

# Alexandra dental care

Mr G. C. Savva, Mr Y. B. Savania & Associates

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## Welcome

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

### Happy New Year from the team that aims to keep you smiling in 2003

2002 was a busy year at the practice with George Savva and Yogi Savania successfully converting their fee-paying adult list to the preventative dental care plan.

The plan has proved to be very popular and we would like to thank our patients for their loyalty.

Due to the success of our dental care plan we are delighted to inform you that there will be **no practice plan price increase** for 2003.

### Modernising Dental Care

As part of our ongoing commitment to improve patient care a fully networked dental computer system was installed in October 2002. We appreciate your patience while the system 'beds in' and we sort out any 'teething problems'. (Apologies for the awful pun!) It is anticipated that all appointments, record cards' and digital x-rays will be incorporated into the system.

We are also looking at feasibility studies, with designers, to improve the layout of reception/waiting areas, as we are fully aware that the reception entrance is

far from ideal.

Any suggestions would be gladly received.

### Another successful extraction . . .

George has had another addition (his fourth!) and we are delighted to congratulate Tracey and George on the birth of Eleanor. George would also like to thank his patients and staff, especially Anisha Patel, his locum, during this time.

### Staff development

All team members are encouraged to update their dental knowledge and develop their skills.

Yogi Savania has just completed a one-year Dental Management Course.

Two nurses are undertaking a Certificate in Dental Radiography and another is undertaking a two-year NVQ in Dental Nursing.

## Whiter Than White

Everybody wants a perfect smile. One of the most common problems that can affect your smile is the colour of your teeth. Stained or discoloured teeth can be remedied with tooth bleaching. This is a very successful way of lightening your teeth and does not damage or harm the enamel whatsoever.

You will need to come to the surgery for an individual tray impression to be made and when this is done a gel is inserted into the tray and it is then placed over your teeth. The procedure is painless, easy and very effective.



## Bad Breath?

Bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth and gums. The bacteria on our teeth and gums (plaque) also causes gum disease and dental decay. The good news is, it is treatable. Talk to us about your concerns and

## Budget for Dental Care and Save Money

Many patients have taken the opportunity of joining our practice plan and have been delighted with the benefits. We thought it was worthwhile reminding you of the savings our plan members are making and point out that you can join the plan 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.

## Smile-o-meter

1 2 3 4 5 6 7 8 9 10

How do you rate your smile on a scale of 1 to 10?

If any less than 8 you should talk to us



# White or Metal Fillings ?

With all of the recent adverse publicity concerning the possible health risks connected with amalgam fillings the practice is pleased to be able to offer white fillings as an attractive alternative where deemed clinically suitable. The fillings themselves blend in with your teeth to provide you with a long term solution and an affordable option to amalgam fillings. The end result is a natural tooth-like appearance.

## Be Sporty But Be Safe

It has been calculated that a quarter of all dental traumas in children result from cycling accidents, when children's teeth are obviously unprotected. However, a large proportion of dental traumas in adults and children occur during contact sports. Many of these injuries can be avoided by the wearing of properly fitted mouth guards. We provide individually constructed and designed mouth guards which cover the gum over the root of the tooth, which are far superior to those you simply mould in hot water. Please ask for details if you feel you, or a family member, require this type of protection.



## Looking after your teeth at home

- Oral Hygiene Measures**
- Diet Control**
- Topical Applications**

Looking after your teeth can be divided into three main areas,

**Oral Hygiene Measures** need to eliminate all traces of dental plaque from all tooth surfaces. Toothbrushing, if carried out correctly, will remove plaque from all the surfaces accessible to the toothbrush, but will not clean in between the teeth. Special cleaning aids such as dental floss, woodsticks, and special interdental brushes are needed for this. As all mouths are different you will need advice from your dentist or hygienist on the best method for you. Proper cleaning will take up a little time in your daily routine, but is well worthwhile and will reduce your susceptibility to tooth decay and gum disease.

**Diet Control**  
The bacteria causing tooth decay are present in dental plaque. These bacteria digest sugars from the diet and produce acids

which attack tooth enamel and cause decay. By understanding the decay process we can take steps to eliminate this completely preventable disease. It is the frequency of acid attacks which will determine how much decay will occur. It is therefore sensible to reduce sugar intake (In the form of confectionery, breakfast cereal, cakes, biscuits, jams, soft drinks ) to once per day or less, and use sugar substitutes whenever possible.

### Topical Applications

The use of fluoride mouthwashes, particularly in the case of children, can help strengthen tooth enamel and reduce decay. From time to time we may suggest the use of special toothpastes or mouthwashes, for the treatment of various problems.

## Crowns, Bridges & Veneers

**Bridges** - We can firmly fit a replacement tooth, or teeth, which are then carefully attached to adjacent teeth.

**Veneers** - provide a wafer thin mask to hide discolouration on teeth and close unsightly gaps with little work being needed on the tooth itself.

**Crowns** - a porcelain cover for either a damaged or unsightly tooth. These are carefully crafted to look natural and blend in with surrounding teeth.



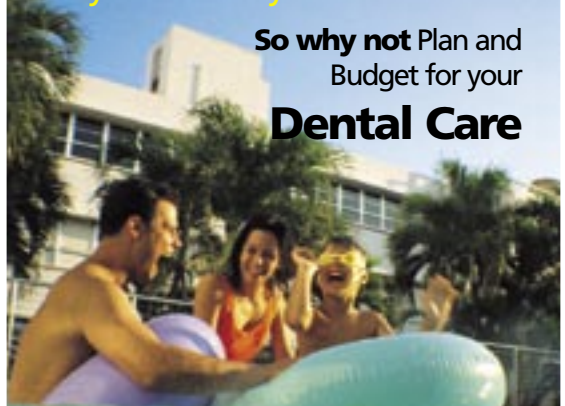
▲ Before      After ▼



## You would Plan and Budget for your holiday

So why not Plan and Budget for your

### Dental Care



## Plan, Budget & Relax

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

**Please ask at Reception for further details**

### Did you know?

Tea is a natural source of fluoride that helps to fight tooth decay (as long as you don't have sugar!) For further information about the benefits of tea you can visit the website [www.teahealth.co.uk](http://www.teahealth.co.uk)