



Implant **update**

The number of implant treatments carried out at Stricklands continues to rise rapidly.

More and more patients are realising the advantages of having their missing teeth replaced by implants, which are permanent and look and feel extremely natural. In addition we are taking on more referrals from other dental practices in the area, who do not have the same level of expertise as we are able to offer.

We are delighted to inform you that in addition to Professor Haers, our new partner – Dr Darren Jones, is able to place implants and is currently undertaking further, more advanced,

training in this speciality at the Royal College of Surgeons in England.

Our practice is particularly well-placed to deal with implants. As well as our expertise in placing them, all four of our partners are able to carry out the secondary, restorative, stages of the treatment. In addition, our periodontist Dr Shaun Greaves and our team of highly competent hygienists play a vital role in helping to keep the gums around the implant area healthy during healing and thereafter.

If you would like more information on dental implants and how they could help you, please ask.

Skindeep **Beauty Clinic**

The introduction of facial line removal using Botox® and Restylane has proved to be very popular and we have also now added Sculptra™ to our list of services. This is great for both line removal and thinning skin as it increases collagen production to make your skin firmer again. **If you or anyone you know is interested in finding out more about these treatments please ask – we'll be happy to help.**



Parking **and access**

To make life a little easier for patients, we have arranged additional car parking spaces at the nearby Crown & Cushion pub. This is only a short walk from the practice – from the pub you go under the railway bridge, across the road, and up the sloping footpath beside the church hall to our Kings Road entrance.

We have replaced the experimental ramp at our Longdene Road entrance with gentle and easy to negotiate steps. This is in addition to our main disabled access in Kings Road, which is step-free with a handrail for extra support.

Interest-free **credit**

This is now available for tooth whitening treatments that use a combination of in-practice and at home techniques, as well as for orthodontics, implants, a year of facial aesthetic treatment and for larger restorative dentistry treatment plans.

Please ask for details.



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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STRICKLANDS

Dental Fitness Centre

MOUTHPIECE

New **website**

Our re-launched website has had a complete makeover, and is now, we believe, one of the most comprehensive dental websites in the UK. It gives you lots of information about our practice and dental problems and treatments, and you can contact us via the site as well. If you have any friends or family who might be interested in joining our practice, please could you ask them to visit **www.dentalfitnesscentre.co.uk** to find out more about us.



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Modern dentistry for healthy teeth...

Dentistry is constantly changing and improving. New techniques are discovered, new materials created, and new equipment designed, all with one aim in mind – to make dental treatment more comfortable and more effective for patients.

Cosmetic dentistry in particular is seeing huge advances – enhancements these days are more natural-looking than ever before, and dental implants, which replace missing teeth, are often hailed as the biggest dental breakthrough in the last 20 years.

To make sure we make the most of these improvements and pass on the benefits to our patients, we invest a lot of time and money in keeping our dentists and the rest of our team fully up-to-date.

To continue to practice in this country, every dentist in the UK has to complete a minimum number of hours of ongoing professional development each year, which is monitored by the General Dental Council.

We see these training requirements as very much the minimum standard, and in fact devote far more time to our development. We want to provide all our patients with the very best that dentistry has to offer, and this training, combined with continuous investment in modern equipment, helps us to achieve this goal.

It also helps to boost our enthusiasm in dentistry, keeping our minds open and encouraging us to continue finding more ways of helping our patients to have happy, healthy smiles and to view visiting us as a positive experience.

Fancy that!

The ancient Chinese wrapped tiny pieces of parchment around painful teeth. Each piece contained written prayers and incantations.



Four out of five people in the UK are unhappy with the way they smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

A new survey, carried out by the British Academy of Cosmetic Dentistry, shows that while there is a strong interest in cosmetic dentistry, people are often held back because they are not aware of the treatments that are available, or fear they might be too expensive.

Are you happy with your smile?

In fact, many patients are pleasantly surprised at how easy and affordable smile enhancements can be.

Tooth whitening and tooth-coloured fillings are the most popular treatments, and can make a huge difference for a relatively small investment.

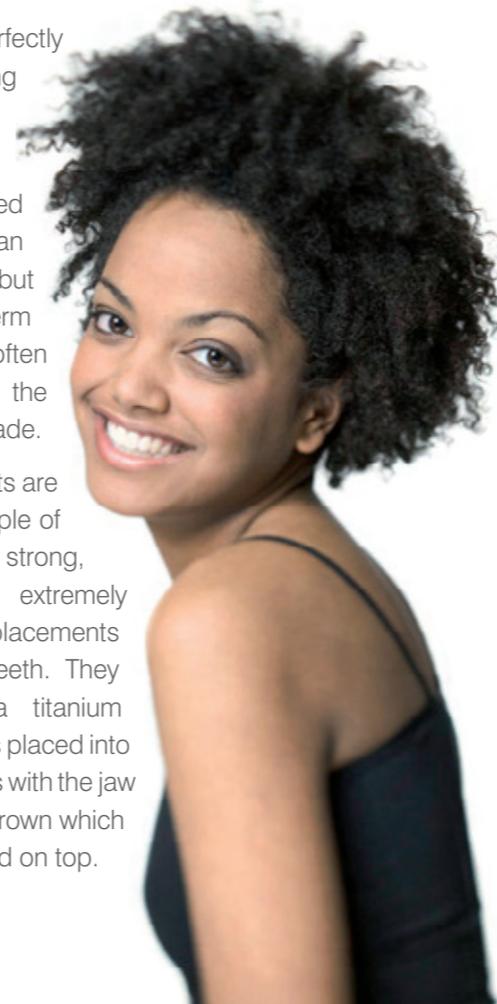
Bonding can disguise many small imperfections including chips, cracks and gaps, and is painless and inexpensive.

Today's modern materials mean that crowns and replacements for missing teeth are no longer flat in colour with metal edges where they meet the gum – instead they are extremely natural in look

and feel, perfectly complementing your other teeth.

More advanced treatments can cost more, but the long-term benefits are often well worth the investment made.

Dental implants are a prime example of this. They are strong, lasting and extremely realistic replacements for missing teeth. They consist of a titanium fixture which is placed into and then fuses with the jaw bone, and a crown which is later secured on top.



Avoiding fillings



Dental decay is one of the most common oral health problems, and the reason why patients need fillings.

It occurs when the bacteria in our mouths feed on sugars within our food and drink, and produce acid. These acids gradually dissolve the enamel – the hard protective coating on our teeth. This leads to a hole, or cavity, which if left untreated spreads further into the

centre of your tooth, causing sensitivity and later toothache.

The best way of avoiding decay is to eat only at main meal-times, and to drink only water between meals. This, together with regular check-ups and a good daily oral healthcare routine, will give you a far better chance of having healthy, filling-free teeth.



Suffering from cold sores!

If you suffer from cold sores, you might be able to avoid them by taking a few simple steps. The virus which causes them lies dormant until it is reactivated – common reasons for this include tiredness, illness, stress, being run-down, hormonal changes and bright sunlight. Identifying the trigger that you have a better chance of warding them off.