



Coronavirus Update

The NHS has not changed any of the regulations that dental practices have to follow and so as explained previously we are still unable to see anywhere near the number of patients that we would usually see in a day. Please bear with us, we are trying to see as many of you as possible. We continue to prioritise patients needing urgent care and those who are at a higher risk of oral disease. If you have a dental problem or haven't had a routine exam in the last two years due to us cancelling because of Covid, please give our reception team a call.

Although the Government has removed the rules about wearing face coverings in shops and other indoor settings they remain in place in healthcare settings to enable the most vulnerable patients to continue to access these services. Therefore unless you are exempt please ensure that you continue to wear a face mask inside the practice.



Staff News



This summer dentist Kevin McFall retired (early retirement I had better point out!) Kevin had worked with us for 12 years and will be truly missed by the team and his Wellesbourne patients.

We are very pleased to welcome two new dentists to the team who will be looking after Kevin's patients future oral health needs:

Rachael Blakeway graduated from the University of Birmingham in 2013, and has worked in general practice in London and Surrey until moving to Warwickshire and joining us in August. She is working four days a week at the Wellesbourne Practice.

Jack Stanley graduated from the University of Sheffield in 2017 and has since been working in both general practice and in Oral and Maxillofacial Surgery. Jack joined us in September and is working two days a week at the Stratford Practice and two days at the Wellesbourne Practice.



A message from Hygienist Jo Cook



'It is with great sadness and a heavy heart that I have made the decision to leave Dentistry after 30 years.'

Firstly, I would like to thank all the dental team at Langmans for making the last 10 years so enjoyable, I will miss you all.

Secondly, I would like to say goodbye to all my patients I have seen over the years, wishing you all "very best wishes" and remember "keep brushing and flossing".'

Jo will be very much missed by the team and her patients. We wish her the very best for the future.

Staff News Continued

We would also like to introduce you to our two new Trainee Dental Nurses Rosie and Isha who have recently started working full time at the Stratford Practice.



Mouth Cancer

November is Mouth Cancer awareness month. While many cancers are seeing a reduction in the number of people affected, mouth cancer is one of very few that is sadly going the other way. More people in the UK die each year of mouth cancer than of cervical and testicular cancer combined and it causes more deaths in the UK each year than road traffic accidents.

This simple 2 minute check performed monthly could save your life:



Look for red or white patches, abnormal lumps or ulcers that haven't healed within 3 weeks

1. Look and feel inside both lips and the front of gums
2. Curl your tongue back and check the floor of mouth and inner gums
3. Pull out your cheeks and check the insides and rear gums
4. Stick out your tongue and check all surfaces
5. Tilt your head back and check the roof of your mouth
6. Feel both sides of the jaw and neck for any unusual lumps



Use a mirror & bright light

If in doubt, get checked out!

Beware of sugary Autumn lattes

With the weather turning colder, it's hard to resist the temptation of one of the Autumnal hot drinks being advertised in local coffee shops. But do you know how much sugar they contain?



The popular pumpkin spiced latte from Starbucks for example contains more than our daily recommended intake of sugar with the largest size containing 50g. That's 12 teaspoons! Costa's large hot chocolate contains 48g and that's before you add whipped cream, marshmallows, syrup etc.

We're not saying you shouldn't enjoy one of these type of hot drinks this Autumn, but you should be conscious of what you are constantly exposing your teeth to.

145%

£1,090

raised of £750 target
by 62 supporters

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The Shakespeare Hospice

We Provide a diverse range of services to patients with life limiting illnesses

Dragon Boat Race 2021

On September 19th, eighteen members of the team took part in The Shakespeare Hospice Dragon Boat Race. It was a great day and although no medals were won the team did brilliantly and as you can see raised well over their target for this great cause.

We are delighted to hear that the event itself raised over £28,000.

If anyone fancies putting a team together for next year. The date for your diaries is September 11th.



Why replace missing teeth with dental implants?

Dental Implants are artificial tooth roots, usually made of titanium, that are placed in the bone of the jaw.

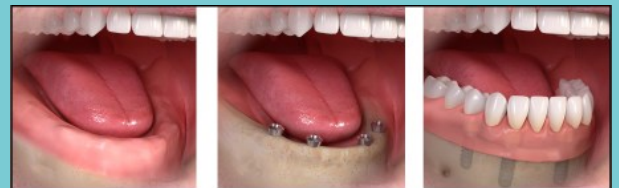
Nothing beats a healthy natural tooth, but dental implants are the closest you can get – they have the same function and appearance as healthy teeth.



The main reasons for replacing missing teeth with implants are:

- ⇒ Once a tooth is lost teeth either side of the space can drift into the gap. This causes misalignment and can create bite problems which could lead to jaw joint issues in the future. Also, the opposing tooth (tooth directly above or below the gap) can over erupt and drift down or up into the gap.
- ⇒ When a tooth is missing from its socket, you will gradually start to lose the bone around the area. This bone resorption causes the shape of the mouth to shift and sag, making the person appear older. Replacing missing teeth promptly after a loss is an optimal solution for preventing facial sagging. Dental implants mimic the natural tooth root and actually help regenerate healthy bone tissue.
- ⇒ A missing tooth might also impact your ability to pronounce words correctly or clearly and can also impede chewing.

They are also often used by patients with dentures. Traditional dentures rest on the gums and even with denture fixative, can become loose or slip out of place entirely. Some people also find them uncomfortable. Implant retained dentures are secure, providing improved functionality and appearance.



If you have a missing tooth/teeth or a denture that you would like to be more secure, speak to your dentist about whether dental implants might be a suitable option for you.

Patient Feedback

Have you had an appointment with us recently? We have removed the paper feedback forms and pens from reception due to Covid but would still love to hear your feedback. You can leave us a Google Review by scanning the QR code below on your mobile phone. Just open up the camera and point it at the relevant code. This will take you to the review page. Thank You!

STRATFORD PRACTICE



Google Review



WELLESBOURNE PRACTICE



Google Review

