

## Winter Newsletter 2023

### Merry Christmas!

We would like to wish everyone a Merry Christmas and a Happy New Year. The year as flown by once again. In the past few months we welcomed lovely new team members, Rana and Holly. Those who haven't met them yet, it's check up time 😊

**Our support for charity this year involved Dr Tayo walking to work for a month, a distance of 11 miles per day, to raise funds for Abby's Corner. This charity supports research for DIPG, a childhood cancer with a poor prognosis.**

**A total of \$3,000+ was raised by Dr Tayo and this added to the \$11,000+ that was raised for research as a group. We are still raising funds for Abby's Corner. If you would like to support the work please visit <https://www.abbyscorner.org/> or visit the Facebook page at: Abby's Corner**



**THANK YOU**

### Denplan

Saturday morning clinic exclusively for Denplan patients who are unable to attend on any week days.

### Denplan

- The perfect way to spread the cost of dental treatment.
- Prompt regular attendance.
- Guarantee your place in diary.
- Avoid dental problems.
- Receive worldwide dental injury and dental emergency cover (Denplan supplementary insurance).



*Merry  
Christmas and a  
Happy New  
Year!!!*

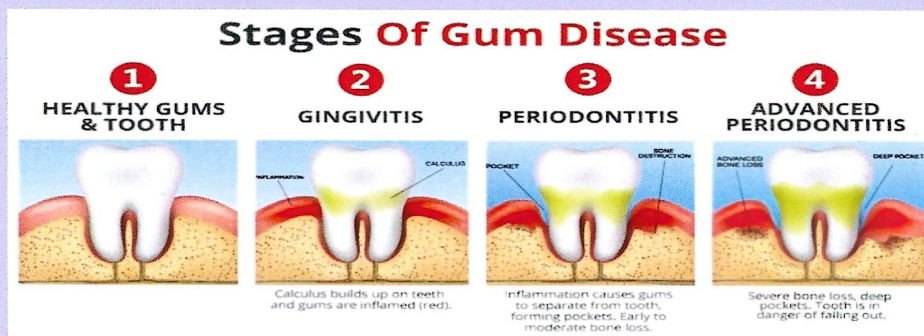


## What causes gum disease?

- ⇒ Gum disease is caused by a build-up of plaque on the teeth. Plaque is a sticky substance that contains bacteria.
- ⇒ Some bacteria in plaque are harmless, but some are harmful for the health of your gums. If you don't remove plaque from your teeth by brushing them, it builds up and irritates your gums. This can lead to redness with bleeding, swelling and soreness.
- ⇒ Read more about the causes of gum disease.

## Preventing and treating gum disease

- ⇒ Mild cases of gum disease can usually be treated by maintaining a good level of oral hygiene. This includes brushing your teeth at least twice a day and flossing regularly. You should also make sure you attend regular dental check-ups.
- ⇒ In most cases, your dentist or dental hygienist will be able to give your teeth a thorough clean and remove any hardened plaque (tartar). They'll also be able to show you how to clean your teeth effectively to help prevent plaque building up in the future.
- ⇒ If you have severe gum disease, you'll usually need to have further medical and dental treatment and, in some cases, surgery may need to be carried out. This will usually be performed by a specialist in gum problems (periodontics).



## What are we doing to help keep our patients safe and reassured?

Along with doing mouth cancer screenings at every examination appointment, we added some specialised equipment. An item called Goggles Glasses for Oral Cancer.

We have been using these glasses for the past year to ensure we are doing all that we can to keep our patients safe. During the course of year we did two referrals to the hospital. We are happy to report they both came back clear and nothing to worry about. We will continue to use the Goggles to monitor all of our patients.

