

Winter Newsletter 2016

Welcome to Stuart Crook BDS, our new partner dentist



We are pleased to introduce our new dentist Mr Stuart Crook.

Stuart and his family have recently moved to the area and he is excited at the prospect of becoming part of the community.

He is looking forward to meeting with you, and will help to move the practice forward by continuously educating both himself and the staff in modern dental techniques.

Stuart says "Whilst in Aberdeenshire we spent our free time running a smallholding and walking our two dogs but Cumbria has always been an area close to our hearts and Ruth and I were married in Kirkby Lonsdale last summer. With the arrival of our little girl Lucy in March this year, we took the opportunity to relocate here and start working with Bruce and the team.

I graduated from Dundee University in 2009 before completing my vocational training/post graduate training year in Aberdeen the following year. Towards the end of the year my regional advisor gave me the opportunity to work with him in Aboyne, Aberdeenshire. The focus was providing family centred, preventative care by giving patients the skills to maintain a healthy mouth, a philosophy which is also close to Bruce's heart.

More recently, I became involved in the vocational training scheme again and spent the last two years mentoring new graduates. With dentistry constantly developing my view is that lifelong postgraduate education is a must if a high standard of care is to be maintained. Because of this, two years ago I started working towards a MClinDent at King's College London.

This degree has a wide scope and a large component is dedicated to the treatment of tooth wear and aesthetics. Whilst prevention is again at the heart of our treatment, the fact that we are all keeping our teeth longer means that tooth wear is becoming more common. Left untreated this can cause difficulties and discomfort whilst eating and chewing and can affect the appearance of your smile. This, and indeed any treatment, aesthetic or otherwise, should be as minimally invasive as possible. The new materials and techniques I am learning allow me to treat your conditions as sympathetically as possible.

My wife Ruth is also a dentist and has just embarked on an MSc, giving her more methods of treating and preventing gum disease (periodontitis). This is vital to having a healthy mouth as uncontrolled gum disease can result in the loss of otherwise healthy teeth. Periodontitis has been linked to diabetes and heart disease.

On the weekends, we are enjoying seeing more of the local countryside. If any of you have any suggestions of buggy friendly walks, please let me know at your next appointment. I am looking forward to meeting you in the near future".

Christmas holiday dates

We will be closed on the following dates over the Christmas and New Year period

Friday 23 rd December	8.40am - 4pm
Monday 26 th December	Closed
Tuesday 27 th December	Closed
Wednesday 28 th December	Closed
Thursday 29 th December	8.40am - 5pm
Friday 30 th December	Closed
Monday 2 nd January	Closed
Tuesday 3 rd January	Open as usual



During this time emergency cover will be provided. Please call the practice number on 01539 720302 for details of who to contact for emergency dental treatment.

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Practice News

A fond goodbye to Claire

We are very sad to say goodbye to Claire McLoughlin

We know that all of us here will miss her very much but the students in Morecambe are lucky to have her as their teacher and we wish her all the best in her role as clinical supervisor for UCLAN.

KDC is going digital!

After many faithful years of service we are saying goodbye to our Velopex X-ray Machine and finally going digital!

From spring 2017 we hope to have our new digital X-ray equipment installed and we are very excited to have this facility to bring the practice up to date with more advanced technology.

Start 2017 with Denplan



In 2017 we will be taking on new patients under the Denplan Care Scheme.

Denplan is the UK's leading dental payment plan specialist which enables you and your family to budget for private dental care with their affordable monthly payment scheme

Take a look at some of the benefits of being with Denplan...

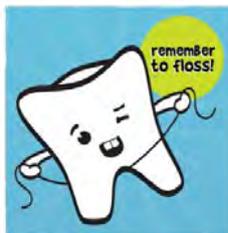
- Preventive oral health advice, to help stop dental problems before they start
- Predictable monthly payments, allowing you to budget for your private dental care
- Worldwide dental injury and dental emergency cover (included in all our dental plans as Supplementary Insurance)
- Regular appointments with your registered Denplan member dentist which help you to keep your teeth and gums healthy and find out the best care for your smile
- Access to Denplan's 24-hour Worldwide Dental Emergency Helpline when you need it most

Please contact us to make an appointment or speak to our reception staff for more information

Dental Health Focus

Do you Floss?

Earlier this year, several of our newspapers ran a story on how flossing is pointless and that we don't need to do it. Although they are correct in saying that all patients with poor cleaning don't necessarily go on to develop tooth decay or gum disease, we know that if your teeth and gums are kept clean and plaque removed regularly, you are much less likely to suffer from dental disease.



Plaque is a collection of different bugs that stick to and build up on the tooth surface. Alone they are harmless but once established, the different types are able to work together. It is at this point that they can cause damage to both the teeth and gums. Numerous studies have shown the importance of effective plaque removal in reducing the incidence of gum disease in particular. Whilst a low sugar diet and a fluoride toothpaste are also important in reducing the chance of tooth decay, to really prevent gum disease the bugs on the tooth need to be removed. Brushing effectively with a toothbrush is a great way of cleaning most parts of the teeth and gums but it does not clean in between the teeth very well.

It stands to reason that if these areas aren't cleaned, we are more likely to get tooth decay and/or gum disease. As a toothbrush can't reach these areas, we need to use something else.

This is why we recommend floss. It is particularly useful if our teeth are tight together. When you have slightly bigger spaces, TePe brushes or single-tufted brushes can be used to clean these areas effectively. If you ever notice your gums bleeding when you are cleaning them don't avoid them. Bleeding gums are a sign that they aren't healthy. This will be due to a build up of plaque. Bleeding gums doesn't necessarily mean it will progress to gum disease but if the gums are kept clean and healthy we are much less likely to suffer from it.

