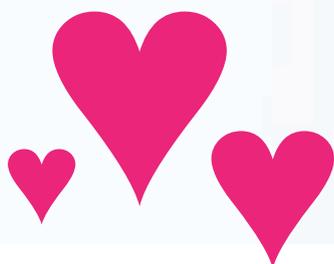




Word of Mouth

Love is in the care...



Winter 2020

To honour St Valentine's Day we will be running a very special prize draw for our patients.

As you know, you are very important to us and we do all we can to ensure you feel well looked after, respected and appreciated by every member of our team.

From our front of house team, who answer your telephone calls, deal with dental emergencies and appointments and welcome you through our door, to the dental nurses and clinical team who care for your smile and perform high quality dental treatments, our aim is to put your wellbeing first.

We love to hear your stories and how your dental treatment has changed your life. We

Louise is back!



Louise Stride BDS (Bristol), MFDS RCS (Edin) GDC No. 228066 will be taking over Gurpreet's patients.

have a large notice board at the bottom of the stairs and you will find a stack of paper hearts in our waiting room.

You are welcome to pick a heart and write down what you love about our practice or a specific member of our team, or what you love about your dental care that has helped improve your smile, your dental health or your confidence.

Your heart will then be pinned onto the board. On February 14th we will place all the hearts into a bag and choose one at random. One lucky patient will win a bottle of pink champagne.

Best of luck!

There is no cash alternative and terms and conditions apply. Please ask us for details.

OVERDONE THE SWEET STUFF?

If your teeth could do with some TLC after the excesses of Christmas - be that sweets, chocolate or alcohol, then treat yourself to a thorough hygiene clean and enjoy sparkling teeth!

Our hygienist appointments are £64 or if you like squeaky clean, shiny, professionally cleaned teeth, then you could opt for a Diamond Polish for £128.

This is a deep cleaning, air polishing appointment that leaves your teeth with a sensational shine. Ask for details.



SPOTLIGHT ON - becoming dentally fit

The New Year is usually a time when we try to put the excesses of Christmas behind us and embark on a new, healthier lifestyle. The gyms are packed, the parks full of people walking, cycling and running, and the booze aisles are eerily quiet.

But how can we achieve a healthier smile and what does being dentally fit actually mean?

Pink gums

A healthy mouth reflects a healthy body and pink gums are an excellent way of showing us the kind of condition our mouths are in. If your gums bleed when you brush them or are red, inflamed and sore to touch, then these are signs that all is not as well as it could be and indicates that gum disease is present.

Please don't panic - a staggering 90 per cent of us suffer from gum disease at some point in our lives but with good dental care the risks can be easily controlled.



Getting fit takes a bit of effort

Just like getting physically fit, you have to put some work in. But all we're asking is about 5 minutes of your day! We should all brush our teeth twice a day for two minutes each, using fluoride toothpaste. On top of that, we strongly recommend

using interdental brushes or floss to clean between your teeth. This doesn't take long but makes an enormous difference to the health of our mouths.

Visit a hygienist

Your mouth deserves to receive professional care to keep it in tip top condition and everyone should visit a dentist at least once a year. Hygiene visits significantly reduce the need for dental treatment in the long term because periodontal (gum) therapy treats existing disease as well as preventing future disease.

Hygiene therapy also helps reduce the risk of developing several serious medical conditions, especially as research links gum disease to arthritis, heart disease, strokes, dementia, diabetes and premature births.

So, if you are looking to improve your mouth fitness in 2020, please get in touch.

Kids should stick to milk & water

New guidelines suggest that milk and water are the things children aged five and under should mostly drink.

A panel of scientists* says kids should not be given drinks containing sugar or sweeteners.

What children drink at a young age can have a significant impact on their oral health, general health and overall wellbeing. Milk is a great source of calcium, protein and several other vitamins and minerals that are essential for growth and development.

Water is ideal – and not just for youngsters - because it isn't acidic, has no calories and contains no sugar that can cause unnecessary damage to our teeth.

Sugary drinks have been blamed in part for thousands of UK kids having rotten teeth removed in hospital every year, as well as high



levels of obesity. Public Health England reports that nine out of ten hospital tooth extractions among young children are due to preventable tooth decay. In addition, almost one in five children are overweight or obese when they start primary school, rising to one in three when they start secondary school.

* The guidelines were published by Healthy Drinks Healthy Kids, a project by Healthy Eating Research that studies strategies for childhood nutrition.

Practice News

Are you satisfied?

We are currently asking for your opinion in our patient satisfaction survey. Please do feel free to make any additional comments about the care you receive here at our practice.

Brush recycling

We are recycling with Terracycle. Please bring in any used toothbrushes, packaging and empty toothpaste and packaging. We love to help the environment!

Your permission

We are still updating your contact permissions to ensure that you are happy to receive our newsletters and any other possible information we might send out to you by email. Please inform our reception team what your preferences are.

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Opening hours

Mon: 8.00am - 5.00pm
Tues: 8.00am - 6.00pm
Wed: 8.00am - 5.00pm
Thur: 8.00am - 5.00pm
Fri: 8.00am - 4.00pm

www.goldsworthroaddental.co.uk

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