

Langmans Dental Health Centres

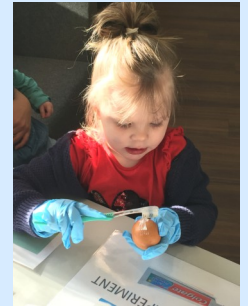
Oral Health Open Day

On the 4th November we will be opening the Stratford practice for an Oral Health Open Day focusing on the following:

Young children & their parents

Oral health behaviours develop through childhood so this is a key time to learn how to reduce the risk of dental decay and understand why it is important to look after baby teeth. This will be a fun event for the children and will include:

- Tooth brushing tips and demos
- Tooth friendly diet advice
- Healthy lunchbox ideas
- Fun activities and experiments
- Tooth friendly snacks to try
- Goody bags and balloons



Older People, Caregivers

Taking care of oral health is just as important for older people as it is for children. Find out more about the specific senior dental considerations such as:

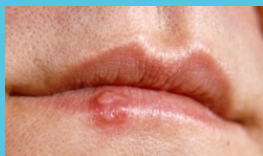
- Dry mouth
- The effect some common medications and medical conditions have on oral health
- Denture advice and cleaning tips
- Tooth brushing advice
- Diet and nutrition advice
- Tooth friendly snacks to try



This is a free event and everyone is welcome, patients and non-patients, so please do help us spread the word.

Cold Sore Policy

Cold sores are small blisters that develop either on the lips or around the mouth. They are caused by the herpes simplex virus (HSV-1).



They are extremely contagious and can easily be passed to other people by close contact. A rare but serious complication is spread of the HSV-1 to the eyes.

In the dental environment any manipulation of the facial and oral tissues could exacerbate the condition and cause breakdown of the blister and bleeding. They tend to crack and bleed at the slightest touch! Also with the equipment we use there is a chance that the virus can become airborne.

For the health and safety of our staff and other patients our practice policy is not to treat patients with cold sores. We ask that patients with a cold sore rebook their routine appointments when the cold sore has disappeared. Thank you for your cooperation in this matter.

Staff News

Alex recently completed her 2 year apprenticeship and is now a fully qualified dental nurse. We are very proud of her hard work.



Dental nurse Angie gave birth to her beautiful daughter Isla on July 19th. Mum, Dad and Isla are doing well.

Dr Grainne Quirke and trainee dental nurse Lauren will both be starting their maternity leave shortly. We wish them all the best and look forward to meeting their new additions.



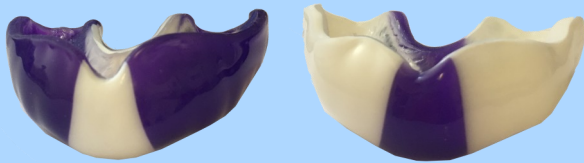
We are looking forward to welcoming associate dentist Nick Denney to the team. Nick is joining us at the end of October working 2 days a week in each practice. More details to follow in the next newsletter.

Mouthguard Impression Day

We had a busy afternoon at our mouthguard impression day on the 17th August. Lots of different colours and patterns were chosen this year which our on-site laboratory have been busy producing:



We have also been invited back to Stratford Girls Grammar School to take impressions for the girls needing new mouthguards. The school colours have proved popular again this year!



If you haven't had chance to organise a new mouthguard, give us a call and we can arrange an appointment to have impressions taken. Your new mouthguard will then be ready within the week.

Mouth Cancer

We will be helping to raise awareness of Mouth Cancer by supporting Mouth Cancer Action again this November.

Early detection of mouth cancer results in a survival outcome of 90% - This is why it is so important to know what to look for and to keep your regular dental exam appointments.



In the UK, more than 7,000 people were diagnosed with mouth cancer last year. The disease has grown by a third in the last decade and remains one of very few cancers which are predicted to increase further in the coming years. Mouth cancer takes the lives of more than 2,000 people each year in the UK, which is more than testicular and cervical cancer combined. Mouth cancer also takes more lives a year than road traffic accidents.

Mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek, and given that early detection is so crucial for survival, it's extremely important that we all know what to look out for.

Three signs and symptoms **NOT** to ignore are:

- Ulcers which do not heal in three weeks.
- Red and white patches in the mouth.
- Unusual lumps or swellings in the mouth or head and neck area.

If any of these are noticed, it is essential that you contact your dentist immediately. As part of every check up we carry out a visual examination checking for early signs of mouth cancer. This is one reason why it is so important that you see us for regular check up appointments.

Are you following us on Social Media?

The best way to keep up to date with the goings on here at Langmans is to follow our Facebook page. We post a few times each week. For example, find out more about our staff members with our 'Meet the Team' posts, keep up to date with the different events we hold, practice news, local events we are involved with etc etc. Search for Langmans Dental Health Centres.

We also have a Twitter & Instagram page @langmansdental and a google+ page all of which are regularly updated.

