



## Achieve a brighter, whiter smile

"I wasn't happy with the shade of my teeth before the treatment and was very conscious of my smile. I enquired about Enlighten® Whitening because I wanted the best results possible. Everyone now comments on how white my teeth are, I am very happy with the results and glad I chose Enlighten®".

Patient quote

The patient wanted a brighter, whiter smile which is one of the many benefits of Enlighten® as it guarantees a shade of B1 which is the whitest shade on our scale.

**The difference with Enlighten® compared to our conventional whitening system is the addition of a one hour in-house session. Ask at reception for more details.**



These whitening results were achieved using the Enlighten® whitening system.

## Celebrating 20 years!

November 2016 sees Alexandra Dental Care celebrating their 20th anniversary with George Savva and Yogi Savania at the reins. The practice's success is down to their hard work and determination, investing in their staff and new up-and-coming techniques in dentistry.

Never ones to rest on their laurels they are always looking towards being able to offer our loyal patients the best possible treatment available.

Yogi's passion for cosmetic dentistry and orthodontics has seen him win awards over the years and George's dedication to his implantology has seen him secure his MSc in implant dentistry with a distinction.



We don't think they look any older.

## Team of the Year

We were delighted to be awarded Team of the Year at The Dental Awards in Birmingham back in April. To win this award was a great achievement and proved that the judges were impressed with what a fantastic team ethos we have. It recognises the time and effort we spend on training our team to provide the best care for our patients.



# Picture-perfect teeth

Did you know that in the UK an estimated 17 million selfies are posted every week on social media? Orthodontists and cosmetic dentists have seen a rise in adults seeking dental treatment to improve their smile and it is believed the rise in social media and the 'selfie' could be the cause. A study conducted by The Oral Health Foundation highlighted discoloured and crooked teeth to be the major causes for adults not wanting to show their teeth when smiling in photographs.

Yogi & George have noticed the increase in adults seeking their expertise in achieving the picture-perfect smile. "It is so satisfying to see the transformation in my patients, not only in their smile but their confidence. It is nice to see patients smiling after years of trying to hide their teeth."



To find out more about how you could achieve a selfie-worthy smile, book in for a free consultation with one of our smile enhancement treatment coordinators.

## Practice news



### Wedding Belles at Alexandra

The spring/summer months brought two weddings to the Alexandra Dental Care team. Our Implant Nurse, Sinead, tied the knot with her new husband Matt at a beautiful location in March and our Senior Dental Nurse/Marketing Manager, Scarlet, wed husband Adam in a stunning ceremony in July.

**We would like to wish both couples all the happiness in the future.**

### Welcoming Vinesh Rajaram

Vinesh graduated from Bart's and the London School of Medicine and Dentistry. He enjoys the practical aspects of dentistry, as well the interaction with a variety of patients.



## George's Graduation

After several years of studying in implant dentistry George Savva has achieved the pinnacle in his studies by passing his MSc in Clinical Dentistry (Implant Dentistry) with a Distinction in November 2015.

George attended the graduation ceremony at Leeds University on the 20th July 2016.

*He said, "I'm delighted to have achieved this standard in implant dentistry. Here at Alexandra Dental Care, we are passionate about ongoing education not just for the Dentist but for the whole team. The ultimate aim is to deliver the best dental care for our patients."*

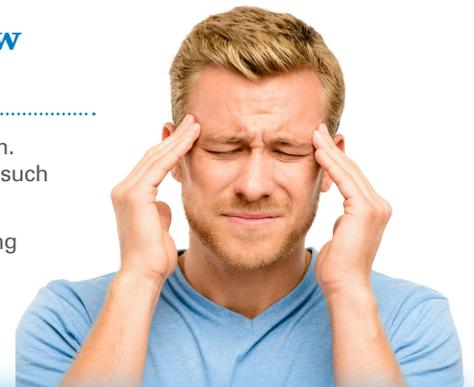
Everyone at Alexandra Dental Care would like to say 'Congratulations' to George. For all your implant needs, please contact the practice.

## Do you suffer with...headaches, earache, jaw joint problems or facial muscle ache?

You could be suffering from symptoms of teeth grinding and clenching, known medically as bruxism. Most cases of bruxism occur unconsciously whilst sleeping and are associated with lifestyle factors such as stress and anxiety or high use of psychoactive substances such as tobacco, alcohol and caffeine.

Dentists can check for signs of bruxing on the teeth: abnormal tooth wear, teeth continually fracturing and shiny wear facets are all signs of bruxism.

If you are concerned that you may suffer with bruxism, speak to your dentist, who'll be able to assist you in treating your symptoms and preventing tooth damage.



Should you wish to read our reviews, or wish to leave a review yourself, visit our website or Facebook page and click on review.