



Creating confident smiles

We offer a wide range of cosmetic treatments that can give your smile and your confidence a boost. If you would like to transform your smile you may be interested in the following treatments:

Tooth whitening is very popular with our patients. It can remove stains and lighten teeth that have naturally darkened with age, giving you a lighter, whiter smile and often taking years off the way you look.

Dental veneers are thin layers of porcelain which are bonded to your teeth, giving an extremely realistic look and often making a huge difference to your appearance. They can disguise a variety of imperfections.

Orthodontics (teeth straightening) can have a big impact on your smile. We offer a range of options including removable, clear aligners and tooth coloured braces. You may be surprised at how quick and discreet treatment can be.

Dental implants are strong, fixed, natural looking replacements for missing teeth. They can be used to replace one or more teeth or to hold dentures firmly in place, allowing you to eat and talk more comfortably.

**Take the first step towards a beautiful, confident smile
– call us today and book a consultation.**

New

Trainee dental nurse

We have been pleased to welcome trainee dental nurse Roxana Popa to our team. Roxana has a warm, caring personality. She is a very happy individual who takes great care in looking after her patients. Roxana is fluent in Spanish and Romanian. She has settled in well and is enjoying her work 'All the team are very friendly and helpful and I feel very much at home'. In her spare time, Roxana enjoys cooking and art.



Investing in the latest technology

It is important that we keep up-to-date with the latest dental technology in order to provide you with the best dental treatment possible. This is why we have invested in a new multi-purpose dental laser. It can be used for a broad range of dental cosmetic and soft tissue procedures such as whitening teeth, reshaping gums, removing decay, and treating gum infections. Using a dental laser can reduce the need for injections and more invasive procedures. Treatment is likely to be pain-free and healing time shorter.

Buying your dental products

We are pleased to be able to offer a fantastic range of dental hygiene products to help you look after your teeth and gums. All of the items that we sell at the practice have been carefully selected to ensure you benefit from the best products on the market. So the next time you're shopping for Tepe brushes, electric toothbrushes, mouthwashes or other dental items, please speak to us first.

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blue court smiles

What's inside?

Articles in our latest newsletter include:

- 10 things women judge men most on
- Creating confident smiles
- Beware of hidden sugars
- Straight talking
- Investing in the latest technology
- Buying your dental products

Friends & family

We thrive on recommendations and truly value your support so please keep up the good work and tell all your family and friends about us.



*Edited in association with the
British Dental Health Foundation*

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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10 things...

...women judge men most on



If you'd like to improve any aspect of your smile please talk to us. We can discuss your options for a smile that you can be truly proud of.



Beware of hidden sugars!

The media has been having a frenzy over our nation's obsession with sugar lately. Even if you've consciously cut back, your diet might still contain hidden sugar that you were unaware of.

Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them – it's just labelled in a different way, for example 'dextrose', 'sucrose' or 'modified starch'.

Low fat foods are often the worst culprits, for example a seemingly healthy 150g pot of Yeo Valley 0% fat vanilla yoghurt contains 5 teaspoons* of sugar. Whereas, surprisingly, in comparison, a bowl of Kellogg's Frosties has 4 teaspoons*.

*4g per teaspoon. Research conducted by Professor MacGregor

Try to stick to three meals and two snacks a day to allow the teeth time to recover from the acid attack caused when sugar in your food and drink meets the bacteria in dental plaque.

Get into the habit of reading your food labels as often soups and main dishes can be loaded with sugar.

Sugar is really quite an unnecessary part of our calorie intake as it has no nutritional value and is acknowledged to not only cause dental disease but also obesity and diabetes.

Straight talking

Orthodontics comes from a Greek word which literally means 'to straighten teeth'.

A beautiful smile is a great asset and orthodontics is about improving the harmony between your mouth and jaws. Once you can bite together correctly you can eat more comfortably, care for your teeth more easily and of course have a more attractive smile.

Orthodontic treatment isn't just for children. With the latest techniques offering virtually invisible, discreet

appliances and quicker treatment time, more and more adults are electing to have orthodontic treatment. Orthodontic treatment can help with a variety of problems such as over-crowding and misaligned teeth.

Top Tip

Keep dental floss next to your toothbrush for a daily visual reminder

If you would like to know more about how we can straighten your teeth or your child's, please contact us to arrange an initial consultation.