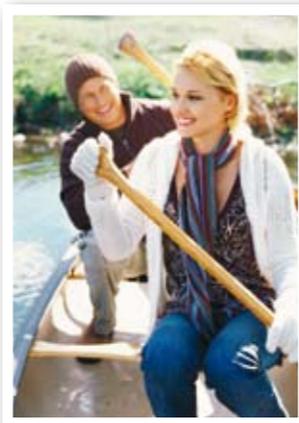


Oral & general health – visit us regularly

If any of you, like us, have had momentary lapses in concentration or memory, the article on tooth loss and memory decline will be of particular interest. You may remember (or not!) an article from a previous newsletter in which we wrote about the link between early tooth loss and Alzheimer's disease (the feature on the Nun's Study in Milwaukee). This article is a timely reminder of how your oral health can impact your overall general health. In fact, many of the topics we wrote about a while ago are now filtering through to the general population via the mainstream press, in particular, the link between oral health, heart disease and strokes.



So we hope you will see why it is important that you try to attend at the prescribed intervals for your examination and hygiene maintenance appointments. Not everyone has the same maintenance programme, so some of you may need to attend more frequently than others depending on your needs and susceptibility to dental caries (decay) and periodontal (gum) disease.

Our recall reminders are posted a month in advance so that you are able to schedule appointments at your convenience. Do bear in mind though, that our most popular time slots at the beginning and the end of the day are often booked weeks or months ahead, so please do not wait until the last minute to schedule an appointment if you require a specific time.



Please remember that if you have any questions but are short of time or too embarrassed to ask at your appointment (or just forget!), you could always email us and we would be happy to advise you accordingly. Also, if you wish to discuss anything in a quiet area, the new office/ consulting room is available to do this.

Keeping you safe

Your safety and health is of paramount importance to us. Our investment in the decontamination room represents how seriously we take this matter. All our instruments are washed, disinfected and sterilised according to the Best Practice Protocols and surpass the guidelines currently adopted, and, wherever possible, we use disposable, single-use items.

The Daughter Test

A recent article by Professor Trevor Burke and Martin Kelleher related to cosmetic dentistry asked the question 'Would You Pass the Daughter Test?' Simply put, dentists were asked if they would be happy to perform the cosmetic treatments prescribed to their patients on their own daughters / wives / family members. You will be happy to know that not only do we pass the Daughter Test, but also that both daughter and wife have actually had cosmetic dental treatment often prescribed to our patients!



Also worth bearing in mind is that the techniques we use are as conservative of natural teeth as possible so as to preserve as much of your own healthy tooth structure as we can, because there's nothing like the real thing!

So until next time, Keep smiling!

Best wishes *David & Naseema*



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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- * Are you too busy to clean your teeth?
- * Tooth loss linked to memory loss



Smile Update

Firstly, we'd like to say Thank You to all of you who have given us such positive feedback on our practice refurbishment and new decontamination room. Continuing investment in our facilities and equipment is as important to us as it is to you, both in terms of your health and safety as well as maintaining a fresh, comfortable environment for your visits, but it's still much appreciated when you tell us!

We would like to also Thank You for continuing to refer your friends and family to us. We work hard at providing the best care for you and value your confidence in us. It inspires us to do even better!



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