

2015 Newsletter

Welcome to our latest newsletter. With the New Year swiftly approaching, we'd like to take this opportunity to reflect on 2015 and share with you our key achievements and exciting news from this year, as well as some of our current promotions and guilt free recipes!

Practice News

This year has been a very big year for our team here at Hatherley Dental Surgery.

Firstly, we would like to congratulate our dental nurse Elena on the birth of her beautiful baby boy, Maximilian. He was born this July and the family are all doing wonderfully.

Secondly, we would like to welcome our newest team member, Emma. Emma is currently completing her NVQ in Business Administration whilst working on reception, and is always happy to help with any questions you may have when visiting our practice.

Wedding Fayres



As we provide a number of successful cosmetic treatments, this year we have decided to start attending wedding fayres in our local area, hosting our own stand.

We have visited the likes of Bowden Hall and The Greenway Hotel, with many more planned for the future.

This is where we get the chance to speak to brides, grooms and members of the wedding party about their special day and what we can do to help improve their smiles. Also, with the added bonus of competitions to enter, such as chances to win free teeth whitening treatment!

Enjoy cooking? Or just the finished product...

...either way, turn the page to find our guilt-free recipe!

Do you want to enhance your smile? - we can help!

Our professional teeth whitening service can help you achieve a brighter, whiter smile in as little as 2 weeks! It is specially formulated to remove tooth discolouration due to foods, tobacco and other stain-causing materials.

If you are interested in teeth whitening, or any of our other cosmetic treatments, simply contact the surgery to arrange for a cosmetic consultation.

BEFORE



AFTER



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Denplan

At the heart of dental care

Sugar-free tomato and herb sauce

Many of the shop-bought jars of tomato sauce for pasta, bolognaise and lasagne can contain a staggering seven teaspoons of sugar per 500g jar! This version is sugar-free, fresh and easy to make.



Ingredients

- 2 tbsps olive oil
- 1 onion
- 2 sticks celery
- 1 clove garlic
- 1 x 400g tin of chopped tomatoes
- 1 x 500g carton of passata
- Bunch of fresh basil leaves, torn
- 2 sprigs of fresh rosemary
- 2 tsps dried oregano
- Salt and pepper to taste

Method

1. Finely chop the onion, celery and garlic.
2. Heat the olive oil in a large, non-stick, sauté pan/frying pan. Add the onion, celery and garlic and cook gently until soft.
3. Add the chopped tomatoes, passata, rosemary and oregano and simmer uncovered over a low heat until the sauce is at your desired consistency.
4. Add salt and pepper to taste, then stir in the torn basil leaves and cook for another minute.
5. Serve with pasta or use the sauce as a base for bolognaise or lasagne.



5 Fun Facts About Teeth

1. The enamel on the top surface on your tooth is the hardest part of your entire body.
2. No two people have the same set of teeth—your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
3. Your mouth produces over 28,413 litres of saliva in a lifetime—that's enough to fill two swimming pools.
4. An average person spends 38.5 days brushing their teeth over their lifetime.
5. Two thirds of your tooth is underneath your gums—that means only one third of your tooth's length is visible.

Refer a friend

We are taking on new private patients recommended by you, our valued patients!

Recommend us to a friend or family member and receive 10% off your next treatment in the surgery or a love2shop voucher!

The recommended person needs to attend for exam and receive necessary treatment.



We hope that you have a very Merry Christmas and a wonderful New Year!

Best Wishes

The Team at Hatherley Dental Surgery x