



Langmans Dental Health Centres

Join us for our
Dental Implant Open Day

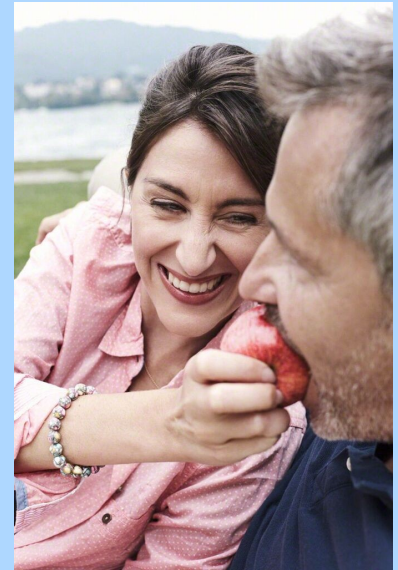
**April 16th
10am- 4pm**

Embarrassed to smile? Loose fitting denture? Unsightly gaps?
Struggle to chew?

Did you know that dental implants can help with all of these problems? Why not come along to our implant open day and have a chat with our implant team. It's going to be an informal and relaxed way to learn more about the benefits of dental implants and ask any questions you have.

All of our attendees will also receive a voucher for discount on implant treatment.

To ensure the day runs smoothly we are asking for attendees to book a place in advance. Please call us on 01789 292460 to secure your place.



Staff News



We have a new member of the nursing team. Meet Sophie who has joined us as a trainee dental nurse working in the Stratford Practice.



We are really pleased to have Dr McLoughlin back from maternity leave. She will be working at the Stratford Practice on Mondays, Tuesdays, Wednesdays and Fridays.

2015 Fund Raising Total

We are pleased to announce that we raised £1120 for Stratford Cancer and Eye Hospital.

Thank you to everyone who helped us achieve this.

We have chosen to continue to support this charity again this year.



New In

We are now stockists of

**ONLY
£75**

Oral-B 3D White Whitestrips

These are thin, flexible strips coated with tooth whitening gel which you place on your teeth for an hour a day.

These strips are only available from dental practices as, by law, tooth whitening must be prescribed by a dentist.

Interested - Give us a call or ask your dentist for more information.



Let us help keep track of your dental appointments.

We offer a text message and email reminder service for your appointments.

Please make sure we have your up to date mobile number and email address.

Stratford Car Park

As you are aware we only have a limited number of car park spaces. Despite recently erecting a large sign explaining that parking is for appointment times only, we are still finding that cars are being left after appointments whilst owners run errands in town. This means other patients coming to the practice are unable to park which often has a knock on effect to the smooth running of the practice.



We really do not want to remove the benefit of free on-site parking for patients but if this misuse continues we will have to have a rethink about how we use it.

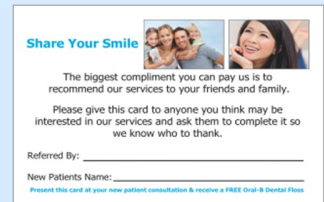
Can we kindly request once more that patients do not leave their cars in the car park for any time other than their appointment.
Thank You

Share a Smile

As you will have read in previous newsletters we have been unable to accept NHS patients for over 18 months due to the cut in Government funding.

The Stratford Practice is still accepting new patients either by becoming a practice member with our affordable monthly payment plan or by paying our private pay as you go fees.

The biggest compliment you can pay us is to recommend our services to friends and family. We now have referral cards for the Stratford Practice. Please do pick some up and pass on to anyone you think may be interested in our services.



Existing NHS patients please note that the practice policy is that any patient who fails to attend two consecutive appointments or does not attend within a two year period will no longer be seen on the NHS so please ensure you let us know in advance if you can't make an appointment and keep up to date with your check ups.

The Truth About Sugar

Sugar has been a hot topic for a while now. It's been linked to obesity and tooth decay in both adults and children.

What does it do to teeth?

Sugar is not good for your dental health. It reacts with the bacteria in plaque and produces harmful acids which attack the teeth and destroy the enamel causing decay. It takes teeth about an hour to recover from every sugar attack.



So what can you do to help?

- Reduce your daily intake of soft drinks.
- Use a straw so your teeth are less exposed to the sugar.
- Have a drink of water after drinking soft drinks/fruit juices to help dilute the sugars.
- Eat sugary items as part of a meal rather than spreading them out over the day so that teeth are not exposed to sugar for as long.
- Find low sugar substitutes of your favourite foods.

With Easter around the corner who doesn't want to indulge in a bit of chocolate! However too much can be a bad thing for both our dental and overall health. Here are some tips to help:

- Keep Easter special, don't eat eggs on the run up to Easter.
- Choose a smaller egg.
- Eat them as dessert rather than snacking throughout the day.
- Wait for 30 minutes after eating before brushing teeth.

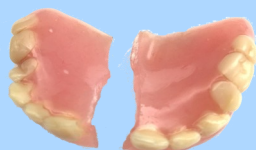


Denture Repairs

Did you know that our on-site dental laboratory offers dental repairs to both patients and members of the public.

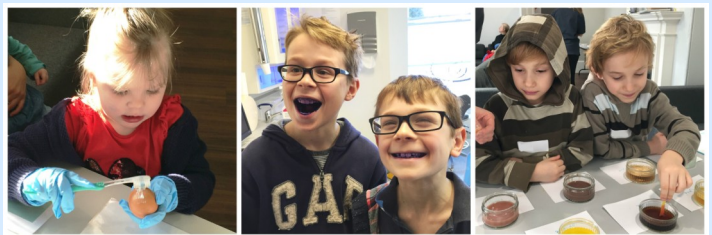
So if you know anyone who might benefit from this service please let them know.

Dentures can often be repaired on the same day.



Successful Children's Open Day

We had a great turn out for our children's day. They had fun taking part in experiments and learning all about how sugar and acid affect their teeth! Keep an eye out for future dates in our newsletters and on our Facebook page.



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