



# NEWSLETTER **SUMMER2010**

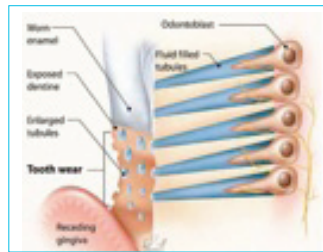
## The Parkstone Dental Practice

### Welcome to our Newsletter of 2010

In this edition we hope to help you understand a few changes that will be happening over the coming year at the practice. We apologise in advance any inconvenience this may cause you and your family, but we will always aim to put our patients' health and priorities first. We hope you find our newsletter interesting and informative and look forward to seeing you in the near future.

*Happy reading from our team!*

### All you need to know about Sensitive Teeth



Many adults suffer from sensitive teeth or 'dentine hypersensitivity' as it is clinically known. It is a common condition. The enamel covering the crown of the tooth is worn away and the sensitive root surfaces are exposed.

Approximately 20 million people in the UK suffer from this and can make eating your favourite foods impossible to enjoy.

Many patients experience sensitivity to cold, sweet or hot foods and beverages.

If you feel to suffer from sensitive teeth it is important to tell your dentist about your symptoms at your six monthly examinations so that the causes of the problem can be assessed and addressed.

The main causes are gum recession and toothbrush abrasion due to inappropriate tooth brushing techniques, also excessive acidic food and fizzy drinks can also erode the tooth surface causing pain and sensitivity.

There are now many new treatments to help improve symptoms from simply applying a sensitive tooth paste to having areas de-sensitised (a coating varnished over exposed dentine) or having old fillings replaced.

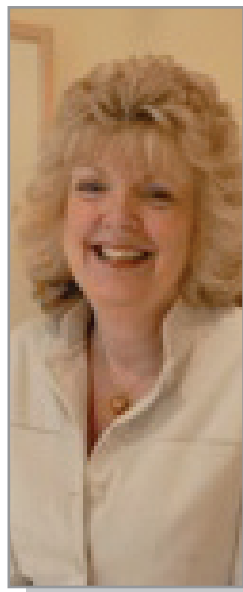
### Focus on...

#### **Jackie** Dental Receptionist

**How long have you worked at The Parkstone Dental Practice?**  
8 happy years.

**Is it true that you are Mr. Edwards's mother?**  
Unfortunately there is no family connection although I am old enough to be his mummy!

**What do you enjoy most about your job?**  
The girls would say talking but I would say making the patients



experience as pleasurable as possible for example putting patients at ease.

**Have you had any embarrassing moments at reception?**

Having to compose myself due to the dental nurse calling a patient through as the colour of her wall at home to be instead of their name, although they sounded very similar! It still tickles me now!

**If you could choose anyone alive or deceased to be a patient at the practice who would it be?**

Martin Clunes

**The best things in life are...**

My husband, my family & a glass of white wine!



**Paru Edwards BDS (Brist.) MFDS RCS (Eng.) Richard Edwards BDS (Brist.)**

*Inspired dentistry for health and confidence*

## WORD SEARCH

H Q M P L A Q U E L  
P B E A Z O C V T W  
I C E V E D I K O T  
B H E A L T H E S S  
O Y O U I G F T I M  
E P O S C Z O O M L  
A I N W N U S P I R  
K E E L Y O A D U K  
S G T I R J F U L Z  
C O S M E T I C P O

HEALTH  
PLAQUE  
ZOOM  
COSMETIC  
TEAM  
SENSITIVE

## Something to Smile About

A little boy was taken to the dentist. It was discovered that he had a cavity that would have to be filled. "Now young man," asked the dentist, "what kind of filling would you like for that tooth?" "Chocolate, please" said the youngster.

## True or False

"I should brush my teeth straight after I have eaten my breakfast."  
FALSE – You should brush away any plaque and bacteria left in your mouth from overnight before you eat. This will prevent any bacteria feeding off the food.

## DENTAL TEAM NEWS UPDATES

### Working towards 'Best Practice'

In October 2008 the department of Health of England published advice on Decontamination in Primary Care Dental Practices. As a practice we have decided to implement the 'Best Practice' guidelines rather than simply the 'Essential' requirements of the document. This aims to keep the facilities of the practice at the cutting edge in all areas of patient care. Although these changes will not affect our patients dental care there will be however structural changes to the premises. This is to allow separate areas for cleaning, decontaminating and storing of dental instruments. Rest assured, patient care will be our number one priority during this slightly disruptive time, (work due to commence Oct 2010).

### Time to show your summer smile



The Zoom In-Surgery Whitening System is clinically proven to whiten teeth an average of eight shades in just one visit, giving you immediate results. Zoom gets teeth whiter, faster, and keeps them whiter longer using the latest light-activated whitening technology and industry-leading, take-home whitening products. For more information speak to your dentist at your next visit.



### Importance of Routine Examinations



"I'll only visit the dentist if I'm in pain" – this negative attitude will only end in costly unnecessary treatment that could have been prevented. By visiting your dentist routinely every 6 months you will maintain a healthy mouth. Your dentist will not only check the health of your teeth but also your soft tissues including your gum condition. Dentists are usually the first to detect any early signs of mouth cancer which, if left untreated requires much more radical intervention and carries a much poorer long term prognosis. So if in doubt, get checked out!

### "There must be something in the water...!"

Big congratulations to our dental nurse Michelle who gave birth to a healthy baby on named. Also wishing Mrs. Edwards all the best for the remainder of her pregnancy and a safe arrival of their second baby due in September!



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