

BETHEL SHOP

We have the following items in stock:

- Interdental brushes
- Floss and floss picks
- Tongue scrapers
- Mouthwash (purse size & airline compliant sizes)
- Toothbrushes (manual and electric – adult and children)
- Denture hygiene supplies
- Kids' toothpaste
- Whitening toothpaste



Bad Breath (Halitosis) - You Take My Breath Away!

Bad breath or Halitosis refers to unpleasant, disagreeable and distinct odour exhaled in breathing. A person with bad breath may not be aware of his condition as those around him might not want to hurt his feelings. Bad breath has a significant impact, personally and socially, on those who suffer from it or believe they do.

Do you have bad breath? To check for bad breath, lick the back of your hand, let it dry, and then smell it; or run dental floss between your teeth and sniff at it. Most bad breath originates from bacteria in the mouth, found on the tongue surface and between teeth.

Bad breath can have a range of causes which may include: mouth infection, poor dental hygiene, dry mouth, some foods and medication, habits, or systemic diseases.

Mouth infection/Poor dental hygiene: The most common cause of bad breath is food particles remaining in the mouth. This can collect bacteria and emit smelly vapours. Bad breath can also happen with periodontal (gum) disease, which is gum irritation from plaque formation – a sticky, colourless film of bacteria on the teeth.

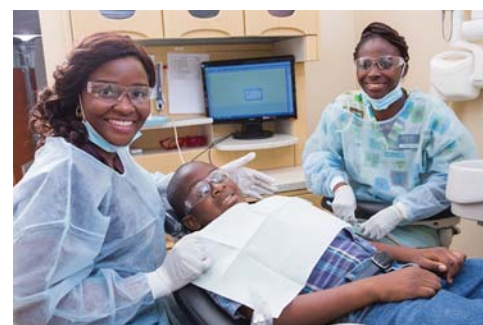


disease also increases with smoking which can, again, lead to bad breath.

Dieting and fasting: Low carbohydrate diets lead to ketosis – the breakdown of fats for energy in the absence of carbohydrates. The release of ketones gives breath a fruity smell. When fasting, release of digestive juices in the stomach can also cause odour. Salivary flow also reduces, causing dry mouth.

Key points towards control of bad breath

Important: See your Dentist at least every 6 months for regular dental checkups. Also do your part by brushing your teeth at least twice a day with toothpaste.



Change your toothbrush every two to three months or when the bristles wear out. Dental floss or interdental brushes are useful for cleaning between teeth while antiseptic mouth rinses help kill germs that cause bad breath. Use the mouthwash at night before sleeping. Use a tongue scraper or brush the tongue with a toothbrush.



Take your dentures out after every meal and clean them; also rinse your mouth. Food particles often get trapped underneath the dentures. Do not wear your dentures to sleep; remove and clean them with your toothbrush, and keep them in a container with water, hypochlorite or chlorhexidine. Ask your dentist.

Chew sugarless mints to stimulate saliva production to prevent dry mouth. Herbs and spices like parsley, cloves (pepri), anise (nketinketi), cinnamon sticks, and fennel seeds are also helpful.

Drink water to keep your mouth moist. Swish it in your mouth to dislodge food particles between your teeth or from crevices.

Include carbohydrates in your diet to avoid 'ketone' breath. Cut down on foods that give off strong smell.

Avoid habits that may worsen breath odour such as alcohol and tobacco.

Eat a good breakfast and take regular meals including fresh fruits; an enzyme in pineapple (papain) helps clean the mouth.

Avoid having an empty stomach for long hours. If you need to snack in between meals, choose healthier snacks like fruits, carrots and celery sticks. Avoid sugary snacks which will increase the bacteria count in the mouth.

Treatment

Bad breath may be a sign of certain medical conditions so it is always best to consult a dentist if the condition persists despite all the remedies mentioned earlier.



