



VILLAGE DENTAL CARE

Dental Surgeon

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practice news

Welcome to our second newsletter

I would like to share with you, some important developments in my practice

As you may remember from our last newsletter I was hoping to go gorilla-spotting in January. Unfortunately, though it has been a year since my riding accident, my leg has not fully recovered yet. So, instead of going to Africa I went to Miami...

I am now back after completing the first stage of my advanced dental training in America at the world renowned Pankey Institute. I had a fantastic time, studying with some of the best dentists in the world.

The Pankey Institute trains dentists to give comprehensive dental care. It's not simply about treating one tooth, but about providing complete care and understanding the whole masticatory (chewing) system. This includes the jaw joints, teeth, bite (occlusion) and muscles which must all work in harmony together as a whole for health, comfort and long lasting stability.

As we are all aware, the population is living longer and longer, so ask yourself how long do you want to keep your teeth for? With optimal dental care we can now help you to keep your teeth much longer than ever before.

We do this by carrying out a detailed examination, which involves examining the joints, muscles and the bite, as well as the teeth and gums. As you can imagine, if they do not work in harmony, pain and destruction could occur. We can see stresses through headaches, joint pain, tooth fractures, wear and increased gum disease.

So, what are the signs of occlusal disease?

- Joints: pain, clicking and crepitus.
- Muscles: pain, tenderness, spasms, headaches, neck pain and back pain.
- Teeth: wear, cracks, fractures, mobility, sensitivity and gum disease.
- Poor sleeping pattern.

Our philosophy is one of optimal dentistry, to co-discover what is best for you to create a beautiful smile that will not only look great but will also function well, be comfortable, healthy, and produce long lasting results for years to come.



Special Offers!

HALF PRICE TREATMENTS

As an introduction to our optimal dental care, we are offering the full examination at approximately half price to our first 30 patients.

The examination will take between 1 ½ to 2 hours.

Please call our receptionist Debi should you have any questions or to make an appointment.

VITALITY B TOOTHBRISHES

Special offer on Vitality B toothbrushes. Please ask at reception for details.

When would I need an x-ray?

Early tooth decay does not tend to show many physical signs. Sometimes the tooth looks healthy, but your dentist will be able to see from an x-ray (radiograph) whether you have any decay present under the enamel, any possible infections in the root, or any bone loss around the tooth. X-rays can help the dentist to see inbetween your teeth or under the edge of your fillings. Finding and treating dental problems at an early stage can save both time and money.

In children, x-rays can be used to show where the second teeth are and when they will come through. This also applies to adults when the wisdom teeth start to come through.



Porcelain inlays - the natural look

A porcelain inlay is usually the best cosmetic and stronger option for a larger cavity in a back tooth. A photograph is taken of the cavity and we make a porcelain filling using the latest CAD/CAM technology. Special bonding cements are used to fix the inlay to the tooth, the whole procedure is completed in 1 1/2 hours and is extremely durable and exceptionally natural.



For a whiter, brighter smile!

One of the most popular ways to improve your smile is teeth whitening. This is a safe and affordable option that can enhance your appearance. The results are long-lasting and you will see an immediate improvement.

Whether it's for a special occasion or simply because you deserve to treat yourself, contact us to arrange a free consultation.

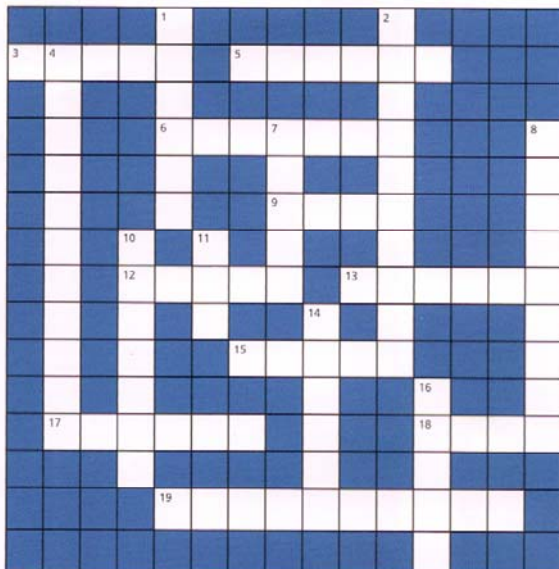


Patient referrals



We are always delighted when we receive referrals from our patients. This means a great deal to us, as it means you are happy with your dental care and are pleased to pass on this news to your family and friends.

This is how our practice has grown and will continue to do so with your help.



ACROSS

3. The type of tooth that you use to chew your food (5)
5. The hard coating that protects your teeth from plaque attack (6)
6. The person you visit to have your teeth checked (7)
9. OHE - stands for "blank" Health Education (4)
12. You open this to put food or drink into (5)
13. This substance can build up on your teeth and cause dental decay (6)
15. Also known as a "cap" this restorative treatment can help improve the appearance of a tooth (5)
17. The type of tooth that you use to tear bits of food off (6)
18. This is the part of your tooth hidden under in the gum (4)
19. You use this to clean your teeth twice a day (10)

DOWN

1. This restorative treatment can replace missing teeth (6)
2. You can join this and pay a monthly fee for your dental care (10)
4. This area of treatments can help straighten and align teeth (11)
7. This is one of many in your mouth that you use to eat (5)
8. You visit this person for oral health advice and to have your teeth professionally cleaned (9)
10. When a metal rod is placed into the jawbone to support one or more false teeth this is known as an... (7)
11. This part of the mouth holds your teeth in! (3)
14. As well as a scale, what else can you have done to your teeth? (6)
16. You use this with 19 across to clean your teeth twice a day (5)