



## Coronavirus Update

We are continuing to prioritise patients needing urgent care and those who are at a higher risk of oral disease. Our dentists are risk assessing their patients and when spaces are available, we are contacting those at higher risk first to arrange routine exam appointments.

If you are experiencing any dental problems or pain please give us a call. Please do not leave a problem until your next check-up appointment.

To ensure the safety of patients and our team we continue to follow strict procedures some of which are different to pre-pandemic times. These include triaging and Covid screening all patients before allowing access into the practice, wearing enhanced levels of PPE and continuing to have the highest levels of cross infection standards.

## Thank You

We would like to thank you for your cooperation with the changes we have made whilst you attend your appointment. We would also like to thank those patients who are patiently waiting for us to be able to see them again for routine appointments. Your continued support means ever so much to us. Please can we just reiterate that if you do have any dental concerns please do give us a call.

## Polite notice...

We pride ourselves on delivering the best service to all of our patients. All we ask is for our patients to be polite, courteous and respectful to all members of our team. Thank You.

## Practice News

Most of our staff have now had their second Covid vaccination and we continue to use lateral flow tests twice a week.



## Introducing our newest team members

We are very pleased to welcome our new associate dentist, Chetana Patel, who joined us at the Wellesbourne Practice in February.



We would also like to welcome Trainee Dental Nurses Abby, Anna and Tamzin. Anna is based at Wellesbourne and Abby and Tamzin at Stratford.



Anna



Abby



Tamzin

## Sandra Knapton 1945-2021



It is with great sadness that we recently said goodbye to our much loved friend and colleague Sandra, who passed away suddenly at home in February. Although she retired two years ago after 28 years at the Wellesbourne Practice, she kept in touch and we looked forward to her visits.

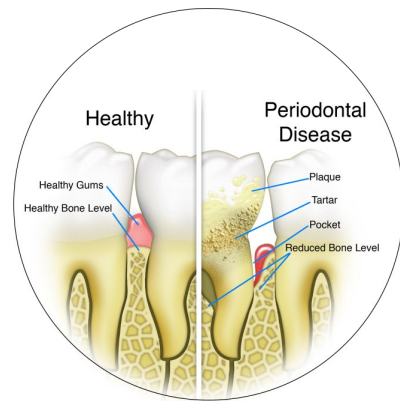
Sandra will be very much missed.

Follow us on:



# Link between Covid-19 and Gum Disease

A recent study\* has shown that COVID-19 patients are at least three times more likely to experience complications if they also have gum disease. The study of more than 500 patients with COVID-19 found that those with gum disease were 3.5 times more likely to be admitted to intensive care, 4.5 times more likely to need a ventilator, and almost nine times more likely to die compared to those without gum disease.



## What you can do to prevent gum disease:

- Brush teeth twice a day using a fluoride toothpaste
- Clean between teeth once a day using dental floss/interdental brushes
- Eat a healthy diet, limiting sugar intake and frequency
- Quit Smoking

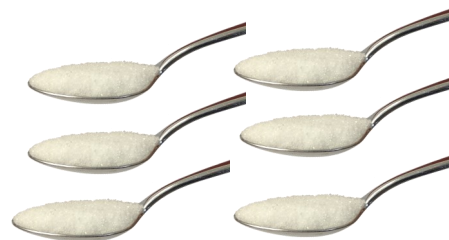
If you feel you would benefit from an appointment with one of our hygienists, please give us a call. Due to Covid-19 a hygiene appointment currently involves the use of hand instruments only. We have extended the length of the appointment to accommodate this change and an appointment now costs £65.

\*Published 3/2/21 in the Journal of Clinical Periodontology, 1 the official publication of the European Federation of Periodontology (EFP)



Since the start of the year supermarket shelves have been stacked high with Easter Eggs. It can be a challenging time for your teeth and it's quite a shock to see how much sugar is actually in some of these eggs.

Lets look at a Creme Egg for example.



Just one small egg contains just over 6 teaspoons of sugar. This is more than the recommended daily amount for children.

We completely understand that you will want to treat yourself to some chocolate this Easter so here are a few tips we've put together to help minimise the risk to your teeth:

### • Eat chocolate at meal times

When it comes to sugar and it's effect on teeth, it's not the amount you eat but how often you eat it. Every time you eat something sugary it combines with the bacteria in your mouth to create acids which attack the enamel on your teeth. It takes at least 30 minutes for your saliva to neutralise the acid and so if you constantly graze on sweet foods throughout the day your teeth are regularly under attack. Keeping sugary foods to mealtimes limits these sugar attacks.



### • Wait to brush

You may think that you're doing the right thing by brushing your teeth straight after enjoying chocolate, but you could actually be doing more harm than good. The acid softens the enamel and so brushing when there is still acid in your mouth can help wear away the enamel. Wait at least 30 minutes after eating sugary foods to give your saliva time to neutralise the harmful acids.



### • Drink Water

This will stimulate saliva flow and help to wash away the bacteria and food debris. Chewing sugar free gum is another good option.

