

SHRAWLEY HOUSE DENTAL PRACTICE NEWSLETTER

Wave Goodbye and Say Hello

In April we said goodbye and thank you to Donna who left us for pastures new in Rugby and were joined by Jackie Taylor as our new associate dentist.

Jackie has already become a great asset to our team and has been very warmly received by her patients. Jackie was born and raised in Coventry and qualified from Birmingham University in 1990. She has lived in Powick for 10 years and has got to know and love Worcestershire. She has two children, Ellie and Harry, who are 9 and 7 years old.

Jackie is keen to increase her hours at Shrawley House, so if you know any of your family or friends who would like to register with us she would be happy to see them.



Our Not So New Decontamination Room

In order to meet the government's best practice guidelines and to continually improve on safety and cleanliness we opened our Local Decontamination Unit (LDU) almost two years ago. We were one of the first dental practices in the area to set one up and we have been visited by many dentists from the area to see how it should be done. The LDU is a special room where all our instruments are machine washed, inspected under magnification, sterilised through a steam and pressure process and finally packaged and then stored ready for use. If you would like to see the room in action, then just ask; we'd be delighted to show you around our hidden gem.

Don't Keep Us a Secret

We are always happy to accept new patients and we particularly welcome referrals from our existing patients. Nice people have nice friends!

Tell Us what You Think

We welcome feedback so please make use of the comments box which you will find outside the waiting room.

What's your angle?

We are pleased to introduce the new angled brush form TePe. These brushes come ready angled to fit easily between your back teeth. They have a long handle too, which can make using them easier. They are the same price as the original TePe brushes and also come in a wide range of sizes to fit your mouth. Available at reception today!

Fighting Tooth Decay

All the Way From California

Kate and Colin are members of the prestigious GID (Gloucester Independent Dentists) a study group who meet monthly throughout the year and are fortunate to get the best speakers from around the world to come and lecture to them. They were lucky enough to have Brian Novey from California to speak recently and he had news on all the latest research into preventing tooth decay. Kate was so impressed with his lecture that she is now, in her role as secretary for the British Society of Occlusal Studies, organizing for him to come over and lecture to BSOS.

A lot of the new research relates to changing the bacterial biofilm which sticks to your teeth. There are 4 ways in which you can address this

1. Making simple changes to your diet
2. Altering your oral hygiene routine
3. Increasing the PH of your mouth
4. Preventing the bacteria from sticking to your teeth

If you are a patient at high risk of tooth decay then you will be given all the latest information relevant to you at your next appointment. If you wish to know more then ask your dentist next time you visit us.

NEW FOR STUDENTS

Denplan Essentials Plan for Students

We have recently introduced a new student plan for our young adult patients when they go off to university. This gives them peace of mind that if they have trouble with their teeth, while they are away from home, Denplan will find them someone nearby to help them.

The students plan is £9.78 per month (2012 prices) and includes:

- Two examinations and hygiene appointments per year
- 10% discount on any treatment required
- Access to Denplan's 24 hour worldwide dental emergency hotline
- Worldwide dental injury and emergency cover

To find out more about our dental payment plans please ask a member of the practice team for a copy of Denplan literature.

Brush up on Oral Cancer

It is a sad fact but rates of mouth cancer in the UK are on the rise. Smoking and Alcohol are two of the main causes. The earlier that it is detected the better the chances of survival, which is why we screen for it at all your routine checkups. Look out for:

- Ulcers which persist for more than three weeks
- Red or white patches in your mouth
- Lumps anywhere in your mouth
- Unexplained long-term numbness, hoarseness, pain or difficulty swallowing which persists for more than six weeks
- Sudden unexplained looseness of teeth, changes in the way your denture fits or your teeth meet.

Community Corner

To highlight further the issue of oral cancer, we have been raising money for a local support group for Hereford and Worcester. The Head and Neck Cancer Support Group, THANCS, have published a delicious collection of soups and pudding recipes. Many of the recipes are fast becoming favorites amongst the staff, with Kate and Colin disagreeing on which is theirs; will it be the Spicy lentil and tomato soup or the white chocolate and raspberry bread and butter pudding. Copies are available at reception for just £2.00. All proceeds go to help fund treatment of patients at the head and neck unit at Worcester Royal Hospital.

