

*Like fingerprints,
everyone's
tongue print is
different.*

*The first
toothbrush with
bristles was
manufactured in
China in 1498.
Bristles from
hogs, horses
and badgers
were used. The
first commercial
toothbrush was
made in 1938.*

*The average
toothbrush
contains about
2,500 bristles
grouped into
about 40 tufts
per brush.*

*Hollywood
actors, Julia
Roberts and
Brad Pitt were
top of an
American poll for
the 'Greatest
Looking Teeth'.*



Quality Dental Care

Newsletter – Spring 2011

STAFF NEWS

We are pleased to announce that Laura and Sarah successfully passed the Dental Nurses National Certificate Examination last May. They are both now fully qualified dental nurses and are registered with the General Dental Council accordingly.

In October Fran and Terry 'tied the knot' in Jamaica. They are very grateful for all the good wishes they have received since becoming Mr and Mrs Hays.

In our last newsletter we reported on our 'baby boom'. Our 'baby' girls - Olivia (Livi) and Madeleine (Maddie) are 25 and 19 months old respectively already. How time flies! Both girls are quite naturally bringing untold joy to their parents lives.

Anna-Marie's two children, Nell and Jed, are regular visitors to the Practice (not as patients, we hasten to add!) Nell has now started school and looks very grown up in her school uniform and tractor mad Jed keeps everyone that he comes into contact with on their toes with his boyish antics.

GREEN CREDENTIALS

Dentistry provides many challenges for those of us trying to 'go green'. Much of the waste we produce has to be disposed of as 'hazardous waste' and as such is subject to strict Environment Agency and Department of Health regulations. However, we do recycle as much cardboard, glass and plastic as possible. All our 'kitchen' waste is composted, as is our shredded paper waste.

In the last 12 months we have replaced our antiquated, gas guzzling boiler with a new energy saving combi-boiler, increased the amount of insulation in our roof space and are gradually fitting thermal window blinds. All our light bulbs are now of the low energy type.

Quality Dental Care

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*Dental floss was
first manufactured
commercially in
1882.*

*It was originally
made of silk.
Today it is often
made of Gore-
Tex.*

*Regular brushing
with a fluoridated
toothpaste, as
opposed to a non-
fluoridated
toothpaste, can
reduce dental
decay in children
under 16 by 24%.*

*Babies are not
born with the
bacteria
responsible for
causing tooth
decay. This is
transmitted from
their mother when
they kiss them.*





You should replace your toothbrush after you have had an episode of flu, cold or other viral infection. Notorious microbes can implant themselves on your toothbrush bristles leading to re-infection.

There was a sudden massive surge of patients with tooth decay the year coke was launched.

Tooth decay remains the most common chronic disease amongst 5-17 year olds, with 59% affected.

More than 51 million hours of school are lost every year by children due to dental related illness.



PRACTICE IMPROVEMENTS

We apologise for the recent loss of our upstairs sitting room. We appreciate that this now causes a degree of inconvenience for those with ‘check-up’ and hygiene appointments booked ‘back to back’, but over the winter months we have been busy installing a new ‘state of the art’ decontamination (sterilisation) room in what was our upstairs sitting room. The Department of Health has recently introduced new guidelines for Primary Dental Care and the changes that we have made ensure that we continue to improve the quality of the service that we provide to our patients.

Please ask a member of the team if you would like to take a ‘tour’ of our new facilities - it seems a shame to keep them to ourselves.

IMPROVING ACCESS TO SERVICES

We continue to strive to improve facilities for patients with disabilities. We are always happy to provide any of our Practice Information Leaflets in bold print on request.

As both of our surgeries are situated on the first floor we appreciate that this may present problems for some of our patients with limited or reduced mobility. We therefore have arrangements in place to assist anyone who is having difficulty accessing our surgeries. Please ask Linda or Fran for further information of how we can help.

HAVE WE GOT YOUR EMAIL ADDRESS?

We are always looking at ways of reducing our carbon footprint, so wherever possible we would like to email future newsletters to you. Many of you have already provided us with your email address, but if you have received this newsletter in the post, it is because we do not have an up to date email address for you. We promise to adhere to Data Protection guidelines and will never pass your email address on to any one else. If you are happy to provide us with your details you can contact us by any of the means listed below.

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The average woman smiles about 62 times a day, a man, only 8!

Children laugh around 400 times a day, adults, just 15!

People who tend to drink 3 or more glasses of fizzy drinks a day have 62% more tooth decay, fillings and tooth loss than others.

Dentists recommend that you keep your toothbrush at least 6 feet away from the toilet so as to avoid it becoming contaminated by airborne particles resulting from the flush.

