

HOW TO ARRANGE YOUR DENTAL CHECK UP

Call our Front Desk
030 277 1155 or
028 954 9707 to make
an appointment.

OUR NEW BABY



Nana (daughter of Dr. Addo, dentist)

Does Your Annual Medical Exam Include a Dental Check Up?

It has now been established beyond doubt that your oral health offers clues to the state of your general health, and problems in your mouth can affect other parts of your body (Mayo). Different studies have indicated an association between serious gum disease and certain diseases that affect the body, including diabetes, cardiovascular disease, respiratory disease, HIV and pre term birth. A visit to the dentist periodically will ensure that such health problems are detected early.

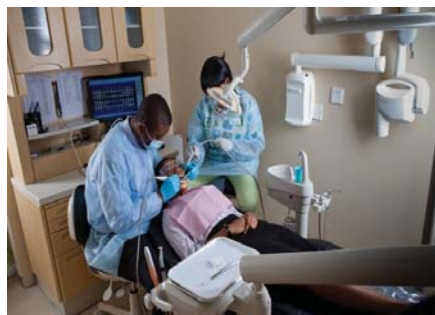
Oral cancer for example initially causes no pain, but if not detected early could become fatal. At yearly dental checkups, the dentist will check for signs of Oral Cancer, gum disease and tooth decay.



Oral Cancer

He will provide advice on care for gum and teeth, do cleaning and polishing and offer treatment if need be. This simple 45 minute procedure done once a year has great benefit for your health. There are also financial benefits.

For example, it has been found that certain forms of dental problems which later require root canal treatment, would have cost 90% less if they had been prevented through an annual checkup. Besides the monetary cost, the pain involved will not allow you to work optimally or may cause absence on health grounds. So, if your annual medical exam does not



Annual Check Up at Bethel Dental Clinic

include a dental check up, we suggest you re evaluate your situation. Preventive oral care could save you money and help you avoid pain and ill-health. ■



Sterilization Room at Bethel Dental

Baby Teeth Do Matter

Start cleaning mouth and teeth when the first tooth appears. If a baby tooth goes very bad, it can damage the adult tooth growing underneath it.



Steps to a healthy teeth:

INFANT up to 1 year

- Germs can pass from your mouth to your baby's mouth. Do not test the temperature of a bottle with your mouth. Use a different spoon to taste your baby's food.
- Wipe out baby's mouth with a clean, soft damp cloth after each feeding.
- If the bottle must be used at bed or nap time, it should be with water only.
- Begin using a cup at mealtimes when baby is six months old.
- Immediately the first tooth appears at 6 months, you should start cleaning baby's teeth with a small soft toothbrush.
- Take your child to the dentist at age 1.
- Ask your child's doctor for an oral health assessment and ask about fluoride.

TODDLER 1 to 3 years

- Brush your child's teeth with a soft toothbrush 2 times a day

- Begin using toothpaste with fluoride at age 2, or before age 2 if recommended by the pediatrician or dentist.
- Use a small amount of toothpaste (about the size of a peanut) - fluoride is important for fighting cavities . But if children younger than 6 years swallow too much fluoride, their permanent teeth may have white spots. Teach your child to spit out the toothpaste and to rinse well after brushing.
- Drink fewer sugary drinks and sweets, sticky foods and soda (soft drinks). Eat sweets or drink sugary drinks at mealtimes only.
- Take your child to the dentist each year.
- Ask your doctor about fluoride.

CHILD 3 to 8 years

- This is the stage of mixed dentition (some baby teeth and some adult teeth)
- Help your child to brush at least twice a day with a soft toothbrush
- Floss your child's teeth daily
- Avoid sticky foods, candy, sweet drinks and soft drinks
- Take your child to the dentist each year
- Ask your dentist about fluoride ■



APAPRANSA

A Ghanaian dish made from roasted cornmeal, beans, palm oil and fish/crab.

