

# Langmans Dental Health Centres

## Staff News

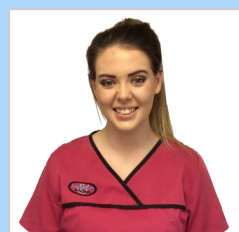
We are very pleased to introduce Dr Jenny Willis who has joined us at the Stratford Practice. Jenny qualified from Kings College London in 2009. She enjoys all aspects of general dentistry, and is currently studying a course in child and adolescent counselling, aiding management of young and nervous patients in particular.



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



Dr Margaret McLoughlin started her maternity leave at the beginning of the month. We wish her all the best and look forward to meeting the new addition to her family soon.



Ruth joined us in February as a trainee dental nurse. She is currently training with Arden Dental Training Centre.

## NHS Charges from April

The NHS increase their dental charges in April each year. The new charges from April 1st are:

Band 1 - £21.60

Band 2 - £59.10

Band 3 - £256.50

Urgent Band - £21.60

For information on what is included in each band please look on our website under 'Fees and Payment Options'.

## Hygiene Fees

From April 1st the hygiene fees will also be increasing as follows:

Routine Hygiene Appointment - £45

Hygiene with Airflow Appointment - £55

Cost savings can be made by joining our **Hygiene Membership Plan**. Please ask your hygienist at your next visit.

2 hygiene visits per year with Airflow included are £8.20 per month.

4 hygiene visits per year with Airflow included are £16.40 per month.

## Reviews - we love to receive them - Thank You

Facebook




 **Barbara Nicholls** reviewed Langmans Dental Health Centres – 5★  
7 February at 15:11 · 🌐

My daughter has just had a filling done by Margaret at Langmans. After fitting her in almost immediately last week when she had an infection, she has filled the tooth with no pain whatsoever. Margaret put her at ease immediately and was wonderful throughout the whole procedure. Thank you so much.

Google+



 **Sue Phipps**  
3 reviews  
★★★★★ in the last week  
Always caring and understanding Mr Griffiths. He explains everything as he goes along. Brilliant thank you

NHS Choices



★★★★★ **Martin Warmingham** gave Langmans @ Ely Place a rating of 5 stars

### Outstanding Professional Treatment & Customer Service

Professional excellence and consistency continues from my dentist and his team for my latest round of treatment now completed. From reception to surgeon, I regard the patient experience as second to none. Thank you again all.  
See you in 6 months!

Visited in January 2018. Posted on 16 January 2018

## Charity of the Year

Each year we choose a charity to support with fundraising activities taking place throughout the year. This year we are pleased to be supporting The Shakespeare Hospice.



Our first fundraising campaign was during the week of World Book Day when both practices sold used books. We were delighted to raise over £80.

**GDPR** - The European General Data Protection Regulation will apply from 25 May 2018, when it supersedes the UK Data Protection Act 1998.

After this date, we will need your written consent to be able to email you newsletters or details of Open Days, promotions etc. You will be able to withdraw consent at anytime by email/letter. We will be asking you to fill in a form next time you visit the practice so that we know your preferences. If your visit isn't for some time and you would like to ensure you don't miss the next newsletter. Please send us an email clearly stating your name and that you give consent for us to email you our quarterly newsletter.

## Tired of Snoring?

Snoring is more than just a nuisance. It can affect your health and your relationship!

Snoring occurs when the tongue drops to the back of the throat reducing the size of the airway. Several factors can contribute to this such as alcohol consumption, being overweight, allergies etc. When snoring is severe, it can also develop into, or be a symptom of a more serious condition known as obstructive sleep apnoea.



If this is an ongoing problem ask your dentist about an anti-snoring device. These are custom-made to fit easily and comfortably in your mouth and are adjustable to fit your jaw position. The device works by positioning the lower jaw forward and moving the tongue with it. In this position the tongue doesn't have the tendency to fall back into the throat and so allows the air to move freely, reducing or eliminating the snoring!

**National Stop Snoring Week (23rd-29th April)** is an annual event promoting general awareness that nobody need suffer as a result of snoring. It is a condition that can be treated. If you or your partner snore why not book an appointment to find out whether we can help put you on the path to long nights of uninterrupted sleep.

## Before & After

This patient has lovely, well looked after teeth but there was one thing about her smile she wasn't happy with. There was crowding on the left hand side of her lower teeth. She saw Dr Scrivens for a teeth straightening consultation and went ahead with a Quick Straight Teeth fixed brace for 5 months on her lower teeth. She loves the result and her new smile!

**BEFORE**



**AFTER**



If there is anything about your smile that you are unhappy with please do discuss it with your dentist.



## 'Flossuary'

During the month of 'Flossuary' (February) we were encouraging everyone to try cleaning between their teeth once a day for 28 consecutive days. Cleaning between your teeth reduces the risk of gum disease (which leads to tooth loss). It also greatly reduces your risk of many other serious health conditions! (see below)

It's never too late to start so if you missed out in Flossuary why not give it a go now. We have instruction sheets and troubleshooting guides available in the practice and your dentist/hygienist will be happy to give you advice. Want to find out where the 'Flossuary' idea came from? Read hygienist Liz Matthews Blog on our website.

Flossing/interdental cleaning helps maintain healthy gums.

The following have all been linked to gum disease:

- heart disease
- stroke
- diabetes
- Alzheimer's
- rheumatoid arthritis
- respiratory disease

IF YOU DON'T

*floss*



YOU MISS  
CLEANING  
**35%**

OF YOUR TOOTH SURFACES.

Flossing helps prevent the build up of bacteria which cause bad breath!



**Flossing once a day  
can increase your life  
expectancy  
by 6 years!**

