this opportunity to **thank you** so much for your continued support. We look forward to seeing you all next year when we'll be delighted to help you with anything concerning your mouth/teeth! This could be relieving pain, a simple filling, crown and bridge, scale and polish or a root filling.....or just put a little extra sparkle in to your smile!

For appointments call **020 7637 1339**



**We wish you a very Happy Christmas
and a prosperous 2018!**

Gunilla Assmundson and Toni