

Practice Newsletter



Old Amersham Dental Clinic

Award winning practice

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Welcome to the next edition of our newsletter

Our aim is to keep you informed and updated on the news and promotions at the practice. We are here to help and always welcome comments and feedback from our patients so we can continue to provide an excellent service to you.



Clearstep™

We can help you smile with confidence thanks to Clearstep™

Clearstep™ is a unique approach to orthodontics which can help you achieve the smile that you have always wanted – 'invisibly'.

Suitable for all ages seven and upwards, the aesthetic and removable features of the Clearstep™ system are ideal for children, adults or teens who are seeking an 'invisible' solution to their orthodontic needs.

What is involved?

To undergo treatment for the Clearstep™ system, you will need an initial assessment with your dentist which includes some impressions of your teeth, a bite recording and a series of photographs and x-rays so that a full diagnosis and treatment plan can be carried out. Once the diagnosis is complete, you will be able to discuss treatment options with the dentist to decide the most suitable approach for you. Over a course of treatment, you will see your smile gradually transform to the one that you have always wanted and by the time your treatment is complete, you'll be smiling at everyone!



Referrals

The biggest compliment you can pay us is to refer us to your friends and family. We are always delighted when we receive referrals from our patients. This means a great deal to us as it means you are happy with your dental care and are pleased to pass on this news to your family and friends. This is how our practice has grown and will continue to do so with your help.

**Remember, smile.
It's infectious...**

Referral offer

£10.00
Marks & Spencer
VOUCHER

Use this coupon to recommend
your friends and family



Receptionist Marion's amazing walk for charity!

We walked 205 miles!

After all the planning and training my husband and I set off on June 13 2010 to tackle Alfred Wainwright's Coast to Coast walk. No we're not super fit! And yes, we are the wrong side of middle age! But our resolve was strong and our generous sponsors had already donated £1100 for Coeliac UK, so it was down to us to complete the challenge.

It was a truly amazing walk and we were blessed with beautiful weather. We lost count of the number of peaks we climbed in the Lake District (no doubt our knees remember them well!). The weird limestone formations of the Westmorland Plateau were a revelation. The Vale of Mowbray was too flat – believe it or not we longed for some hills to climb! The remains of the lead mining industry in Swaledale were fascinating. The Yorkshire Dales were picture postcard pretty. The North York Moors provided the final challenge with many feet of ascent and descent. Then came the entry to Robin Hood's Bay and the traditional dipping of the boots in the North Sea. We had arrived!

Our donation to Coeliac UK will hopefully contribute to finding a cure for this disease which affects so many people, including my husband. We thoroughly enjoyed helping! If you would like to find out more about Coeliac disease go to www.coeliac.org.uk



Dental Care Plan

By becoming a member you will be eligible for the following benefits:

- Regular dental examinations and gum assessments
- Professional hygiene care
- 20% discounts on most dental treatment
- Worldwide Dental Trauma and Emergency Callout Insurance
- Treatment planning for your future dental needs
- Redundancy protection for your monthly plan payments up to 12 months.

Ask at reception for details.

Tooth grinding

Grinding or clenching your teeth, known as bruxism, affects around one in seven people. People can often grind and clench their teeth whilst awake and asleep.

Bruxism may cause jaw pain, headaches, earache, sensitive teeth and damage to your tooth enamel, so you should visit your dentist so that they can examine you. At your dental health check, make sure you tell us about any other symptoms you may be experiencing, such as an aching or clicking jaw.

Your dentist may take x-rays and will recommend the best course of action for you. They may give you a mouthguard or splint to wear at night to help protect your teeth.

Bruxism can be caused by many things, although stress is a key factor. Techniques to reduce stress and manage anxiety can also be helpful in stopping the grinding. Some people who have high caffeine intake (more than six cups per day) have found that reducing the amount of caffeine stops them grinding teeth.



Cleaning your child's teeth

Stand or sit behind your child, cradling their chin in your hand so you can reach their top and bottom teeth more easily. When the first teeth start to come through, use a children's toothbrush with a small smear of toothpaste. It is important to supervise your child's brushing until they are at least seven. Once all the teeth have come through, use a small-headed soft toothbrush in small circular movements, and try to concentrate on one section at a time. Don't forget to brush gently behind the teeth and onto the gums. If possible, make tooth brushing a routine – preferably in the morning and last thing before your child goes to bed.

Remember to encourage your child, as praise will often get results.



Clair King

Clair is a local lady and a very welcome addition to the team at Old Amersham Dental Clinic. Initially her duties will be front of house, covering a variety of administrative and reception duties. In addition to this, Clair will work part time as a dental nurse trainee and will begin her NVQ in Dental Nursing in January 2012.



DID YOU KNOW?

Tea!

Tea is a natural source of fluoride that helps to fight tooth decay (as long as you don't have sugar!).

For further information about the benefits of tea, you can visit the website www.teahealth.co.uk

