

*George Washington's dentures were made from walrus, hippopotamus and cow teeth, as well as elephant tusks.*

*One out of every five people questioned couldn't even remember when they last changed their toothbrush. It is recommended to change it every three months.*

*Fluoride is added to many toothpastes to help prevent tooth decay – yet one in every three people think it is either a flavouring or a marketing gimmick.*



# **Quality Dental Care**

*Newsletter – Spring 2010*

## **BABY NEWS**

In our last newsletter we were eagerly awaiting the arrival of our first Practice baby. On 6 February 2009, whilst most of South Devon was grinding to a halt in the snow, Laurina was giving birth to Olivia Laurina Jones at Torbay Hospital.

Much to our surprise, we were to welcome a second Practice baby in 2009. On 6 August, at home in Bishopsteignton, Mark's wife, Lucy, gave birth to Madeleine Lucy Neal.

Both Olivia and Madeleine are growing fast and developing well and their parents are most grateful for all your good wishes and gifts. Coincidentally, both girls weighed a very healthy 7lbs 13oz at birth.

## **NEW PATIENTS WELCOME**

In January 2009 we were delighted to welcome dental surgeon Anna-Marie Smith to the Practice. Due to her popularity we are pleased to announce that from April Anna-Marie will be extending her working hours and will be in surgery on both Thursdays and Fridays. However, she still has capacity to take on new private patients.

## **RE-LAUNCHED WEBSITE**

We have recently re-launched our Practice website. The address is [www.quality-dental-care.co.uk](http://www.quality-dental-care.co.uk). Please take a look and let us know what you think. We value your feedback. You can contact us through the 'contact' page of the website or by emailing us on [info@quality-dental-care.co.uk](mailto:info@quality-dental-care.co.uk).

*An elephant's molars measure 12 inches across and weigh between eight and ten pounds each.*

*In an average lifetime a person produces 10,000 gallons of saliva.*

*Not that long ago, dentures were common wedding gifts in Britain because many people expected to eventually lose all their teeth.*

*Scientific research has linked gum disease to heart disease, strokes, diabetes and premature and low birth weight babies.*

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*People have admitted to picking between their teeth with everything from pierced earrings to business cards and paperclips to screwdrivers – instead of cleaning with dental floss or interdental brushes as recommended.*

*A 60 second kiss burns 26 calories.*

*Long ago, people used ground-up chalk or charcoal, lemon juice, ashes or even a mixture of tobacco and honey to clean their teeth. It was only about 100 years ago that someone finally created a minty cream to clean teeth.*

*In Germany during the Middle Ages, you would have been advised to kiss a donkey in order to relieve toothache.*

*A survey in the US found that one in four people lie to their dentist about how regularly they floss.*

*The ancient Chinese wrapped tiny pieces of parchment around painful teeth, all of which contained written prayers and incantations.*

*86% of dogs over 4 years old have periodontal disease and its tell-tale bad breath.*

## NEW FACES

Over the last 12 months many of you will have met some or all of our new team members. They are:

Louisa Jenkins - dental hygienist / therapist  
 Laura Leppard - trainee dental nurse  
 Sarah Paine - trainee dental nurse

We're pleased to welcome Laurina back from maternity leave.

To help you identify who's who we have placed a photo board on the wall opposite the front door, but for more information check out the Team Profile on our website.

Sadly, in September we said goodbye to Bryony who has gone to Cardiff University to study Dental Technology. However, you may not have seen the last of her as she has promised to come back and help us out during her long Summer holiday.

## 'SMILE' CHARITY

During 2010 we will be fundraising to send three of our Team, Louisa, Sarah and Laura, to Kenya with the locally based Charity 'SMILE'. They will be spending Christmas assisting some of our colleagues from our sister practices, The Devon Dental Centre of Excellence and the Plymouth Dental Centre of Excellence, in setting up a dental clinic for children who have previously had no access to even the most basic dental care.

Mark has bravely agreed to undertake the first fundraising event – he is going to have his back waxed – ouch!

Please speak to Fran on reception if you would like to sponsor him. Before and after photographs will be available!

Many thanks for your support.

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