

# Newsletter



# 2025



Welcome to our summer 2025 newsletter. We hope you have been enjoying the bouts of nice weather we have been having this year. Our receptionist Natalie will be leaving us this month to begin her maternity leave – we wish her the best of luck!

## Ozempic and your oral health



Ozempic (semaglutide) is a medicine used to treat type 2 diabetes. It's also sometimes prescribed for weight loss. Like any medication, it can affect different parts of your body, including your mouth.

Some people who take Ozempic experience dry mouth. This can happen if the medication affects saliva flow or if nausea leads to drinking less fluid. Saliva protects your teeth from decay and helps fight harmful bacteria, so if your mouth stays dry, your risk of tooth decay, gum disease, and bad breath increases. To help, sip water regularly, chew sugar-free gum, or use a mouth spray designed to prevent dryness.

Ozempic can reduce appetite, leading to skipped meals or different eating habits. Some people snack more often or prefer softer, processed foods when they feel nauseous. Frequent snacking, especially on sugary foods, increases the risk of tooth decay. To protect your teeth, opt for snacks like cheese, raw vegetables, and nuts.

Nausea is a common side effect of Ozempic, especially when you first start taking it. Some people also experience vomiting. When this happens, stomach acid comes into contact with the teeth. This can wear down enamel, the protective layer on the teeth, leading to erosion and sensitivity. If you vomit, rinse your mouth with water or a fluoride mouthwash, but wait at least 30 minutes before brushing to avoid damaging softened enamel.

## The baby food pouch scandal

You may have seen in the news recently the concerns about the sugar content and nutritional value in baby food pouches. Many baby food pouches are being marketed as suitable for babies as young as four months old, despite government and World Health Organisation guidance saying babies should only be fed breastmilk or formula until six months.

The programme also exposed how these pouches, while convenient, often fall short when it comes to nutrition and can contain high levels of sugar.

Parents may see 'No Added Sugar' and assume the product is healthy, but many are made with fruit purées or juices, which are naturally high in free sugars. These sugars are released during processing and can be just as harmful to baby teeth as table sugar.



## New patients welcome

We are now taking on a limited number of new patients. If you have any friends or family that would benefit from our services, please ask them to give us a call on 0161 338 2341 or complete an expression of interest form on our website: [www.stalybridgedentalcare.co.uk](http://www.stalybridgedentalcare.co.uk)