Ingredients (enough for 4 people)

1 ½ cups of roasted corn-meal
4 small onions
4 chili peppers
A little salted fish (koobi)
½ cup of palm-oil
2 cups of water
2 teaspoonful salt
Some smoked fish or Crab, if desired



Method

1. Grind the peppers, onions and salt together
2. Heat the palm-oil in a saucepan
3. Add the ground peppers and salted fish (koobi)
4. Let it fry for 5 minutes
5. Wash the smoked fish and remove the bones. Break the fish into small pieces and add to the mixture.
6. Add water and bring to boil
7. Sprinkle cornmeal on the water and keep stirring to prevent it from forming lumps
8. Add cornmeal slowly and stir the mixture, turning it over and over with a wooden spoon until it is firm to touch
9. Season to taste
10. Serve hot. Dish it out in spoonfuls or in rounds

Variation

1. Use 2 ½ cups of palmnut soup (cooked instead of palm-oil and water)
2. Add the ground pepper and onions to the palmnut soup and stir in the cornmeal

Bethel DENTAL

The smile starts here



PAINLESS DENTISTRY!

Tel: 030 277 1155

www.betheldentalghana.com

WE ARE AFFILIATED TO

**WARA and
International SOS**

BETHEL FEATURES & CONVENIENCES

- ***Painless Dentistry***

With technology, we take the pain out of dentistry and make your visit a pleasant experience.

- ***Consultation and Advice***

We provide personalized treatment plans and offer you treatment options

- ***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 we recommend.

- ***Digital X-rays***

We have digital X-rays 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. You could even make your appointment online.

- ***Dental Implants***

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

- ***Electronic Health Records***

We keep your health records electronically. Easy to transfer records to another dental office if you need to relocate outside Ghana.

- ***Laser Dental Treatment***

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

Bethel
DENTAL
The smile starts here

MEET OUR NEW STAFF



Juanita Afari, Hygienist



Rose Cobbah, Dental Assistant



Dr. Ruby Kumapley, Dentist

BETHEL DENTAL CLINIC, DZORWULU @ OMNI CLINIC

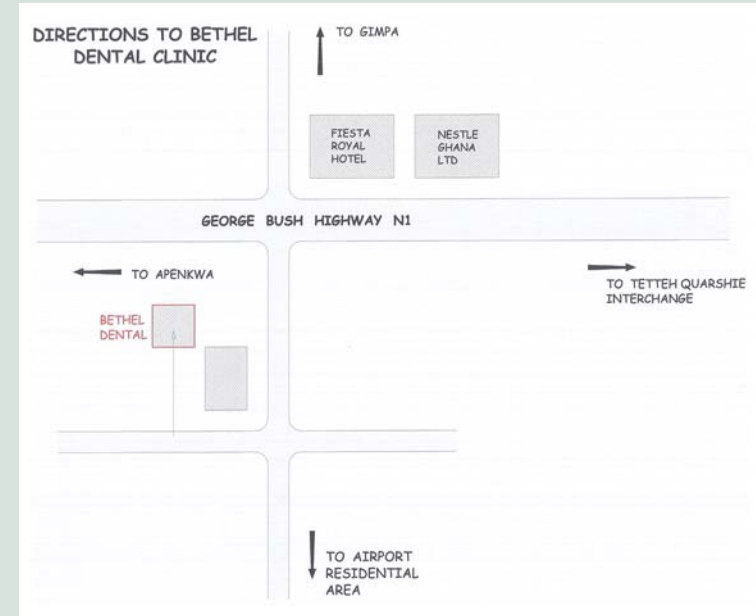
At Bethel Dental we combine skill, technology and excellent customer service to create an excellent dental experience.

With state of the art diagnostic systems, we are able to undertake dental exams and provide excellent patient education regimes which help patients keep good oral hygiene. ■



Call us today on 030 277 1155, 030 2 771156 or 0028 954 9707
or Email: smile@betheldentalghana.com

LOCATION



Bethel Dental Clinic • Tel: 030 277 1155

www.betheldentalghana.com • No. 49 Osu Badu Street, Dzorwulu Accra