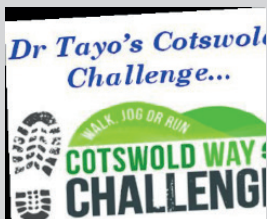


Newsletter - Winter 2017



This Spring, Doctor Tayo joined with other former students of Ille-lfe Medical School, with the aim to raise around £100,000 in order to purchase new Phantom Heads. To raise these funds, Doctor Tayo tackled the Cotswold Way Challenge - walking over 102 miles! Due to injury, it took her a little longer than planned, but the end result was that she conquered the Cotswold Way!

So far, Doctor Tayo has raised £17,129! This staggering amount is due to her hard work, and the kindness of the people around her, who have all banded together for Ille-lfe and aided in getting the equipment needed for the dental students. She would like to send a huge thank you to all who aided her in this fundraising, the students will be thrilled!

Welcome

Welcome to our latest newsletter. With the New Year swiftly approaching, we'd like to take this opportunity to reflect on 2017 and share with you our key achievements and exciting news from this year, as well as some of our current promotions and a guilt-free recipe!

Practice news

This year has been a very big year for our team! Firstly, we would like to congratulate our Dental Nurse, Izzie, on getting into Eastman University, where she is off to study dental therapy! Unfortunately, this means that Izzie has left the practice, but we wish her all the best on her new journey!

Following the amazing news of Izzie's next step, we welcome our newest team member, Eowen. Eowen is our new Apprentice Dental Nurse, who will be assisting Doctor Tayo.

Lastly, we welcome our new Receptionist to the team. Katie is currently completing her Diploma in Business Administration and is more than happy to help when you visit the practice!

This year, Doctor Tayo has been working extremely hard to ensure that oral hygiene standards are being met - all over the world! Around Cheltenham, Doctor Tayo visited Lakeside and Greatfield Primary Schools, introducing the students to good oral hygiene and advising them on how they can look after their milk teeth.

Meanwhile, she journeyed to the Philippines, teaching adults and children alike how to maintain good oral hygiene.



A lot can happen in 120 Days...

We offer **FASTBRACES®** which are adult braces that can take less than 120 days to straighten crooked teeth. Treatment time for comprehensive orthodontic therapy should take more than 120 days with the **FASTBRACES® CLASSIC™ SERIES™** and could take less than 120 days for non-deep bite cases with the **FASTBRACES® TURBO™ SERIES™**, depending on the patient's needs.

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Enjoy cooking? Or just the finished product...



Sugar-free English breakfast frittata

Ingredients:

10 large eggs	handful of cherry tomatoes
3 pork sausages (choose the highest possible meat content)	garlic
3 slices of back bacon	salt and pepper
250g Portobello mushrooms	parsley, to serve

How to make:

1. Press the sausage meat out of the casings, break it up until it looks like ground meat and fry on the hob in a small ovenproof pan for around 5 minutes. No extra oil needed.
2. Add your sliced mushrooms with 1 chopped clove of garlic. Put a lid on your pan and fry until done. Stir if necessary.
3. While the sausages and mushrooms are browning, grill your bacon in the oven. Once it's done, cut into small pieces.
4. Whisk together the 10 eggs with a dash of salt and pepper and add the egg mixture to the pan. Stir. Replace the lid and cook on a low heat for 2 minutes until the bottom begins to set.
5. Carefully place the sliced cherry tomatoes and bacon pieces on the top of the frittata and cook for another 3 minutes with the lid on - until the egg is almost set.
6. Turn the grill to a low heat. Place the pan (no lid) in the oven and let the frittata cook for 10 minutes. Then, slice and serve with chopped parsley scattered on top and a green side salad.

Perfect for a weekend brunch!

Merry Christmas

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

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

Five fun facts about teeth around the world

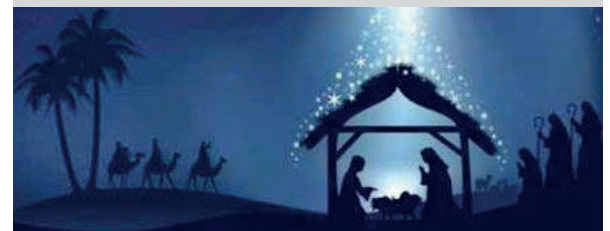
1. Turkish children often throw their milk teeth onto the roof of their home when they fall out and make a wish.
2. In Italy the Tooth Fairy is a small mouse called "Topino", whilst in France and French-speaking areas in Belgium, it's known as "La Petit Souris" or "The Little Mouse".
3. In some Asian countries, children throw milk teeth from their upper jaw to the ground, and the ones from their lower jaw onto the roof. The idea behind this is that the new tooth will grow towards the old one.
4. In Iceland, tradition is to give young children money when their first tooth appears.
5. In ancient times, the Mayan civilisation were already rather advanced in dentistry. For example, they were able to use a primitive drill and implant gemstones into their front teeth without breaking the tooth in the process!

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.



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