AFRICAN RECIPE CORNER

OFAM or AKAKLE (Ripe Plantain Loaf)

Ingredients

- 1 kg overripe plantains
- 3 fresh chili peppers ground to a paste
- 1 cup onion, finely grated
- 3 tbsp grated peeled fresh ginger
- 250ml (1 cup) good-quality red palm oil (dzomi is preferable)
- 80 g (about 1/3 cup) wheat flour (or very finely ground maize or rice flour)
- 2 tsp salt (or to taste)

Method

1. Heat oven to 170 C. (325 F or Gas mark #3)
2. Peel the plantains and mash with a fork until smooth
3. Place mashed plantain in a large mixing bowl. Stir in the grated onion and chili pepper paste. Season to taste with salt. Add 50g of the flour and stir to combine. If the dough seems a little thin, add the remaining flour to make it thicker. Stir in 200ml of the palm oil.
4. Stir the batter well to combine all the ingredients, then set aside to rest for 15 minutes. Use the remaining palm oil to brush the cake tin. Scrape the plantain dough into the cake tin, then transfer to preheated oven and bake for about 30 minutes, or until lightly browned on top.
5. Insert a clean knife. If knife comes out clean, then your Ofam is ready. Allow to cool in the tin for 20 minutes, then turn out onto a wire rack to cool completely.



Ofam is a traditional Ghanaian dish made from ripe plantain flavoured with spices. Traditionally, ofam was cooked in banana leaves, but is today typically made in cake tins. Ofam can be served warm or cold with dry-roasted peanuts. This dish looks savoury but is served in Ghana as a dessert or snack.



I hope you enjoy this tasty Ghanaian food.

Dry mouth: Saliva helps to reduce odour by washing away food particles and bacteria. Dry mouth occurs when saliva flow decreases because of the use of certain medications, problems with salivary glands, or continuous breathing through the mouth.

Food and Drink: Besides remnant food particles in the mouth, certain drinks such as alcohol and coffee can cause a temporary odour. The types of food we eat can lead to bad breath too. Examples include foods like onion, garlic, etc. Once absorbed into the bloodstream, the oils get carried to the lungs to produce bad breath. It can take up to 72 hours before the smell goes away.

Systemic Diseases: Examples include discharge due to infections of the respiratory system, diabetes, metabolic disorders, kidney/liver disease and acid reflux. Certain medications may also cause bad breath.

Smoking: Tobacco smoking dries out the mouth resulting in stale breath. The risk of gum

BETHEL FEATURES & CONVENIENCES

• **Painless Dentistry**

We have invested in technology and procedures that ensure that we take the pain out of dentistry and make your visit to our clinic a pleasant experience.

• **Consultation and Advice**

We provide personalized treatment plans and give you treatment options. We can also give you a quotation and a medical report to support any recommended procedure before it is done.

• **Digital Intra-Oral Camera**

Using high-magnification cameras and wide screen TV monitors, we enable you to see exactly what the dentist sees to help you understand the treatment options we recommend.

• **Digital X-rays**

Digital X-ray is a fast, comfortable, precise and safe way of looking into your mouth. We have them next to each dental chair in our clinic so you do not have to walk out of our office to have an X-ray.

• **Convenient Opening Hours**

On any week day, our doors are open from 7.00 am to 7.00pm.
On Saturdays, we open if there is an appointment.

• **Appointment System**

No waiting. We strive to ensure that you do not have to wait for more than 5 minutes at our reception, if you have an appointment. You could make an appointment via phone or online.

• **Dental Implants**

We can replace your missing or damaged teeth with permanent, lifelike implants.

• **Electronic Health Records**

We keep your health records electronically. No mistakes. No delays. It is easy to transfer records to another dental office if you need to relocate outside Ghana.

• **Laser Dental Treatment**

Laser technology is often gentler on teeth and gum so anesthesia may not be required.



Bethel Staff Acquire Training in Basic Life Support

What would you do when suddenly, a colleague at work gets a heart attack, stops breathing, or is choking. You need basic life support skills to be able to save a life. These were the skills that were passed on to Bethel Dental staff when they attended Basic Life Support training organized by Africa Partners Medical Ghana. The trainer was Dr. Jay Homme from Mayo Clinic in the US. It is part of Bethel's continuous skill development for its staff to be able to offer help, both at the clinic, at home, or wherever they find themselves. ■



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Refer a friend or a colleague to Bethel Dental clinic and you will earn 10 percent of the cost of his or her first procedure! We will set aside the 10 percent you earn for each referral. As it gathers, you can do any procedure of your choice with us for free. You now have a chance to do the procedures your employer or insurance will not pay for - that whitening - that gold crown. Contact us today!

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BETHEL DENTAL CLINIC, DZORWULU @ OMNI CLINIC

At Bethel Dental we combine skill, technology and excellent customer service to create an excellent dental experience. With state of the art diagnostic systems, we



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