

# ALEXANDRA

DENTAL CARE

# practice news

Providing you with the news and views from the practice

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This has been a year of great change at the practice. After five long years of planning we now have a modern yet friendly reception / waiting area. Many of you have already experienced the improved entrance. The old entrance was always a problem being at the back of the building and the step down to reception was quite hazardous. Having the new entrance at the side of the building we find more personal and welcoming, and the larger reception desk being adjacent to the open plan waiting area allows patients to take a seat if having to wait.

All our ideas and hard work together with your loyalty allows the creation of the practice and surroundings that enables us to provide the quality of care we think you deserve.

We apologise for any inconvenience caused to our patients during building work and thank you greatly for your understanding and patience. It was a difficult time for all concerned. Thank You.

## Phone room (our Call Centre)

In October we created a phone room upstairs. It has been proved very effective. Not only has it radically reduced the amount of time that phone callers are put on hold (and engaged phone lines), but there are fewer interruptions for patients at the reception desk ensuring improved care. Also we now have more reception staff, which enables us to spend more quality time with each patient.

## Upstairs surgery

Re-designing the first floor space allowed the creation of an additional surgery and waiting area and a private consultation room. Adding an upstairs surgery has allowed us to recruit another dentist and hygienist

## New dental staff

We are pleased to welcome back dentist Anisha Patel who has rejoined the practice after a two year stint in London. Dentist Jatinder Dhadli has joined the practice from Birmingham in August.

## New family members

This year has been something of a baby boom! A new baby for hygienist Helen, nurses Becky, Donna, Terri and dentist Victor (though his wife Jo did all the hard work there!) Congratulations to them all!

Welcome to our practice newsletter. Our aim is to update you on the happenings at the practice as well as featuring key dental procedures to help improve your smile.

**At the practice we are here to help you have long-term oral health for life.**



## Opening hours

Monday	8.00 am – 8.00 pm	Thursday	8.00 am – 7.00 pm
Tuesday	8.00 am – 6.00 pm	Friday	8.00 am – 6.00 pm
Wednesday	8.00 am – 6.00 pm	Saturday	9.00 am – 1.00 pm



## A healthy diet means healthy teeth

Every time you eat or drink anything sugary, your teeth are under acid attack for up to one hour. This is because the sugar reacts with the bacteria in plaque (the sticky coating on your teeth) and produces harmful acids. So it is important to keep sugary foods only to mealtimes, limiting the amount of time your mouth is at risk. Acidic foods and drinks can be just as harmful to your teeth. The acid erodes the enamel, exposing the dentine underneath. This can make the teeth sensitive and cause them to decay far more quickly.

A diet that is rich in vitamins, minerals and fresh produce can help to prevent gum disease. Gum disease can lead to tooth loss and cause bad breath.



## STOP PRESS

SHORT LISTED FOR DENTAL AWARDS

The practice has been short listed in the prestigious Private Practice of the Year award 2004. The award ceremony will take place at Cafe Royal in London in November.



## BRIDGE THE GAP

Do you feel self-conscious when you talk? When you laugh, do you cover your mouth with your hand? Having unsightly gaps, due to missing teeth, can affect your self-confidence and prevent you expressing yourself properly.

Gaps due to missing teeth are not only a cosmetic issue; the gaps also put unwanted strain on adjacent teeth and can affect your bite (the way that your mouth closes).

If the adjacent teeth are healthy and strong, a "bridge" can be built across the gap – this is done by putting a crown on the teeth either side of the space, and then joining these two crowns together by placing a false tooth, or teeth, in the space.

This is one way that we can help bridge the gap, but there may be other alternatives available to you.

**Please discuss this with your dentist.**

**For more information about any of the products or services featured, please ask your dentist or a member of the team.**



## Cleaning your child's teeth

- Stand or sit behind your child, cradling their chin in your hand so you can reach their top and bottom teeth more easily.
- When the first teeth start to come through, use a children's toothbrush with a small smear of toothpaste.
- It is important to supervise your child's brushing until they are at least seven.
- Once all the teeth have come through, use a small-headed soft toothbrush in small circular movements, and try to concentrate on one section at a time.
- Don't forget to brush gently behind the teeth and onto the gums.

■ If possible, make tooth brushing a routine – preferably in the morning and last thing before your child goes to bed.

**Remember to encourage your child, as praise will often get results!**

## Why are my teeth so important?

Your teeth vary in shape and size depending on their position within your mouth. These differences allow the teeth to do many different jobs.

How efficiently our teeth chew food affects the way it is digested. They help us to talk, and pronounce different sounds clearly. Teeth also help to give our face its shape.

A healthy smile can be a great asset and because this is so important, it makes sense to give your teeth the best care possible.



With advancements in technology, materials, procedures and equipment, more and more services and clinical and cosmetic treatments are available to our patients. We carry information leaflets at the practice which give details of specific items that may be of concern or interest. **Please ask any member of our team for further information.**

## Why have a hygiene visit?

The main role of a hygiene visit is to clean your teeth professionally – this is usually called scaling and polishing. However, perhaps the most important role is for showing you the best way to keep your teeth free of plaque and to keep your gums healthy.

Carefully removing the deposits that build up on teeth (tartar), and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. A clean, fresh smile is generally a healthy smile.

## Letters to the editor

*Dear Editor,*

*Some children have less tooth decay these days. In my profession, this means that I have less work to do, and my manager is starting to notice. What should I do?*

*The Tooth Fairy*

**Dear Tooth Fairy,**

There are a lot of resources available these days to help prevent tooth decay in children and to encourage children to care for their teeth. For example, novelty toothbrushes make brushing teeth fun, modern dentistry techniques are stress-free, fluoride toothpaste is widely available, sugar-free foods, drinks and medicines are available, and children are encouraged to regularly visit the dentist from an early age. I suggest that you consider a career move!

**The Editor**

## WORDSEARCH

Can you find the following dental terms in the grid?

- CAVITY
- PLAQUE
- DENTIST
- TEETH
- CROWN
- DENTURES
- MOUTH
- GUMS
- TOOTHBRUSH
- SMILE

C	T	S	I	T	N	E	D	E	N
A	M	B	M	E	R	D	E	Z	G
V	N	W	O	R	C	J	N	K	M
I	N	S	U	B	X	G	T	Q	Y
T	O	O	T	H	B	R	U	S	H
Y	I	G	H	E	C	H	R	M	U
P	L	A	Q	U	E	J	E	I	S
D	V	H	C	A	F	T	S	L	E
I	O	F	W	T	P	K	H	E	L

## Budget for dental care and save money

Many patients have taken the opportunity of joining our membership scheme and have been delighted with the benefits. We thought it was worthwhile reminding you of the savings our members are making and pointing out that you can join at any time. This is especially relevant if you are considering treatment, as you will receive a discount on your fee.

### What next?

Please telephone the practice if you would like us to send you a registration form by post. Alternatively, you can call in to the practice and we can complete a form. This will only take a few minutes and will require simply your name and address and bank account details.

## You would Plan and Budget for your holiday



*So why not Plan and Budget for your Dental Care?*

## Budget & Relax

*All patients are automatically covered by Worldwide Trauma and Emergency Call-Out Insurance*

**PLEASE ASK AT RECEPTION FOR FURTHER DETAILS**