

Newsletter - Winter 2016

Practice news

Welcome to our latest newsletter. With the New Year swiftly approaching, we'd like to take this opportunity to reflect on 2016 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!

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

Firstly, we would like to welcome back our dental nurse, Elena, from maternity leave. Elena will be in the practice on Mondays and Tuesdays. Feel free to pop in and say hello!

Some of you - hopefully! - will have noticed that we have refurbished the flooring in surgery to comply with best practice. We've also changed the flooring in the waiting room/reception area to create a more welcoming feel as the previous flooring was looking a bit tired.

Charity Mission

In May this year, Dr Tayo visited South Sudan with five other professionals to carry out dental and medical outreach to villages in the eastern equatorial region of South Sudan.

During her visit, Dr Tayo was able to carry out dental assessments on almost 200 children and adults over two days.

The level of decay was low, whereas gum health still requires improvement as most of the community depend on "chewing stick" to brush their teeth. Dr Tayo hopes to return next year to continue with the work that was started.

Do you want straight teeth by Summer 2017?

You shouldn't have to wait two years for straight teeth. And, with us, you won't!

Six Month Smiles is for some adults with crooked, spaced or misaligned teeth. The average time most people wear braces is just 6 months!

Before



After



SIX MONTH SMILES[®]
Cosmetic Braces System

To find out if you are eligible for **Six Month Smiles**, or to book in for your free 30 minutes cosmetic consultation, **call us now on 01242 515621.**

35 Grasmere Road,
Cheltenham GL51 3PQ

Tel: 01242 515 621

hatherleydental@gmail.com <http://www.hatherleydental.co.uk>



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Enjoy cooking? Or just the finished product...



Sugar-free American-style blueberry pancakes

[Denplan myteeth website](#)

Ingredients:

200g self-raising flour

1 teaspoon baking powder

Pinch of salt

1 large free-range egg, beaten

300ml milk

200g blueberries

Sunflower or olive oil for cooking

How to make:

1. In a large bowl, mix together the flour, baking powder and salt. Make a well in the middle of the dry ingredients and whisk in the beaten egg and milk until you have a thick, smooth batter. Fold in the blueberries.
2. Heat a teaspoon or two of oil in a large frying pan over a medium heat and tilt the pan to cover the pan's surface in the hot oil. Using a ladle or large spoon, put a large dollop of batter in the middle of the pan. Depending on the size of your pan, you may be able to cook another pancake alongside it, but make sure they don't touch each other. Cook for two to three minutes or until the base is golden brown, then flip the pancake over using a flat spatula/slice and cook the other side for another two to three minutes.
3. Once golden brown on both sides, remove the pancake from the pan and keep warm under a cover of kitchen paper or foil while the next pancake is cooking.
4. To serve, stack a few pancakes on a plate and dollop each one with yoghurt and sliced banana, if desired.

Perfect for a weekend breakfast or brunch, these sugar-free pancakes are so tasty you'll forget they're sugar-free and healthy!

Animal themed dental trivia!

1. Snails can have around 25,000 teeth – and they are found on their tongue! By comparison, a human has 32, a dog has 42 and a cat has 30.
2. Rabbits, squirrels' and rodents' teeth never stop growing. They keep them worn down by gnawing on hard foods like bark .
3. Kissing a donkey was supposed to be a great way of relieving toothache, according to "experts" in Germany in the Middle Ages .
4. An elephant's back teeth (molars) weigh between eight and ten pounds each, and measure about 30cm (one foot) across – equivalent to more than 500 human teeth.
5. A crocodile replaces its teeth over 40 times in a lifetime.

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.

Merry Christmas

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

Best Wishes - **The Team at Hatherley Dental Surgery** ✕



Denplan Limited, Denplan Court, Victoria Road, Winchester, SO23 7RG, UK.
Tel: +44 (0) 1962 828 000. Fax: +44 (0) 1962 840 846. Email: denplan@denplan.co.uk

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