

## Away from the practice

Overall fitness and dental fitness are connected, and in the past few months, we have been trying to improve on both, although without the aid of the energy drinks mentioned on the previous page!

**David** completed his second **London Marathon** in April in a very respectable time (we leave it to you to ask!) and is already planning his next.

**Ali, Naseema** and **Sam** (David and Naseema's daughter) completed their Cancer Research **Race for Life** 5K runs, Ali in Battersea Park in May and Sam and Naseema in Hyde Park in July. It was inspirational to see so many cancer survivors running and extremely touching to see women running for those who did not survive. We are hoping to run the Race for Life again next year so please ask if you are interested in sponsoring us.

We all also enjoyed our outing to **Summer Swing** in Kew Gardens this year and it was great to see so many of you enjoying the music and atmosphere too. We have our fingers crossed for a drier, warmer time next year.



**Louise** has returned from her **European travels** with innumerable photos of the 'awesome' and 'fantastic' sights she has seen. We are pleased she had a good trip, but are even more pleased to have her back safe and sound!

We also have some good news to share. **Ali** has recently become **engaged** to **Henry** so will be even busier over the next few months and **Karim** and his wife **Kareema** are expecting their third **baby**. We wish them all the best and will keep you posted!

## 'Invisible' braces

In the article on Smile Makeovers for Men, there is mention of orthodontic treatment (tooth straightening). David has recently completed a course using the Clearstep™ system for straightening teeth. This revolutionary method can straighten teeth 'invisibly' using thin, transparent, plastic positioners and is suitable for children over the age of seven, adults and teenagers alike. An added advantage for adults is that your teeth can be whitened while being straightened so do book a consultation soon.

### Ask David



David Callaghan

"Dear David, I have crooked teeth that I am self-conscious about. What can you do?"

"Depending on how crooked they are, and the time you have available for treatment, there is a wide range of options. For slightly crooked teeth, the Clearstep™ system is non-invasive and as a bonus, your teeth can be whitened using whitening gel in the same positioners. If however, time, or a lack of it, is a factor then porcelain veneers which are fitted onto a minimally prepared tooth surface, will give an excellent result, although this would not be suitable for severely crooked teeth.

For more difficult cases, traditional orthodontics using conventional fixed or removable braces may be the only option to straighten teeth. In order to give the most appropriate treatment that is best for you, please book a consultation and we can discuss these with you."

We hope you have enjoyed this edition of our newsletter and look forward to seeing you soon. Keep smiling!

*David and Naseema*



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### In this issue...

- Energy drinks friend or foe?
- Great news for chocaholics!
- Men & smile makeovers



# Smile Update

## Welcome to our newsletter

We remain committed to dedicating our time to developing our skills to provide you with the best care available, But in this issue, we thought we'd show you another side to us. Yes, we have lives too and enjoy our time away from the practice as much as we do when we are here! We even spend some of our downtime together!

Do read on to see what we get up to, and on the clinical side, our 'ask us' section on the back page is related to 'invisible' braces and is answered by David.



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