

Team news

Firstly, congratulations to **Audra** on passing her Dental Nursing exams. She joins **Candice** and **Stephanie** in being qualified and registered with the General Dental Council.

We also gave ourselves a pat on the back for **passing our CQC (Care Quality Commission)** Inspection. The inspector was suitably impressed by the practice and our operating systems. Well done to Candice who gave a comprehensive account of our disinfection and sterilisation procedures which were in line with best-practice guidelines. Thank you also to our patients who were interviewed and to those who completed feedback forms. It is great to know that the hard work put in is appreciated by you.

David has been asked to join the University of Warwick Dental department to work with students on their Masters' degrees and to examine presentations for their dissertations. He will be working as part of the team who examined him when he did his MSc, so he obviously made quite an impression (pun intended!).

George has proved to be a popular addition to the team, and is a particular favourite with our younger patients.

He is working hard on completing his Masters degree in Aesthetic and Restorative dentistry.

Karim is continuing as a vocational trainer at his practice in Southfields. It is reassuring that new graduates will benefit from his extensive experience in developing their practical skills to his high standards.

Having a **multicultural team** has its benefits. Stephanie is fluent in French, Audra is fluent in Russian and Candice is fluent in Scottish! On a more serious note, if you do feel you would be more comfortable explaining something in French or Russian, Stephanie and Audra are willing to help, so please ask.

Ali and **Candice** have new additions to their teams having recently adopted kittens. They join David, Naseema and Stephanie in being proud cat owners. Needless to say, these moggies will have excellent oral hygiene!



Tooth wear

Our modern day lifestyles, diets and increasing levels of stress have led to increasing frequency and severity of tooth wear in all age groups. In it's earliest stages, tooth wear may present as sensitivity due to exposure of the sensitive dentine layer after the outer enamel layer has been worn away, progressing to cracks in the teeth which then chip and finally, break completely.

Acid in our diet from citrus fruit and fruit juices and fizzy drinks (including diet drinks) leads to erosion of the strong, enamel layer, quite literally, by dissolving it. This weakens the tooth and leads to an increased risk of fracture.

Clenching and/or grinding, often subconsciously or during sleep can lead to wearing away of tooth substance by attrition. In severe cases of teeth worn by grinding, they

appear shortened and in extreme cases, look like tooth stumps in the mouth. This leads to problems with speech, eating, appearance and pain.

However, tooth wear can be successfully treated, particularly in its early stages.

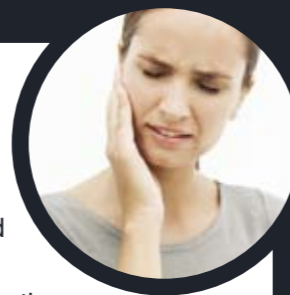
Using remineralising pastes such as Tooth Mousse and MI Paste, fissure sealing the biting surfaces of the posterior teeth and wearing specially constructed splints can all help halt the progression.

Please do ask us for advice if you feel you are suffering from symptoms of tooth wear, or on any other dental matter.

Until next time, Keep smiling!

Best wishes

David & Naseema



Smile Update

Welcome to our latest newsletter

Maybe it's a sign of advancing years, but time really is flying by! Kew Dental Care has been part of our community for almost 12 years and we are always amazed to see patients who started with us as 'junior schoolers' returning as young adults, many now on trips home from university. It is immensely gratifying to see that the vast majority of our young adults have turned out so well, and not just in terms of their teeth!

Please read on for the latest practice news and articles.

