



## How good dental hygiene means better general wellbeing

Our ethos at The Priors has always been one of prevention as opposed to cure.

Did you know the state of your teeth affects your overall health? Gum disease in particular is now linked to lots of general health problems in other parts of the body. As the infographic opposite shows, these include heart disease, heart attacks, diabetes, strokes and lung conditions, to highlight a few.

My colleagues and I can tell so much about your state of general health just by a clear assessment of your gums and teeth. The link between oral health and overall body health is documented and backed by robust scientific evidence.



We have listed our range of services on the reverse of this newsletter as a reminder of what we offer, here at The Priors, to aid your dental health. Please feel free to ask myself, or one of my friendly team, for more information as to how we can help you further.

Yours in health,

*Mark Emms*

Principal Dentist and Practice Owner

### WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



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## Why you should visit your dentist regularly

It is important to schedule regular visits to the dentist for routine check-ups to maintain or improve your dental health.

What might sometimes feel like a brief sit in the chair for you, allows us to help take necessary action to prevent any problems from forming in the future.

Remember to tell us about any changes to your general health. It is particularly important to tell us if; you are pregnant, have heart disease, diabetes, lung disease or have ever had a stroke. You also need to mention about any medicines you are taking as these can affect both your treatment and the health of your mouth.

**Don't let your dental health slip, call us today to book an appointment!**

# Let's get social!

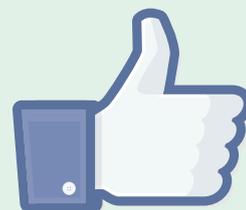
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# What's new at The Priors?



## Congratulations Maxine!

Maxine Evans, our Senior Dental Nurse and Treatment Coordinator, celebrates working

at The Priors for twenty five years this year! Other than Mark himself, Maxine is our longest serving member of The Priors team.

Through hard work and dedication to self and professional development, continuity of service and excellent patient care, we are delighted to announce that Maxine has been selected as a finalist for the prestigious Dental Nurse of The Year Award 2017. Well done Maxine!



## Welcome Dentist Dr Deon Vlok

We are pleased to announce that Deon now holds a Friday clinic twice a month at The Priors

Dental Practice on alternate Fridays. Deon is now working alongside our Principal and Associate Dentists Mark and Daniel (respectively) and will help to ease their busy appointment schedules during peak times, giving our patients more flexibility and availability of appointments.

We would also like to welcome Laura Burton who joins the full time dental nursing team.



## Opening hours

Monday:	8.00 am – 5.00 pm
Tuesday:	8.00 am – 5.00 pm
Wednesday:	8.00 am – 1.00 pm
Thursday:	8.00 am – 5.00 pm
Friday:	8.00 am – 5.00 pm

Orthodontic clinics also run on Tuesday evenings.

# Mouthwash – what you need to know

As part of a good plaque control routine, a mouthwash can be used to help keep your teeth and gums healthy.

However, mouthwashes alone are no substitute for thorough tooth brushing twice a day on the gum line and cleaning in between your teeth daily with interdental brushes and floss.

Here's our guide to help you decide on the best mouthwash for your needs:

### Fluoride mouthwash - examples include Colgate Fluorigard and Listerine Enamel Guard

Good for:

- Helping prevent tooth decay along with a healthy balanced diet
- Use with orthodontic braces to prevent plaque acids attacking the enamel around the bracket, especially if you rinse after meals.

### Sensitive mouthwash - examples include Colgate Sensitive and Sensodyne Pronamel

Good for:

- Forming a protective layer over dentine tubules to help stop sensitivity and prevent erosion
- Desensitising nerves that cause pain with potassium citrate and potassium nitrate
- People who suffer with receding gums and exposed roots.

### Antibacterial mouthwash – examples include Listerine Total and Colgate Perioguard

Good for:

- Helping to prevent bacteria (plaque) forming around your teeth and gums that lead to gum disease and potentially tooth loss
- Post surgery of implants and ulcers if directed by your dentist or hygienist.

With all mouthwashes, always read the label. If you would like individual advice for your specific needs, please ask one of our team on your next visit.



# Confident, healthy smiles for 2017

Give yourself the confidence to show off your smile with our range of services aimed at maintaining and improving the dental health of you and your family.

### Our services include:

- Routine and general dentistry - for healthy teeth and gums
- Hygienist services – for advice, care and maintenance of your teeth and gums
- Orthodontics – to improve the alignment and appearance of your teeth and enhance your smile
- Periodontics – to help reverse the effects of tooth decay and gum disease
- Endodontics – to help our patients preserve their natural teeth
- Tooth whitening – a quick and simple way to enhance your smile
- Smile enhancements – to restore confidence in your smile
- Dental implants – the ultimate solution to missing teeth
- Denture stabilisation – say goodbye to loose, uncomfortable dentures.

If you would like any advice on our treatments or dental care services, call us today on 01785 712388.

