

Northway Dental Practice
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www.northwaydentalpractice.co.uk

Northway Dental Newsletter 2009

Welcome to the first issue of our patient newsletter keeping you up to date with the latest news at the practice. It has tips on the best way to care for your teeth and interesting articles on relevant dental health issues.

Welcome to Miss Rhian Howells

I am delighted to say that, my wife, Rhian Howells is to join the practice in April 2009. Some of you may remember Rhian as she worked here when Neil Barrie retired. She brings with her a wealth of experience in both General Practice and the Community Dental Service where she has been treating children and nervous adult patients. Rhian qualified at Kings College London in 1989 and will take over from Charles Hardman.

Staff registration

All our surgery staff are fully qualified and registered with the General Dental Council. All are committed to Continual Professional Development in order to continue to improve the high standard of care we provide

We want to improve the information available to you at the practice, so at the beginning of April we hope to go live with our website, www.northwaydentalpractice.co.uk. We hope you find this a useful portal to provide information on both the Practice and oral healthcare.

All change for the better

If you have been in recently you will have noticed the surgery has been undergoing a long, overdue modernisation programme. I hope that the update will enhance your experience at the Practice, providing relaxing surroundings to go with the modern environment that you expect and we wish to provide.



Feeling the Credit Crunch?

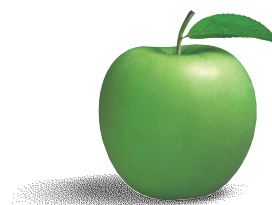
Protect your family during financial uncertainty by budgeting for their dental care with affordable monthly payments. With Denplan Care you pay for regular dental care the easy way, spreading the costs with predictable monthly payments.

The fixed monthly sum you pay not only helps you to budget for your dental care, but also gives you peace-of-mind in the event of a dental injury and emergency. Speak to a staff member to see the Denplan literature or visit www.denplan.co.uk. Terms and conditions apply.

Denplan Excel

Here at Northway Dental Practice we are working towards being accredited with Denplan Excel for both Adults and Children. This is an innovative quality programme developed by Denplan in conjunction with advice and assistance from leading global experts in Dentistry.

We are committed to helping all our patients have healthy teeth and a smile for life.



Denplan

Member of the Global  Group

Your teeth in a lifetime.

Up to 6 years

As soon as teeth first come through (erupt) at about 3 months, they should be brushed regularly with a soft brush. If your baby is fed from a bottle, it should not contain sweet drinks as this can result in teeth being in contact with sugar for prolonged periods. Sweetened drinks should only be drunk at mealtimes.

7 to 12 years

By the age of 7, adult teeth should have started to come through. Parents should still brush their children's teeth or at least oversee that they are doing it properly. All our dental staff are happy to go through this with you.

12 to 18 years.

Children should now be mature enough to take responsibility for keeping their own teeth clean. Teeth in this age group are particularly prone to damage caused by sugary and acidic drinks consumed between meals. Don't brush your teeth immediately after the drink or meal; it is better to wait for half an hour to allow your saliva to naturally neutralise the acid.

18 to 50 years

Unfortunately nearly all adults have some form of gum disease. There are two main types; gingivitis and periodontitis. Of the two, periodontitis is the more serious because it actually eats away at the tooth support. The first signs of gum disease are swollen and red gums which bleed easily. Eventually, if left untreated, the gums start to recede and if you are not careful you will lose teeth. To reduce the chance of serious gum disease you should brush gently and regularly as well as floss and of course see your dentist regularly for maintenance.

50 plus

Some teeth may show signs of damage because they have been worn down by constant or over brushing. Continue to avoid sugary sweets and drinks and flossing is even more important from now on.

By following a programme of prevention your teeth should give you less trouble and with a little care and attention you should be able to keep all your teeth, all your life.

We are here to help so if you have any questions please do not hesitate to call or talk with us during your next visit. We look forward to seeing you soon.

Did you know?

20% of the population still only brush their teeth once a day. The culprit all round is plaque – a sticky substance which is constantly being formed on the teeth. Plaque contains millions of microscopic bacteria that irritate the gums. This gingivitis can lead on to the more serious periodontitis.

Plaque is also the main cause of tooth decay! This occurs when plaque bacteria mix with the sugar we eat and drink, to form acid which attacks the tooth's enamel surface.



We welcome new patients

We are delighted to welcome new patients to Northway Dental Practice and the best ones are those that are recommended by you our valued patients. It stands to reason if you are happy with our service then your friends and family will be too. If you know of someone who would appreciate our services please pass on our details.

Appointments

We encourage you to visit the practice regularly and you can book your next appointment before you leave.

Our dental receptionists are available to help you with any queries relating to your care and treatment, to arrange appointments or to help with any administration.

If you would like to make an appointment please contact us on

01684 295867.

Opening hours

Monday 8.30am to 7.30pm

Tuesday 9.00am to 6.00pm

Wednesday 9.00am to 6.00pm

Thursday 9.00am to 1.00pm

Friday 9.00am to 5.00pm

Emergencies by appointment