

Newsletter

Welcome to our latest newsletter. With the New Year swiftly approaching we would like to take this opportunity to reflect on 2014 and share with you our key achievements from this year, as well as some competitions and guilt free recipes.

Domiciliary Service

After making contact with residential homes in our area, we are now very proud to offer a domiciliary dental service. This involves taking time out of our practice to visit patients who are unable to make it into the surgery.

Since starting our domiciliary service in May this year, it has proved a great success and has also been very rewarding for our team.

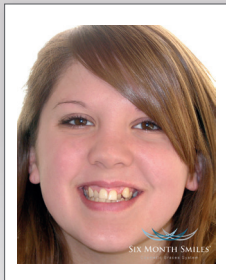
Recommend a friend

Do you know anyone who would value our services? If you recommend us to one of your friends or a family member, as a thank you from us, we will give you a £5 Love2shop voucher.

Do you want to
change your smile?
– we can help!

Six month smiles can help you to smile with confidence!

We now offer a cosmetic braces solution that is more convenient and affordable. Get straight teeth in less time with clear braces – if you want to know more please ask us or you can book a **free, no obligation 30 minutes consultation now!**



Charity support



This year alone, 6500 people will have been diagnosed with mouth cancer, so why is there so little awareness around this type?

In October, our team joined 200 other dentists, hygienists and practice managers at Cheltenham Race Course to take part in a charity walk and help to raise awareness. However, we decided to push ourselves to the limit and run the course, safe to say we had jelly legs for a few days following!

Throughout month of November we have been raising awareness of Mouth Cancer providing patients with information on how to self examine themselves. We held a free coffee morning on Friday 28th November in support of Mouth Cancer Action also offering Tooth Friendly Cake.

Enjoy baking? Or just the finished product...

... either way, turn the page to find our tooth-friendly fruit muffin recipe!

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At the heart of dental care

Tooth-friendly fruit muffins!

Makes 12

Ingredients

- 300g self-raising flour
- 100g unsalted butter (softened at room temperature)
- 250g fresh fruit
- 125g xylitol
- 2 large eggs, beaten
- 140ml semi skimmed milk
- 1tsp baking powder
- 1tsp vanilla extract
- Pinch of salt

Method

1. Preheat the oven to 190°C/fan 170°C/gas mark 5 and line a muffin tray with cases
2. Using an electric whisk, cream together the butter and Xylitol until light and fluffy. Gradually whisk in the beaten eggs until mixed in fully.
3. Stir in the milk and vanilla extract then fold in the flour, baking powder and salt.
4. Fold in your chosen fruit and spoon the mixture into the muffin cases.
5. Bake for 20-25 minutes, or until a skewer inserted into the middle of a muffin comes out clean. Cakes made with Xylitol tend to not brown as much as those made with sugar.
6. Leave to cool in tray for a few minutes before transferring to a rack.



What is Xylitol?

Xylitol is a naturally occurring sweetener found in a variety of plants and fruits.

Tooth decay starts with harmful bacteria in the mouth. Studies have shown that Xylitol inhibits the growth and kills these bacteria, preventing the acid attacks which contribute to tooth decay.



Ten New Year's resolutions for a healthier smile

1. Floss at least once a day to reduce the risk of decay and gum disease
2. Brush your teeth twice daily to prevent plaque build up
3. Chew sugar free gum after eating and drinking to increase saliva flow and help neutralize plaque acids
4. Replace sugar with xylitol to put an end to acid attacks and stop plaque from sticking to teeth
5. Change your toothbrush every 3 months to ensure effective cleaning and plaque removal
6. Nip smoking in the 'butt' - an estimated 65% of oral cancers in the UK are linked to tobacco smoking
7. Stay hydrated! Water helps battle Xerostomia (dry mouth), a very serious condition which increases a person's risk of decay
8. Stop using your teeth as household tools! Opening bottle tops or ripping into bags with your teeth can cause them to crack or even break. The only tool your teeth should be used for is eating meals
9. Visit Dr Tayo as often as she recommends. Skipping check-ups allow plaque to form tartar, which causes more plaque to stick to the surface, damaging your gums and weakening bone structure.
10. Wear a mouth guard if participating in contact sport or any sport where there is a strong chance of contact with a hard surface, for example rugby. This reduces the risk of dental injury due to impact.

Meet Pedro



Many of you may have noticed our latest recruit to reception while visiting the surgery. This, of course, is Pedro, our practice cactus.

Unfortunately, Pedro was unable to go on holiday this summer due to work commitments, so we would like to send him on an adventure of his own.

If you're jetting off on holiday to avoid the winter then please spare a thought for our prickly friend when packing your suitcase, and maybe even some space...

We are looking for patients kind enough to invite Pedro on holiday with them.

The pictures we receive will be entered into a prize draw with the photographer of the winning picture winning a reward.

If you would like to enter, please contact the surgery for more information. All runners up pictures will be displayed in the waiting room.

Best of luck

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