



# Abbey

DENTAL PRACTICE

*'Quality dentistry in a friendly environment'*

## Practice Newsletter

ISSUE 3

### Welcome

Welcome to our practice newsletter. Our aim is to update you on the happenings at the practice, as well as featuring key dental procedures to help improve your smile.

In 2009 we changed our phone number from 0870 7515151, to a British Telecom number 01606 44725. For the first six months we notified our patients but are no longer doing so, please could you save our new number.

The text reminder service has been in operation for several months and the feedback has been positive, although we have noted that the system is not working as well to the home line, so where possible please register your mobile numbers with the practice.

In the past year the team have been working on revamping the website, by including more information, a fact file section for common dental issues and up-to-date information about out-of-hours emergency care. Please visit us at [www.abbeydentalpractice.co.uk](http://www.abbeydentalpractice.co.uk)



### A healthy balanced diet is best!

A diet that is rich in vitamins, minerals and fresh produce can help to prevent gum disease. Many processed foods contain a lot of sugar. The higher up it appears in the list of ingredients, the more sugar there is, so make sure you read the list of ingredients on the labels when you go shopping. 'No added sugar' products do not necessarily mean that they are sugar-free, but that no extra sugar has been added.

### Opening hours

Monday:	9.00 am – 8.00 pm
Tuesday:	8.40 am – 5.30 pm
Wednesday:	9.00 am – 5.30 pm
Thursday:	9.00 am – 7.00 pm
Friday:	9.00 am – 4.00 pm
Alternate Saturday:	9.00 am – 1.00 pm

### Congratulations

We are delighted to announce the birth of Hollie May Birkenhead who is remarkably the first baby to be born within the Abbey Dental Team. One of our nurses Katie gave birth to Hollie in the early hours of the 25th April 2010 and Hollie weighed a healthy 7lb 6oz. Both are doing very well and Katie is hoping to return to work early next year.



#### DENTAL SURGEONS

Mr R S Handley BDS and Associates

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## Welcome to our new hygienist

We would like to introduce our new hygienist Jackie Macleod who has recently taken over from Sarah on a Monday and Friday. Jackie has over 30 years experience working as a hygienist and has worked for us as a locum hygienist for the last few years.



## Why have a hygiene visit?

The main role of a hygiene visit is to clean your teeth professionally - this is usually called a scale and polish. However, perhaps the most important role is for showing you the best way to keep your teeth free of plaque and to keep your gums healthy. Carefully removing deposits that build up on teeth (tartar), and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. [A clean, fresh smile is generally a healthy smile.](#)



## For a whiter, brighter smile!

One of the most popular ways to improve your smile is teeth whitening. This is a safe and affordable option that can enhance your appearance. The results are long-lasting and you will see an immediate improvement.

Whether it's for a special occasion or simply because you deserve to treat yourself, contact us to arrange a free consultation.



## Oral cancer

Oral cancer is more deadly than breast cancer, cervical cancer or skin cancer. In the UK, the mortality rate is 50%, despite treatment. This is mainly because of late detection. Mouth cancers are more common in people over 40, especially men. Some of the symptoms may be a sore or ulcer in the mouth that does not heal within three weeks, a lump anywhere in the mouth, or a red or white patch on the gums, tongue or lining of the mouth. Smoking, drinking alcohol and prolonged exposure to the sun can increase the risk of developing oral cancer. It can occur whether people have their own natural teeth, or false teeth (dentures).

Your regular examination is a good time for your dentist to check your whole mouth for signs of oral cancer.

It is important to visit your dentist at least once a year, even if you wear dentures.

## White fillings

White fillings are a great alternative to the silver amalgam ones, which make many people feel self-conscious about their smile. In the past, white fillings have been considered less durable, but there are now fantastic new materials available with properties comparable to silver amalgam which are proving very successful and effective.



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