



## Autumn 2022



Survey data collected by the Oral Health Foundation and Align Technology has found the profound impact of the pandemic on the way UK adults view their smiles.

More than half (58%) of British adults surveyed responded that they have changed the way they see their smile as a result of online video calls, with a third (33%) now more aware of the colour of their teeth and nearly a quarter (24%) more conscious about the alignment of their teeth.

Although many of us are now back at work and mask wearing is significantly less, research shows that many of us are still hiding our smiles.

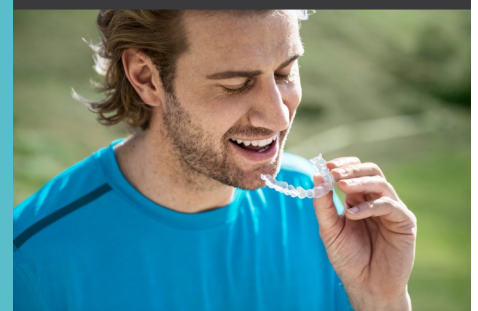
But it's not just video calls that affect how we view our smiles. Most of us carry a mobile phone around with us and taking selfies has become huge. However, selfie fans are more likely to hide their teeth than have an open mouth smile and discoloured and crooked teeth are two of the biggest reasons identified for the lack of toothy smiles.

The first step to a healthy, happier smile is to undertake proper cleaning, flossing and regular dental check-ups. Then, there are the cosmetic treatments such as teeth whitening and straightening that can help to give you a confident smile!

We are pleased to announce that dentists Margaret McLoughlin and Justin Scrivens are now offering Invisalign.

Invisalign treatment is the process of wearing a series of clear, removable aligners that gradually straighten your teeth. No brackets and wires, and none of the restrictions that come with metal braces. One of the biggest benefits to Invisalign braces is that they're almost completely invisible. This means others won't be able to tell you're having treatment, and you can feel comfortable and confident throughout your treatment.

Not feeling confident in your smile? Book a consultation to learn more about how Invisalign can straighten your teeth and give you the smile you've always wanted.



We also introduced Boutique Whitening into the practice this summer and the kits have proved to be very popular.

With Boutique Whitening, you can whiten your teeth during the day, or overnight as you sleep, depending on what suits your lifestyle.

**BOUTIQUE**  
WHITENING

# Staff News

We have a few new members of staff since our last update:



Dentist Dr Jade Stockham joined us at the Wellesbourne Practice over the summer.

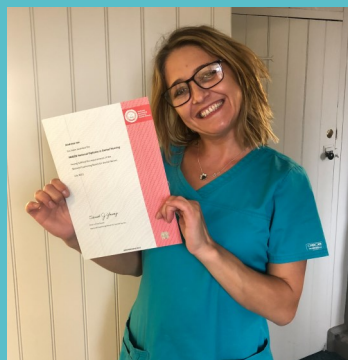


Hygienist Mala Kannan joined us in July. She is working at the Stratford Practice.



Polly has joined us at the Stratford Practice as a Trainee Dental Nurse.

## CONGRATULATIONS!!



Congratulations to Andreea who passed her final exams and is now a qualified dental nurse.

## Coming Soon

Our Wellesbourne patients will be aware that we have been short on appointments for the last few months due to one of our dentists relocating and another leaving to go into private practice. We are pleased to announce that we have recruited two new dentists to start at Wellesbourne in the next few months and also Dr Kat Kajouri, who previously worked at Stratford will be moving to the Wellesbourne practice at the end of her maternity leave in November.



## Mouth Cancer Awareness Month

It's that time of year when we like to spread the message about mouth cancer and the importance of checking your mouth regularly. We realise it's not a cheery subject but it is important. Here are a few facts:

- 1 person every 3 hours is lost to mouth cancer
- Incidence has risen by 49% over the past 10 years
- More people in the UK die each year of mouth cancer than of cervical and testicular cancer combined
- 5 year survival rate has hardly improved in last few decades due to late detection. Early detection saves lives!

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


**If in doubt, get checked out!**





**Use a mirror & bright light**


# How to have a tooth friendly Halloween

Halloween is just around the corner and we all know that enjoying trick or treating and the devouring of the treat stash is a huge part of the fun. So how can we make sure one night of fun doesn't cause issues for our children's teeth?

 The worst sweets for their teeth are those that are hard, sticky or sour. Try and stick with chocolate as it doesn't linger on the teeth for very long.

 Children often come home with huge buckets of sweets. Rather than letting them graze on it, we recommend they eat some with a meal. Saliva production increases during mealtimes and will help neutralise the acid and wash away the sugary sweets.

 Ensure your children drink plenty of water whilst eating their treats. Chewing sugar free gum can also be beneficial as both of these stimulate saliva production which is the mouths natural defence against tooth decay for the reasons mentioned above.

 Finally wait for at least 30 minutes (ideally an hour) before brushing teeth after eating the sweets. The reason for this is that the acid in the sugary foods softens the tooth's enamel and brushing before it has had chance to harden can do more damage than good.

Have a Happy Halloween!



## Failed Appointments

You've had your text/email reminder, filled in your online forms when your manager schedules an important meeting that you can't miss on the day of your dental appointment. We've all had instances when missing an appointment is unavoidable but in most cases it's not difficult to pick up the phone to call and explain that you won't be able to attend anymore.

Last month we had **51 hours** of appointments when patients didn't turn up and didn't let us know they wouldn't be coming. With demand for dental and hygiene appointments so high, this is unfair on other patients and our clinicians that this valuable time is wasted.

Our cancellation/ failure to attend policy is that patients who fail to attend two NHS dental appointments are very unlikely to be offered any further appointments.

For private appointments such as Hygiene appointments, failure to provide us with 24 hours' advance notice or failure to present for a scheduled appointment will result in a cancellation or no show fee. This fee will equate to £40 per half hour of clinical time lost.

So, if something crops up and you know you aren't going to make your appointment anymore, please let us be the first to know.

Reading your reviews after visiting us really means a lot to the team. If you could spare a minute to leave us a review we would be very grateful. The QR codes below are for Google and/or you can review us on Facebook or NHS.uk.



Stratford



Wellesbourne



We had two successful Mouthguard Impression Days this summer as well as a mornings impression taking at Stratford Girls Grammar School. A mouthguard is often now compulsory at school when contact/action sports are played. If your child still needs a mouthguard please do get in touch.

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