

HATHERLEY DENTAL SURGERY

DECEMBER 2024 EDITION

PRACTICE NEWS

Like everyone, this year has been full of ups and downs for the practice. From the lovely Shai leaving us for university to become a hygienist, to Raquel and Zahira both joining us as Trainee Dental Nurses. All in all, we are grateful for another successful year and are looking forward to a well-deserved break over the holidays.



A HEALTHY WINTER RECIPE

1. Peel and chop squash and sweet potatoes. Then add them to boiling water and cook until fork tender.
2. Once drained and allowed to cool, blend half using a food processor or blender with stock, coconut milk, and spices until smooth.
3. Return the pureed half to the pot and stir in the other half of the cooked squash and sweet potatoes.
4. Thinly slice bacon and onions and cook them in a skillet with coconut oil or butter until soft, and add to the pot.
5. Serve with optional toppings such as cheese, green onions, and roasted squash seeds, and a side salad.

RAISING AWARENESS FOR DIPG

We are continuing to raise money and awareness for DIPG, a rare and aggressive brain tumour that affects children. Please feel free to visit the site - www.abbyscorner.org - or you can scan the QR code below.



HELPING PATIENTS WITH DEMENTIA

Recently, Dr Tayo attended a class to learn more about how to help patients with Dementia. One of her key takeaways from the course was the acronym SLEDGE, which stands for Social, Laughter, Exercise, Daily activities and Diet, and Cognitive stimulation - all of which can improve the symptoms of dementia.

We are also able to carry out Domiciliary Dental Treatment at private homes or care homes.

Kintsukuroi - to repair with gold. Remember the brain has plasticity, it can always relearn.

DRY MOUTH

Xerostomia, commonly known as Dry Mouth, is a debilitating condition that affects millions of people across the UK. It occurs when there is a significant reduction in saliva production and can lead to serious dental decay and mouth infection.

Mouths contain six salivary glands for lubrication – the parotid, submandibular and sublingual. All of which we have no conscious control over.

Causes, symptoms and treatment

The causes include, but are not limited to, mouth breathing, smoking, alcohol, and anxiety. Dry mouth can also be a side effect to prescribed medication, making it a truly problematic condition.

Those suffering from Dry Mouth tend to have frequent thirst, dry or a burning tongue, bleeding gums, difficulty speaking and swallowing, ulcers and sores, bad breath, cracked lips, and a reduced sense of taste.

Good hydration is crucial when tackling Dry Mouth. Drinking plenty of fluids, chewing sugar free gum, and a saliva substitute solution can also be prescribed.

DENPLAN

Finally, a friendly reminder that we are still offering Denplan, which can help some patients save over £50 a year.

For more information, please ask us in the practice.

WHAT TO EXPECT IN 2025

- Expansion of the practice
- An additional dentist
- Longer opening hours
- More discounts for loyal patients

Next time your dentist says you need a crown, just smirk and say, "I know – and I'm expecting the royal treatment!"



2025