



HATHERLEY DENTAL SURGERY NEWSLETTER

SPRING • 2013

Dear patient

Having recently celebrated my one year anniversary at Hatherley Dental, I wanted to take this opportunity to thank you for your continued loyalty and to tell you about the many changes that have taken place in the practice over the past year.

Hopefully you will have already noticed our newly decorated and refurbished waiting room and improved access to the practice. Behind the scenes we have also invested in a new state of the art decontamination room. All this is to ensure we deliver to you the highest quality of care in a comfortable environment.

OUR FOCUS

Our focus is quality care and customer satisfaction. To ensure your opinions are heard we regularly carry out customer surveys within the practice. However, your feedback is valued at any time so if you have any suggestions of what you would like to see in the practice please pop it in our suggestions box in the waiting room.

OPENING HOURS

Monday 8.30am to 5.30pm

Tuesday/Wednesday 9am to 1pm - for an Advice and Care Co-ordinator assessment

Thursday 8.30am to 5.30pm

Friday 8.30am to 2.30pm

Saturday appointments available by prior arrangement

Emergency arrangements in place for weekends and bank holidays

Practice team

Dr F Atinuke-Tayo (Principal Dentist) has a special interest in the dental treatment of children and patients with special needs. She has also worked extensively with elderly patients and is able to discuss various forms of anxiety control with her patients. Dr Atinuke-Tayo has a Clinical Masters in Paediatric Dentistry and is a Fellow of the Royal College of Surgeons of England.

Elena Leskova (Dental Nurse) has previously worked in tourism so has a wide experience of customer care.

Jeniese Ferdinand (Receptionist) has worked in care homes for the elderly before joining us. She always has a smile on her face!



 hatherley dental surgery

 **Denplan**
At the heart of dental care

Visiting the dentist - it's more important than you may think!

Recent studies have shown close links between our oral and general health. In some cases, gum disease is thought to relate to chronic conditions such as cardiovascular problems and, in the latest study, has also been connected to bowel cancer. With developments such as these, visits to the dentist are an essential part of taking care of not only your dental hygiene, but also your general wellbeing.

Why my dentist?

Because dentists are experts in oral healthcare they are best placed to advise you on what to eat and drink, and how your lifestyle can affect your oral health. Dentists are also best placed to spot problems such as gum disease that causes tooth loss, and mouth cancer. If caught early, these problems can be successfully treated.

How often you need to see a dentist will depend entirely on the condition of your teeth and gums. After an initial assessment, your dentist will be able to tell you how often they recommend you visit. The earlier you start seeing a dentist and learning how best to look after your teeth and gums, the better chance you have of avoiding costly and invasive dental treatment in the future.

Many of our patients already enjoy the benefits of spreading the cost of their Dental Care....

..... now you too can

Denplan Care is a monthly dental payment plan which helps you pay for all your routine (check-ups, x-rays and hygiene visits) and restorative (crowns, bridges or fillings) dental care.

Denplan Essentials is a monthly dental payment plan which helps you pay for all your routine preventive dental care such as check-ups, dental x-rays and hygiene visits. We also offer 12% off any restorative (crowns, bridges or fillings) dental treatment.

Eating and drinking - what's good .. what's bad

With the summer, we hope, comes the heat with the obvious result that more drinks are consumed. Try and limit your intake of soft drinks, lemonade, fruit juices and energy sports drinks and always drink them with a straw which minimises the harm sugar causes. Anything sugary has an effect on your teeth. When sugar goes into your mouth, it reacts with bacteria to form acid, and if you are repeatedly feeding on sugar, then your mouth never gets the chance to recover. This is what causes decay. So try and stick to water when you feel thirsty.

Other no-no's surprisingly include smoothies and juices. Your favourite fruit drink, although rich in vitamins, is naturally high in fructose and in acid which strips the enamel from your teeth. The good news with these are that it's easy to counteract acid attack and the worst thing to do after drinking a smoothie is to brush your teeth. That simply washes away enamel - wait at least 30 to 45 minutes.

Teeth love milk and other calcium-rich foods such as cheese. Tea (without sugar) is a natural source of fluoride which contributes to excellent tooth health. And yes, the best way to keep teeth in tip top condition is to drink water.

Saliva plays an important part in protecting your teeth. It contains antibacterial compounds and enzymes which kick off the digestion process. They also break down food caught in the teeth which protects them from decay.

Special offer

Join Denplan and save up to £32.51 by not having to pay the joining fee. Please ask us for more information about this offer.

Save money with Denplan Essentials

2 check-ups, 2 hygiene + dental x-rays = £12.95 per month*

Equivalent pay-as-you go annual cost = £162

Equivalent cost if on Denplan Essentials = £155.40

The payment plans all include worldwide dental injury and dental emergency cover supported by a 24-Hour Worldwide Dental Emergency Helpline.

* Terms and conditions apply

