

The NHS recommends only one 150ml glass of fruit juice per day, which counts as one of the recommended five daily portions of fruit and vegetables.

It suggests people drink the juice with a meal as this can help to reduce damage to the teeth. Drinking more than one glass of juice a day does not count as more than one portion of fruit, as it does not contain the fibre found in the whole fruit.

Juicing or blending fruit releases the sugars inside and is worse for the teeth if drunk frequently. Some researchers also say drinking juice slowly can cause more damage to teeth.

Dentists have previously warned that, while tooth decay is less common as more children and adults brush their teeth regularly than in the past, dental erosion is a growing problem due to acidic drinks.

Research published last year by King's College London Dental Institute, based on a study of 1,000 people aged between 18 and 30, suggested eating an apple could be worse for teeth than drinking a fizzy drink because of the acid it contains.

Experts recommend people continue to eat fruit but drink water afterwards to wash away the acid or eat something containing calcium, such as cheese, which neutralises acid.

Damien Walmsley, an adviser to the British Dental Association said: "If you are having fruit, keep it to meal times. That [may] go against the [recommendation of] five portions of fruit and vegetables a day, but it is not a good idea snacking on it because of the continual drip, drip on to the tooth."

The Department of Health said it had no plans to remove fruit juice from the five-a-day. A spokesman said: "It contains

nutrients, including vitamins which are important as part of a healthy, balanced diet." - Daily Mail.

The Department of Health is maintaining its stance, outlining the added benefits of drinking fruit juice, something that the attractive alternatives of soft drinks don't provide.

Funny Little Camera Thingy?

Yes we are now the proud owners of a hand held dental x-ray unit.

This means that the operator (either Christine or Claire our x-ray trained dental nurse) do not need to run away when taking x-rays.

It has a specially shielded body and we can stay near the patient which is more reassuring, particularly for the children.

Even better news, is that it takes excellent quality x-rays and uses a very low radiation dose.

There is no such thing as a routine x-ray and we only take them when necessary and after consideration of the risk : benefit.

We following the National Selection

The holiday season is fast approaching (hurrah).

This means:

- that you may want an appointment before you go away – "book early to avoid disappointment"
- we may be short staffed and cannot always get to the phone- please leave a clear short message with ALL phone numbers spoken slowly