

Summer Newsletter 2016

Welcome to our spring newsletter which provides news and updates about the practice and staff, plus useful information about how to maintain your dental and oral health

Kendal Floods



Following the floods in December 2015, many of our patient's homes & businesses were affected. KDC was mildly affected but we were very lucky, compared to many other business in the town. Whilst Kendal is still feeling the aftermath of the flooding it is good to see that many people are now able to return to their homes and we would like to send our best wishes to everyone who was affected. We hope that all of our patients will soon be reunited with their homes and that Kendal soon returns to its former glory.

New Opening times

We have recently amended our opening hours and our reception desk will now be open during lunchtime.

Monday	8.40am – 5.30pm
Tuesday	8.40am – 5.30pm
Wednesday	8.40am – 5.30pm
Thursday	8.40am – 5.30pm
Friday	8.40am – 5.00pm

Practice News



We would like to introduce our new dental nurse Claire Ratcliffe, who joined KDC on 31 May. Claire is an experienced dental nurse and has recently relocated with her partner from Wigan to the Lake District

We would like to welcome her to the team and hope she enjoys working at KDC for many years to come!

Give us your feedback

We continually strive to improve our care and welcome feedback from patients. It's important for us to know how you feel about our services and the treatment you receive and we welcome patient feedback.

Please pick up one of the forms in reception or the upstairs waiting room and give us your opinion on how we are doing.

We consider your comments very carefully!

Thank you for your support

How did we do today?				
Your feedback is very important to us.				
To provide the best care and service, we need your feedback and we would be grateful if you could help us by completing a feedback form				
How likely are you to recommend us to others? Please tick				
Extremely Likely	Likely	Neither Likely Or Unlikely	Extremely Unlikely	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments				



What is your smiliest time of the week?

To celebrate National Smile Months 40th Birthday this year, the Oral Health Foundation conducted a Nationwide survey involving more than 2000 UK adults, to find out when the great british public are most likely to smile.

Unsurprisingly, the most popular time of the week was found to be exactly 5pm on a Friday afternoon. It would seem that once the working week is over we are beaming from ear to ear!

It will be no surprise to find out then, that the time in which we are least likely to smile is 7am on a Monday morning! It seems that the prospect of a stressful working week really is enough to wipe a smile from our face!

Article sections taken from BDJ in Practice June 2016

How hard is tooth enamel?

Tooth enamel is mostly hydroxyapatite, which is a mineral form of calcium phosphate.

It is harder than steel but a lot more brittle.

So, you can't scratch your enamel on metal cutlery, but you can chip it by trying to open a beer bottle with your teeth!



Forthcoming holiday dates

October 2016

Monday 10th October – Friday 14th October

During these times emergency treatment will be available.

Please call the practice on 01539 720302 to obtain more information about emergency cover.

Summer's Hidden Dental Hazards

When the days get longer and the temperature starts to rise, it's not uncommon to be more active during the day, from fun in the sun to garden barbecues — summer is a time to get out and enjoy yourself. But while you're out there, why not make sure to take care of your teeth? Summer fun can also be a leading cause of tooth erosion, but it doesn't have to be.

Tooth wear is becoming an increasingly common dental problem. The most recent Adult Dental Health Survey suggests that over three quarters of the UK population have some form of tooth wear - and these summer treats are one of the major culprits.

The top five worst hazards for your teeth are:

PICKLES

A Ploughman's lunch may seem like the perfect healthy but enjoyable lunch in your local pub. But hang fire on the chutney. The colours not only stain your teeth, but the sugars in the chutney eat away at your teeth as fast as boiled sweets or fizzy drinks do.

TOMATOES

An essential ingredient in any salad, and a refreshing low calorie snack, these have extremely high acid content and so can eat away at the enamel on your teeth. Try to limit your intake.

FRUIT JUICE

We see these as a healthy alternative to any fizzy drink and an essential ingredient to any cocktail. But, although packed full of vitamins, the high level of fructose means your teeth are in real jeopardy. Pimm's has a high fruit juice content and can play real havoc with the protection on your teeth.

SPORTS DRINKS

With the sun beating down, exercising outside may seem like an enticing prospect. But whilst a sports drink may give you a boost of energy, beware of the damage the glucose can do to your teeth.

CHLORINE

In a bid to tone up, swimming is the perfect exercise. However, chlorine in the water can erode enamel and cause irreparable damage. Try to keep your mouth as closed as possible when swimming.

TOP TIPS TO STOP YOUR TEETH SUFFERING:

- 1 Never swish sports drinks or fruit juice around your mouth - this increases contact with the teeth and therefore the risk of dental erosion.
- 2 Wait an hour after drinking a fruit juice or sports drink before brushing your teeth to avoid damaging the softened enamel.
- 3 Try an alternative that is better for your teeth. Coconut water is less acidic than sports drinks, is hydrating, entirely natural and isotonic. Cucumber instead of tomato is less acidic and coleslaw instead of chutney does not stain.
- 4 Get your teeth checked by an expert. An early diagnosis of erosion is essential so that simpler treatment, including monitoring and prevention, can be employed. Otherwise more complex treatment may be necessary to restore satisfactory function and a pleasing appearance.

This feature was adapted from an article written by Taryn Davies for www.femalefirst.co.uk