

Langmans Dental Health Centres

New Year, New Smile!

Make oral health part of your New Year's Resolutions



One resolution to choose is to make cleaning between your teeth a daily habit.

We know starting a new habit isn't always easy so why not take part in:



to clean between your teeth for 28 consecutive days this February.

Good oral hygiene reduces your risk of tooth loss and more serious conditions such as diabetes, heart disease and even Alzheimer's.

Pick up a Flossuary pack from your dentist or reception this January. It includes instructions, a trouble shooting guide and a few free samples. If you need help, pop into the practice and one of our hygienists will be able to advise.

2018 Charity Support

The Shakespeare Hospice has been our 2018 Charity of the Year. We have held several fundraising activities in the practices over the year to help raise vital funds for this amazing local facility. Activities have included a second hand book sale, guess the number of toothpastes in the jar, a tombola and most recently a quiz night. We are extremely pleased to have raised £1,417 to date. Thank you so much to everyone who has supported us.



Shipston Rotary Club are providing 'Mary's Meals' with filled backpacks for children in some of the World's poorest communities. We are pleased to have been able to provide the Rotary Club with children's toothbrushes and toothpaste to be included in the backpacks.

The Stratford Link Project is a free drop in service for rough sleepers to get a hot drink, snack, shower etc. We have recently provided the project with tubes of toothpaste.

Charity Quiz Night
We would like to thank the following businesses for their generous donations.



Denture Repairs

Our on-site dental laboratory offers denture repairs to both patients and members of the public.

Dentures brought in during the morning can often be repaired on the same day.

For emergency denture repairs over the Christmas period please call 07759607570



Staff News

New Team Members

Since our last newsletter we have welcomed three new trainee dental nurses: Jessica, Georgina, and Andreea. They are great additions to the team!

We are also very pleased to be able to introduce our new receptionist, Andrea, to you. Andrea is working part time at the Stratford Practice. She brings lots of experience with her and is also a qualified dental nurse.



Congratulations Sophie!!!

Congratulations to dental nurse Sophie who recently gained a qualification in Dental Radiography. This means Sophie can now take radiographs without the assistance of a dentist. She has worked really hard to gain this qualification - Well Done Sophie!



Top Tips for a Healthy Smile this Christmas

Christmas is nearly here and you're probably looking forward to eating all sorts of festive treats! As delicious as this sounds, the constant snacking on sugary treats isn't great for your teeth so here are some top tips to help limit the impact.

Be wary of Festive Puds - Mince pies, Christmas cake and Christmas pudding are laden with dried fruit which are high in sugar. They are also sticky and tend to stay on your teeth for longer than other types of food. Every time we eat or drink something sugary, bacteria in our mouths produce acids that can cause tooth decay. It takes your saliva about an hour to neutralise these acids, so if you're continually grazing on sugary treats, your teeth will be under constant attack. This means it's far better if you have these foods as part of a meal, rather than snacking on them throughout the day.



Say Yes to Cheese - Cheeseboards after a meal are great! Cheese neutralises the acids produced in your mouth and is therefore the perfect end to a meal. The same can be said for sugar free chewing gum. The chewing increases saliva flow which helps neutralise the acid.



Teeth aren't Tools - Only use your teeth for what they are meant for. Using them to open bottles, parcels, break tape or tags on new clothes is never a good idea and often results in chipped or broken teeth.

Don't Forget Your Oral Hygiene - with all of the festive food, chocolate, fizzy drinks and alcohol consumed during the festive period, our teeth can take a bit of a battering. Make sure that you keep up your brushing and flossing routine. With the excitement of presents to open it's easy for children to forget, so parents please remind them. It's only 2 minutes after all!



Christmas Opening Hours

Christmas Eve	8.30am - 1pm
Christmas Day	CLOSED
Boxing Day	CLOSED
Thursday 27th	9am - 1pm
Friday 28th	9am - 1pm
New Years Eve	9am - 1pm
New Years Day	CLOSED



For urgent dental care outside of these hours please call the practice and follow the instructions on our answer phone message.

We would like to wish you and your families a very Merry Christmas and a Happy New Year!

A Date For The Diary

Smile Open Day - May 18th

Would you like to improve your smile? Our open day is a chance for you to have a one to one chat with our friendly dentists and see how we can help improve your smile.

Find out about dental implants, tooth whitening, crowns & veneers, cosmetic bonding, cosmetic life like dentures and more.

Our open days are open to everyone so please pass the date on. Further details will be announced nearer the time.