

Bear adoption

Simon Allen and some of our team recently paid a visit to Haslemere Museum to treat a very special patient. Arthur, the six-foot Siberian Brown Bear, was given a thorough dental check up!

This is the second year that we are sponsoring Arthur, the museum's mascot as part of their Adopt an Object scheme. As an independent institution, the museum relies on supporters like us to continue its award-winning community service.

Last year the Stricklands team also supported the premature baby charity BLISS and Cancer Research UK.



A welcome reception

We are delighted to welcome Kelly and Colette to our reception team. They join Zena, Melanie and Emma, who has returned after a short break away from work.



Kelly Mephram (left) and Colette Stubbs (right).

Car parking

Please don't forget our car parking at Weyhill House (previously the Crown and Cushion pub). Simply drive up to the barrier, press the designated button marked 'Stricklands' and speak to our receptionist who will open the barrier for you.

The importance of regular dental examinations

At Stricklands DFC, you are seen by your individual dentist and hygienist at the appropriate interval prescribed for you. Not everyone needs to be seen for exams on a 6-monthly basis, sometimes annual or even 4-monthly exams may be more appropriate. During your examination we will:

- Update your medical and dental histories
- Check your teeth and any fillings, crowns, bridgework and implants
- Give you advice to help prevent dental decay and tooth wear by abrasion, erosion and attrition.
- Recommend suitable restorative work if structural loss has occurred, giving you options wherever possible.
- Carry out a gum health assessment to aid ongoing hygienist therapy.

- Assess the joints between your upper and lower jaws.
- Review any x-rays on file and suggest new ones whenever useful.
- Carry out an oral cancer screening, checking all the soft tissues of the mouth, together with relevant lymph nodes.
- Inform you if we suspect any other health issues that may need attention.

Through regular dental examinations, we can spot potential problems early to save you time and unnecessary expense and help you maintain a healthy mouth.

Please get in touch if you think you are due an examination and after your examination please book your next appointment before you leave the practice.

STRICKLANDS

Dental Fitness Centre

MOUTHPIECE

What's inside?

Articles in our latest newsletter include:

- 10 things women judge men most on
- Bear adoption
- A welcome reception
- Beware of hidden sugars
- Straight talking
- The importance of regular examinations

If you have any questions about anything you read or any other dental matter, please get in touch, we'll be happy to help.



Edited in association with the British Dental Health Foundation

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.

© This newsletter is written & produced by Blue Horizons Ltd., 122 Bath Road, Cheltenham, GL53 7JX • www.bluehorizonsmarketing.co.uk

Stricklands Dental Fitness Centre
Longdene Lodge, Haslemere
Surrey GU27 2QB

Telephone 01428 654923
Email info@dentalfitnesscentre.co.uk
Web www.dentalfitnesscentre.co.uk

10 things...

...women judge men most on



If you'd like to improve any aspect of your smile please talk to us. We can discuss your options for a smile that you can be truly proud of.



Beware of hidden sugars!

The media has been having a frenzy over our nation's obsession with sugar lately. Even if you've consciously cut back, your diet might still contain hidden sugar that you were unaware of.

Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them – it's just labelled in a different way, for example 'dextrose', 'sucrose' or 'modified starch'.

Low fat foods are often the worst culprits, for example a seemingly healthy 150g pot of Yeo Valley 0% fat vanilla yoghurt contains 5 teaspoons* of sugar. Whereas, surprisingly, in comparison, a bowl of Kellogg's Frosties has 4 teaspoons*.

*4g per teaspoon. Research conducted by Professor MacGregor

Try to stick to three meals and two snacks a day to allow the teeth time to recover from the acid attack caused when sugar in your food and drink meets the bacteria in dental plaque.

Get into the habit of reading your food labels as often soups and main dishes can be loaded with sugar.

Sugar is really quite an unnecessary part of our calorie intake as it has no nutritional value and is acknowledged to not only cause dental disease but also obesity and diabetes.

Straight talking

Orthodontics comes from a Greek word which literally means 'to straighten teeth'.

A beautiful smile is a great asset and orthodontics is about improving the harmony between your mouth and jaws. Once you can bite together correctly you can eat more comfortably, care for your teeth more easily and of course have a more attractive smile.

Orthodontic treatment isn't just for children. With the latest techniques offering virtually invisible, discreet

appliances and quicker treatment time, more and more adults are electing to have orthodontic treatment. Orthodontic treatment can help with a variety of problems such as over-crowding and misaligned teeth.



Top Tip

Keep dental floss next to your toothbrush for a daily visual reminder

If you would like to know more about how we can straighten your teeth or your child's, please contact us to arrange an initial consultation.