Jaw pain, clenching and headaches?
The solution is Cerezen!

We are always looking into innovative solutions that are non-invasive and painless. As I suffer from clenching myself, I took the opportunity to try this new and ground-breaking technology before I offer it to my patients.

Do you have the following typical symptoms of Temporomandibular Disorders (TMD):

- Bruxism (teeth grinding or clenching).
- Jaw locking or limited movement.
- Pain in the chewing muscles and/or jaw joint soreness.
- Painful clicking or popping in the jaw joint when opening or closing the mouth.
- Aching pain around the ears.
- Radiating pain in the face, jaw or neck.
- Jaw muscle pain or stiffness.
- Difficulty chewing or discomfort while chewing.
- Headaches or migraines.
- Change in the way the upper and lower teeth fit together.

What is Cerezen?
Cerezen is an innovative, custom-made in-ear device that can relieve the pain and symptoms of Temporomandibular Disorders (TMD). The device comprises of two 3D printed, custom-made, hollow auditory canal inserts which allow full passage of sound and are practically invisible from the outside. The device is non-invasive with no risk to the patient. Comfortable, discreet and easily inserted and removed, the device can be worn day and night offering superior patient compliance when compared to traditional TMD treatments.

Continued on next page...
We are open alternate **Saturdays** and late every **Wednesday** evening.

How does Cerezen work?
When you move your jaw, your ear canal opens and closes. As the ear canal is so close to the temporomandibular joint (TMJ), it makes it the perfect place to target the source of your symptoms. When your customised Cerezen devices are inserted into the ear canal, they retain the shape of your ear canal in the open jaw position because they are made from a 3D printed rigid material. They effectively encourage the jaw to return to a relaxed position.

What are the advantages of Cerezen?
- Can be worn day or night apart from when swimming, bathing or during contact sports
- No adverse effect on speech, hearing or eating
- Conservative, non-invasive treatment or no negative long-term effects.

Will wearing Cerezen affect my hearing? Because each device is hollow, sound waves can enter your ear as normal and your hearing will not diminish. There may be a slight alteration in tone, but not in volume.

Are there any potential complications if I use Cerezen?
Feedback from clinical trials was exclusively positive. Each custom-made Cerezen ear insert ensures comfort during wear as well as ease of fitting and removal. They’re made from medical grade polymers that have been safely used in hearing aids for decades.

**What NEXT?**
For a complimentary Cerezen consultation with Kam or Jessica, please ask one of our receptionists on 01608 811 095. I will be providing feedback of this device in our Autumn Newsletter.

**Never ‘just’ a check-up**
A dental check-up is something you may have experienced every 6 months for many years but do you really know what it entails? Although it may appear to you as a brief sit in the dental chair, a lot more goes into your dental health examination.

During a check-up, your dentist will check:
- Your overall health, considering your medical history and medications.
- Lifestyle factors which may impact on your dental health e.g. diet, smoking, alcohol consumption.
- Your risk of tooth decay and determine if tooth restorations or replacements are required.
- Your gum health and evaluate your risk of gum or bone disease.
- Your bite and jaw for problems.
- Signs of oral cancer and other lesions that can have a reflection on your health.
- We will also use x-rays when necessary, to help with diagnosis.

Haven’t visited a dentist in a while? Don’t be embarrassed, call our reception team on 01608 811 095 to ensure your smile stays healthy!

**Tooth Whitening Offer** **£275**

Put the sparkle back into your teeth! Normally £375

**Offer expires** 31 AUG 2017
BIZARRE
DENTAL
FACTS

- 25% of people believe that electric toothbrushes are only for lazy people (British Dental Health Foundation).
- Proper flossing would require the average person to use 111.5 m of floss per year. However, sales data show that the average person only uses about 16.4 m per year.
- Humans have 32 teeth, dogs have 42 teeth, pigs have 44 teeth and armadillos have 104 teeth!

Refer a friend
Charlbury Dental Practice is actively recruiting private patients.

YOUR REWARD:
1 friend £20 KamCard voucher
2 friends £40 KamCard voucher
3 friends £60 KamCard voucher
4 friends £80 KamCard voucher
Please enquire at Reception

Opening hours
(Open on alternate Saturdays)
Friday afternoons and Saturday mornings by appointment.

Monday 8.30am - 5.30pm
Tuesday 8.30am - 5.30pm
Wednesday 9.00am - 8.00pm
Thursday 8.30am - 5.30pm
Friday 8.00am - 1.00pm
Saturday 9.00am - 1.00pm

For out of hours emergency please call
01608 811095

www.charlburydental.co.uk
reception@charlburydental.co.uk
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