

# SMILE OPEN DAY

Saturday 5th October  
10.30am - 3pm  
at the Stratford Practice

FREE ADVICE FROM OUR EXPERTS ON.....

**Dental Implants**  
**Teeth Whitening**  
**Smile Makeovers**  
**Teeth Straightening**  
**Anti-snoring Devices**  
**Composite Bonding/Veneers**  
**Sedation for Nervous Patients**  
**Cosmetic, Natural Looking Dentures**

Special Offers  
available on  
the day

**Drop in and see us on the day, or to guarantee a free consultation with one of the team, please give the Stratford Practice a call on 01789 292460 to book a place.**

## New Staff Member

We are very pleased to welcome Gina Chima to the team!

Gina graduated from Birmingham University in 2018 and having completed her foundation training, she joined Langmans this September. She especially enjoys treating nervous patients and prides herself on her ability to make people feel as comfortable as possible during their time at the dentist.

Gina is working full time at the Wellesbourne Practice.



Did you know that we are proud supporters of Stratford Cricket Club?



Many congratulations to the team for winning the Sunday Smash 100 ball final at Edgbaston. 🏆



## Back to School

It's that time of year again - back to packing lunchboxes! We'd like to help you make sure your child's lunchbox is tooth friendly and that means avoiding sugar!

The main part of a packed lunch is usually a sandwich and these are pretty tooth friendly, unless you use jam! Fillings such as tuna & cucumber, cheese, houmous with grated carrot, chicken and egg mayonnaise are healthy and nutritious.



Pots of colourful fruit and vegetables often go down well and instead of adding flavoured crisps and chocolate bars think about trying popcorn (not sugared), rice cakes, oat cakes, cold chicken goujons, cold pizza, mini sausages, cheese and crackers, pasta etc.

If you do want to give your child a sweet treat at lunchtime get them into the habit of eating a cube of cheese at the end of their meal to help neutralise the acid left by the sweet food.

There are lots of websites with healthy lunchbox ideas including: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

## Do you put off having dental treatment due to nerves?

Did you know that we offer sedation? This is a form of anxiety control which makes treatment more pleasant. It can help you to cope with treatments which are more complex, or which require longer appointments and can also help if you have a particularly bad gag reflex.

### How does it work?

The sedation we offer is Intravenous (IV) sedation which is when a sedative is given into a vein in either your hand or arm. You become drowsy and deeply relaxed and are not aware of having any treatment, but you are still able to understand and co-operate with the dentist. You are NOT asleep during the procedure and can still communicate with staff members. However, many people do tend to fall asleep due to being so relaxed.



Sedation is currently offered on a private basis at the practice by Dr Margaret McLoughlin. If it is something you would like more information about, please pick up a leaflet or discuss with your dentist at your next appointment.

### SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

The UK Sepsis Trust registered charity number (England & Wales) 1158843

Seek medical help urgently if you develop any or one of the following:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- S**passing no urine (in a day)
- E**xtreme breathlessness
- S**kin mottled or discoloured

**JUST ASK**  
"COULD IT BE SEPSIS?"  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

## Sepsis

Sepsis is a life-threatening condition triggered by an infection anywhere in the body - including a dental or throat infection. It kills 44,000 people a year in the UK, yet can be treated easily if caught early. Some people are more at risk of developing sepsis, such as the very young, very old or people who are immunocompromised etc.

The UK Sepsis Trust have published tools for primary dental care services that set out a simple flow-chart process for assessing patients. The team at Langmans have undertaken training on how to identify and manage the Sepsis risk and we use these flow-charts where necessary to assess patient risk.

For more information on Sepsis visit <https://sepsistrust.org>.  
If you suspect sepsis, seek medical attention urgently.

### ANY CHILD WHO:

- 1 Is breathing very fast
- 2 Has a 'fit' or convulsion
- 3 Looks mottled, bluish, or pale
- 4 Has a rash that does not fade when you press it
- 5 Is very lethargic or difficult to wake
- 6 Feels abnormally cold to touch

**MIGHT HAVE SEPSIS**  
Call 999 and ask: could it be sepsis?

The UK Sepsis Trust registered charity number (England & Wales) 1158843

### ANY CHILD UNDER 5 WHO:

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

**MIGHT HAVE SEPSIS**

If you're worried they're deteriorating call 111 or see your GP

**JUST ASK**  
"COULD IT BE SEPSIS?"  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.