

## Newsletter 2025



### 'Tis the season!

The Hatherley team would like to wish everyone a Merry Christmas and a Happy New Year.

We would like to take this opportunity to reflect on the year and share with you our key achievements and exciting news from this year.

We would like to welcome our new trainee dental nurse Blanca.

We also would like to welcome our new dental hygienist therapist Preeti .

#### WHAT TO EXPECT IN 2026

Permission from council to build the 2nd clinical room to increase our capacity

Longer opening hours

More discounts for loyal patients



### Charity

This year Dr Tayo joined Abby's Corner on their NPCF challenge fund the cure 2025 5k walk and run. Dr Tayo joined virtually from the UK .With your support we raised £99.60 which was doubled by the Practice and £200.00 donated to NPCF, USA.

Dr Tayo and the team completed the Sue Ryder Twilight walk,

Despite Zahira spraining her ankle on the day and Dr Tayo having surgery few weeks before the walk, all completed the 10km. hurrah!!



Thank you all for those who gave generously, we raised £ 122.48 and the Practice matched this so that £ 250.00 was donated to the Charity.

Thanks All.

*Creating happy smiles, together*



## Teeth grinding (bruxism)

Bruxism is the medical term for teeth grinding or jaw clenching that happens while awake or asleep.

### CAUSES

Stress, anger, frustration and anxiety

Sleep problems like snoring and sleep apnoea

Medications such as some antidepressant

Smoking, alcohol and caffeine, and the use of certain drugs.

### SYMPTOMS

Grinding teeth and clenching the jaw

Jaw pain, soreness in the facial muscles, neck and ears

Worn-down or broken teeth, which can cause increased sensitivity and loss of teeth and fillings

Headaches

Disturbed sleep

### TREATMENT

Dental check-up: A dentist will examine your mouth for damage and symptoms.

Mouthguards/Bite splints: Custom-made devices worn, usually at night, used to protect teeth from grinding.

Jaw massage

Stress management: Relaxation techniques like meditation, exercise or Jaw massage

Lifestyle changes, such as limiting or avoiding alcohol, smoking or caffeine

## A savoury treat!

- \* Preheat the oven to 180°C.
- \* Grease or spray 12 muffin moulds. Or fill with paper cups.
- \* In a large bowl, mix flour, baking powder, salt and pepper.
- \* In a small bowl mix butter, eggs, and milk.
- \* Add wet ingredients to the flour mixture and mix lightly, some dry parts should remain.
- \* Add cheese, tomato, and parsley. Mix just until combined. Don't over mix or the muffins will be tough.
- \* Divide evenly between the 12 muffin moulds.
- \* Bake for about 20 minutes, until golden and a tester comes out clean. Don't overbake.
- \* Let cool on a wire rack.



Easily customizable!

Try adding ham/bacon/spinach!

## Have you heard?

It is a passion of ours to ensure everyone has access to dental health care. This is why we offer a Domiciliary Service, to patients who are unable to get to the practice, in which we take the practice to the patient. This is a great way to offer consistent examinations and treatment to those in care homes or who cannot leave their residence easily.

We are able to carry out most treatments from hygiene appointments to fillings and extractions.

If you have a family member you would like to enquire about this service, give us a call and we will happily talk you through the process.

### Looking for ways to save?

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.

