

## Treble win in our anniversary year!



2016 was a momentous year of celebrations for Alexandra Dental Care as the practice spent its 20th anniversary with three fantastic wins at two prestigious awards ceremonies. In April, the Alexandra Dental Care Team were crowned Best Team at the glitzy Dental Awards held in Birmingham. We were on a winning streak, as success continued for the practice

at The Dentistry Awards in Leicester held in November. Here, our long standing and much loved dental nurse, Lorraine Hampton, was announced as the winner of the Best Team Member category. Finally, to round off not only a great night but also an incredible year for Alexandra Dental Care, the practice received the most coveted award of Best Practice.

"Winning the awards is amazing! I am especially pleased for our whole team to be recognised for all their hard work. These national events aim to raise standards in dentistry and are judged by some of the elite in the dental profession." **Yogi Savania**

## Let us transform your smile!

**Are you unhappy with crooked or protruding teeth but the thought of wearing metal braces is putting you off?**

We can straighten your smile with Invisalign®; the clear aligner system. Hardly anyone will be able to tell you're wearing them!

See what our patients have said after having their teeth straightened:

"I found the treatment I received from Yogi and his team to be exceptional and would never use another dentist again! No pain and dramatic results. I love showing off

my smile and my only regret is that I didn't have the treatment years ago!"

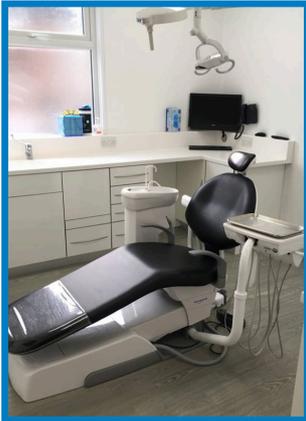
"My teeth were crooked and it really knocked my confidence in everything I did. I would 110% recommend teeth straightening and I would go through it all again if I had to. I can't put into words how I feel, I just can't stop smiling."

**Ask about accelerated Invisalign® treatment for even quicker teeth straightening and 3D digital treatment planning allowing you to see the end result before starting treatment.**



## 20th anniversary celebrations

To celebrate George and Yogi's 20th anniversary last November and as a thank you to all the patients for their loyalty, the practice entered all patients into a prize draw. Throughout November, patient names were drawn at random to win various dental goodies such as whitening treatment, electric toothbrushes and dental vouchers. It was great to catch up with our patients, outside of the surgery and thanking them personally for their continued support.



## Bigger & better!

At Alexandra Dental Care we always endeavour to provide the best care and service possible. In our mission to do this you have noticed the practice undergoing some building work.

We have recently installed a fifth surgery complete with a plasma screen TV to help our nervous patients, a dedicated decontamination suite to further secure patient safety and second consultation room. The second consultation room will allow patients to take advantage of the additional services we offer outside the surgeries. These include dental health, cosmetic and finance option consultations.

## Never 'JUST' a check-up...

A dental check-up is something you may have experienced every 6 months for many years but do you really know what it entails? Although it may appear to you as a brief sit in the dental chair, a lot more goes into your dental health examination.

### During a check-up, the dentist will check:

- Your overall health, considering your medical history and medications
- Lifestyle factors which may impact on your dental health e.g. diet, smoking, alcohol consumption
- Your risk of tooth decay and determine if tooth restorations or replacements are required
- Your gum health and evaluate your risk of gum or bone disease
- Your bite and jaw for problems
- Signs of oral cancer
- We will also use x-rays when necessary, to help with diagnosis.



Haven't visited a dentist in a while? Don't be embarrassed, call us and ensure your smile stays healthy!

## Diet and your teeth

It is not ground breaking news that sugar causes tooth decay, yet it's still a leading cause of tooth loss. It's important to us as well as you that we can provide the advice necessary to help prevent dental and general health problems in the future:

- 1 Try to stick to 3 meals a day and avoiding snacking in between. This allows your teeth to have a break from sugar attacks and gives them chance to return to their natural Ph. levels.
- 2 If you indulge in something high in sugar, consume them at mealtimes only.
- 3 Finally try to drink water or milk between meals, if you really need more flavour opt for sugar free diluted squash.

## Practice News

### New faces at Alexandra...

#### Dentist Vishal Rana

Vishal regularly attends post graduate courses to broaden his understanding of dentistry and to deliver the highest level of care to his patients. He has an interest in cosmetic dentistry and facial rejuvenation and has also just completed an implant course with the Cambridge Implant Academy.



Outside of dentistry Vishal enjoys playing football, is a keen motor enthusiast and enjoys travelling.

#### Hygienist Anita

Anita will be working alongside our existing hygienists Helen and Vicky to help keep your teeth and gums healthy. After carefully looking through patient feedback, we have listened to your needs and are now able to offer hygiene appointments every weekday and now Saturdays.

Vishal and Anita look forward to meeting you.

## Super Stacey

Congratulations to our dental nurse, Stacey, who qualified as an Oral Health Educator.

Stacey will help Jo deliver free oral health education sessions to our patients. Educating children from a young age on maintaining good oral hygiene will encourage healthy brushing habits and prevent the likelihood of needing dental treatment in the future.

Speak to our receptionists to book your child's free session.

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

Dental Surgeons: Mr. Yogi Savania BChD, MFGDP(UK) Mr. George Savva BDS(Lon) Dip Imp Dent RCS (Eng) & Associates

54 Alexandra Road, Swadlincote, Derbyshire DE11 9AZ | Tel: 01283 216347 | Email: smile@alexandrardentalcare.co.uk