

Newsletter Autumn 2015



Staff changes

We were sad to lose Dr Rohini Patel in June this year. Rohini left us to become partner in her own dental practice in Mansfield. Also Dr Krishan Mistry began his career in hospital dentistry this September in Manchester. Please join us all in wishing both Ro and Krish success and happiness in their new careers.

We would like to extend a warm welcome to two new members of our dental team. Dr Victoria Andrews (GDC 177255) and Dr Matthew Chung (GDC 257856). Matthew is a graduate of Liverpool University and will be taking over Dr Mistry's patients and Victoria who comes to us from a practice in Lincoln will be treating all of Dr Patel's patients.

Denplan- It's in the bag!

Many of you will have seen our posters and promotional materials for the two new Denplan care plans we offer here at the practice. Denplan is an affordable way to budget month by month for your private dental care. Not only do all Denplan patients have their choice of dentist, but they get longer appointment times, hygiene appointments, a greater choice of dental materials and appliances, preferential appointments times at the start of the day and Thursday evenings and discounts off teeth whitening and all our private fees. Included in your membership is the excellent world-wide dental accident and injury cover and our locally- based weekend emergency cover.

If all this sounds of interest to you there is an added incentive to join this October; you will receive a free dental health goody bag (worth £20 RRP)*. Ask one of our friendly reception team for details or have a chat with your dentist next time you are in!

*Full terms and conditions apply



Tooth-friendly healthy pack-up tips

With our children back at school parents are busy juggling all the commitments of homework, after school clubs, play dates and packed lunches. Our children need nutritious and healthy lunches so that they concentrate well at school. So with this in mind how can we as parents make packed lunches nutritious, teeth friendly, delicious and fun?

Drinks

Dentally speaking the only teeth healthy drinks are milk and water. Children tend to sip drinks over the course of the day so it is really important that children only drink water or milk in between meals. It's okay to drink squash, milkshake and fruit juices but restrict these to meal times only to prevent damage to teeth.



Research shows that drinking water aids concentration, blood circulation, prevents constipation and supports healthy digestion. When it's hot or if a child's ill they should drink more water. But if your child really doesn't like the taste try sparkling water or adding fruit such as lemon or lime slices to flavour.

Fruit and Vegetables



Crunchy Fruit and vegetables are an excellent option for lunch boxes. Apples, carrots, peppers, and celery are great for cleaning your teeth as well as being much lower in sugar than popular treats such as cakes, crisps, chocolate and biscuits.

Fruit and veg not only provide your children with healthier and teeth friendly alternatives but are also more friendly on the purse strings as sugary sweets and drinks are more expensive. Try serving them with oven baked pitta bread triangles (cut pitta bread into triangles, spray with a little olive oil spray and bake in a hot oven until crispy), bread sticks or crackers and homemade dips such soft cheese and tuna, hummus etc to make them more tempting. Here are some recipes to give you ideas:

<http://www.bbcgoodfood.com/recipes/1495/4-creamy-dips->

<http://www.jamieoliver.com/news-and-features/features/best-basic-hummus-recipe/#iRVwoz7x4Gph3kxh.97>

Cheese

Research has shown that cheese can be a fantastic food for oral health. Cheddar, Swiss, and Mozzarella are all known for stimulating the production of saliva, which helps to clear other food particles out of the mouth. Cheese is also a good source of calcium, which can help strengthen your children's teeth. Try chopping or slicing into fun shapes and adding to lunch boxes.

Ready, set bake!

Homemade cakes and savouries are more healthy and delicious! With the current trend for sugar-free there are now many recipes for cakes and biscuits to be found. Our ideas for lunch boxes include quiche, cheese straws, savoury scones, or try using St Dalfour jams (sweetened with grape juice), xylitol, honey and other sugar alternatives in your cakes.

<http://www.nigella.com/recipes/view/cheese-muffins-4551>

<http://www.denplan.co.uk/my-teeth/sugar-free-september/sugar-free-recipes>



**Eating healthily to prevent tooth decay is really easy:
Restrict sugary foods and drinks to meal times only!**