

Smile!

The
Private
Dental
Centre

Hello and welcome to the autumn edition of our newsletter here at The Private Dental Centre

Many thanks for all your kind and generous support for the bicycle challenge, cake sale and raffle in the summer to help raise money for The Brain Tumour Charity in memory of Dave Booth a friend of the practice.

**BICYCLE
CHALLENGE**

The **BRAIN
TUMOUR
CHARITY**

**ST. JAMES'S PLACE
CHARITABLE FOUNDATION**

The Charities chosen for our biannual fund raising events are always personal to the practice and have touched the lives of our team or our customers and our friends.

The final total from all who participated raised an enormous

£93,784.92

The total will be split 50/50 with The Brain Tumour Charity and the St James Place Foundation who were responsible for uplifting the £31,261.64 that was collected from the event.



Winner of the raffle Mrs. Carol Topless who won the basket of fruit.

Thank you for helping us and contributing to this very worthy cause.

Mouth Cancer Action Month November 2017

Mouth cancer is highly dependent on early detection - If found early, the chances of survival are nine out of ten, that is why regular mouth checks are vital.

At every dental checkup visual examinations for the early signs of mouth cancer are carried out in all areas, of the lips, cheeks roof and floor of the mouth, the tongue and your head and neck.

Risk Factors

Although mouth cancer can affect anyone and is strongly associated with age and gender, around 91% of cases are linked to lifestyle. Which means that you can help prevent problems by changing lifestyle choices.

Signs and symptoms to get checked by your dentist or doctor

1. **Ulcers which do not heal in 3 weeks**
2. **Red and white patches in the mouth**
3. **Unusual lumps or swellings in the mouth or head and neck**



If in doubt - get checked out!



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Sally Says...



As the Christmas holidays quickly approach, your teenagers, along with their washing will be heading back from University, making this an ideal time for a quick refresher on the basics of good daily mouth care!

Often when your teenagers first leave home the pressures of study and independent living, alongside an active social life can mean their oral health can suffer. So here are my top tips to prevent gum disease and tooth decay.



1. *Brush teeth for 2 mins 2 x daily with Fluoride paste - spit out the toothpaste don't rinse away*

2. *Clean between your teeth daily*

3. *Limit sugary snacks and drinks in between meals - choose healthy snacks instead try -nuts cheese and breadsticks*



4. *Eat a balanced diet- limit sugary salty and fatty foods*

5. *Limit acidic foods and drinks such as fizzy drinks and fruit juices as these can cause dental erosion, the gradual loss of tooth enamel caused by acid attacks. Enamel is the hard protective coating of the tooth if it is worn away the dentine underneath is exposed and your teeth can look discoloured and become sensitive. Still water and milk are safe to drink and hot drinks without sugar. Drink fruit juice just at meal times*

6. *Visit your dentist once a year*

Finance facilities available now

You don't have to wait to get smile you've always dreamed of

Dental finance provides you with a simple and affordable way to pay for all types of dental treatment so you can achieve a smile to be proud of.

For more information please contact any member of the dental team.



New Arrivals

Katie who works alongside Gill is expecting her second baby in February this will mean a brother or sister for her daughter Emilia who started

school this September and is very excited at the prospects of being a big sister! Katie will therefore be leaving in the new year on her maternity leave.

We wish Katie and her family lots of luck at this exciting time and hopefully not too many sleepless nights!



We welcome new team member **Lucy Anderson** who will be joining us in November to cover Katie's maternity leave.

Lucy has been a dental nurse for



3 years and has studied Dental Hygiene and

Therapy for a year at a University in Birmingham.

In her spare time Lucy loves to help her friend with her Welsh Section A Show Ponies,

and also enjoys long walks with her border terrier Henry!

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