

Saponins also reduce capillary fragility and therefore help to prevent leakage of fluids into surrounding tissues which can cause swelling.

An extract of horse chestnut has recently been shown to have one of the highest 'active-oxygen' scavenging abilities of 65 different plant extracts tested. Such extracts exhibit potent cell-protective effects which are linked to the well-known anti-ageing properties of anti-oxidants. Panthenol (Vitamin B5) and Vitamin E are remineralising agents and give new life to gums and strengthen the enamel. Vitamin E is an essential fat-soluble vitamin that helps keep the important chemicals in your body from oxidising or breaking down. It also functions as an antioxidant and therefore helps protect cell membranes, lipoproteins and fats. The gum protection method, with Vitamin E, is proven to revitalise and strengthen gums and help to prevent decline. Permethol is for damaged gums and helps to stop gum bleeding, relieves inflammation and nourishes the gum tissues. Q10 protects against periodontal decline and decreases periodontal pocket depth as well as healing gums.

Healthy mouth – healthy body

Dr Nigel Carter, CEO of the British Dental Health Foundation, supports Purity's healthy mouth – healthy body message: 'A good oral



40%
of adults
across
the world
suffer from
**gum
disease**
(BBC News - Health)

Don't be one of them.

health routine keeps the mouth looking and feeling fresh, preventing gum disease and guarding against general health conditions like heart disease and strokes and can help with early detection of mouth cancer, which kills one person every five hours in the UK. The message advocates the importance of a lifelong oral hygiene programme. Healthy teeth and gums are not just about looking beautiful; they help improve health and wellbeing.

A multifaceted approach is recommended in order to reduce the burden of oral diseases. Healthy mouth objectives should include community based initiatives, self-care and professional care. Make your patients' and your own smiles beautiful, unforgettable and distinctive by aiming for healthy teeth and gums.

www.beverlyhillsformula.com
www.dentalhealth.org.uk

HOTSPOT



Name: Christine Horbury
Age: 28
Town: Leeds
Loves: Cream buns, my friends and of course my Mum.
Hates: People that don't get up for the elderly on the bus.
Hobbies: Running, socialising with friends, eating and eating out.
Job: Senior Nurse at New Smile Dental Care in Leeds.

How did you get your job? I was part-time at the practice while I was at college then I was offered a full-time job which I was quick to snap up.

How did you end up working in dentistry? I wanted to be a paediatric nurse in the hospital but decided against it and looked for a job with on the job training while getting paid. I decided on being a

dental nurse as I still could get the chance to care for people and did not have to work unsociable hours.

What do you enjoy most about your job? Advising people on treatment, taking radiographs, caring for people – especially the little ones – and of course working with such a great team; after all, that is what makes a practice.

What is the most challenging part of your job? Juggling work and my new course: there are just not enough hours in the day. Also, dealing with the language barrier at my practice. We have many overseas patients with little English or no English at all and making appointments can be tricky.

Would you recommend a career in dentistry? For sure: I have been lucky to have such a good boss who has spent at lot of time and money funding my course. There are so many courses out there. So far I have completed my National Certificate, my Radiography and I am now studying for an Advanced Diploma in Patient Care Coordination. It's good now that we are seen as professionals: the register has changed so much for DCPs.

If you weren't working in dentistry, what would you be doing? That's easy, I'd be an international rock star. Well I can only dream!

What three things could you not live without? My Mum, my friends and of course shopping.

*If you would like to be featured in a **HOTSPOT**, email vitaeditorial@nature.com or telephone 020 7843 3680.*