



**LONG STREET
DENTAL**

Spring Newsletter 2014



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Welcome to our Spring 2014 newsletter in which we will update you on all the latest happenings at the practice, tell you about our special tooth whitening offer and have an article about the dangers of hidden sugars.



Staff news

Many congratulations to nurse Charlie Scott-Kelly and to her husband Tom on the birth of their baby boy Benjamin in November.

We are very happy to welcome back nurse Melissa Robson who has returned to us following her maternity leave.

Congratulations to nurse Emma Kaashoek who has passed her Dental Nursing theory exams in December and the practical exam in March, achieving a diploma in dental nursing.

Sadly, we have said goodbye to one of our receptionists, Mandy Little. Mandy has been with us for 11 years and has given the practice sterling service. We shall all miss her welcoming smile and excellent receptionist skills. We wish her good luck for the future.

Holly Smith has been appointed our new receptionist. Holly will be training with Dana and Jayne, we feel sure she will be a valued member of the reception team.

Oral health assessments

As a result of being a part of Denplan Excel we are one of the first practices in the UK to start using DEPPA for our Denplan patients.

This is an online patient oral health risk assessment tool. After completing a series of questions a report is produced which will assess your current oral health and the risk of problems occurring in the future.

The assessment takes a little longer to complete and therefore we will be offering the DEPPA to suitable Denplan patients over the course of the next 12 months. The results of the report are discussed with the patient and a copy of the report is also available to you.



Sugar

As Easter rapidly approaches it might be timely to remind everyone about how sugar affects your oral health. Most people know that sugar is bad news for teeth and gums, but by having a good oral hygiene routine you shouldn't have to give up your favourite treats – as long as you're aware of how much sugar the foods you eat actually contain, and how to limit the amount of times you eat them.

Every time you eat or drink anything sugary, your teeth are under acid attack for up to one hour. This is because the sugar will react with the bacteria in plaque (the sticky coating on your teeth) and produce the harmful acids. So it is important to keep sugary foods only to mealtimes, limiting the amount of time your mouth is at risk.

It's a good idea to check the ingredients of any processed foods you buy so that you're aware of their sugar content, and so that you can limit the frequency that you eat them. It's also important that you continue to follow a good oral health routine, brushing twice a day and visiting your dental team regularly.

Following this advice won't just benefit your oral health but can also improve your general wellbeing; eating healthily can reduce your risk of suffering from heart disease, diabetes and obesity as well as boosting your immune system and energy levels.

Opening times

Monday to Thursday: 8.30am - 5.30pm

Friday: 8.30am - 5.00pm

Closed for lunch: 1.00pm - 2.00pm

Lucky winner

As a thank you from one of our dental suppliers, Long Street Dental received a brand new DentistRx Intelisonic toothbrush which we passed on to our lucky winner Mr Laurence Packer.



Movember



This was a huge success, thank you to everyone who contributed. Our "boys" between them raised £767.00 for men's health charities.

Whitening

The practice is pleased to be able to offer a new tooth whitening product. Colgate Whitening is being offered at £400. Denplan patients will get a 10% discount. If you are interested please call us for a free 10 minute appointment to discuss your treatment.

Anti-snoring appliance

For most of us, snoring is a sign of deep sleep. However, for others it may signify a serious problem. Snoring is a common problem for an estimated 60% of all men, and 40% of all women over 60 years of age, as well as 10% of men, and 5% of women over 30 years of age. Many of them are unaware they snore. Did you know that there is a simple solution to this? Ask your dentist today about our anti-snoring appliances!



Emergency appointments

We are very fortunate to be able to offer dedicated emergency time with our dentists every morning. Emergency surgery starts from 10.10 with Paul Silvester, 10.30 with Nick Flindall and 10.40 with Paul Hughes. If you have a dental emergency please ring us as early as possible, our phone lines are open at 08.30.

Out-of-hours emergency cover

We are part of an emergency dental call-out team. If you have a dental emergency, Denplan and private patients should ring 07623 946093 up to 6.30 pm weekdays and 9.00am – 4.30pm weekends and public holidays. This number is covered on a rota system shared by dentists in Devizes, Trowbridge and Bradford on Avon. Please be prepared to travel to the practice surgery which is on the rota at the time of your call.

For NHS children you should call the new telephone number which is 111. Denplan patients also have the additional option of calling the Denplan emergency helpline whose number is 0800 844999.

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