

CENTRAL

Happy New Year!!

Central Dental Celebrates Good Practice Award!



Central Dental celebrates its 4th successful year with the Good Practice Award.

Our Practice was first awarded the British Dental Association Good Practice Award in 2009 and has upheld the 'Good Practice' commitment to our patients & staff ever since.

What does this mean to our patients? As patients you can feel safe in our practice as we meet nationally recognised standards in order to provide the best possible care for our patients.

Our team pride themselves on the service and commitment that the practice offers our patients and we really do feel that we will continue to improve care in dentistry with the support of the Good Practice Scheme.

Congratulations

Our very own Operation Manager Miss Terri Floyde has been awarded the role of Good Practice Scheme Assessor for the British Dental Association.

Terri will be helping practices around the region to achieve the award for the practice and aspire to be the best.

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Filling Offers

Buy One Filling Get One ½ Price

Hygiene Package

30 Minute Hygiene £35.00

and get Airflow Stain

Removal for £11.00

*Saving £22.00

Out Reach Groups

Did you know that Central Dental has a program to visit out-reach groups?

Our dedicated team visits community centres, religious groups & schools to educate people on good oral hygiene. If you would like us to make a visit:

call on 01332 202200

Thank you to those who got in-touch to book a school visit, these visits have been successful and you can read about them on our Facebook

**Terms & conditions apply please call the practice for further details*

Koshal's Korner

Making a Great First Impression!

There is no question that the health of your gum tissue has serious systemic consequences. I can tell a lot about a patients overall general health just by a 30 second scan of the gingival or gum tissue.

Within hours, bacteria colonizes on the gum tissue and teeth by secreting a plaque that if left undisturbed, will mineralize to form calculus or tartar. These bacteria use the food that we eat

for their survival and as a result produce an endotoxin. Our healthy cells are unable to deal with the endotoxins and inadvertently begin to die.

This process or "disease" is called gingivitis. The gums swell and become bright red and bleed easily as a result of our immune system. This is a nuisance when brushing at first but ultimately effects the supporting bone and results in teeth moving -

causing gaps where there were none and ultimately loose and missing teeth (Periodontal Disease). Research has shown that **this process greatly affects the liver, kidney and cardiovascular system.** In fact, research shows that that gingivitis and periodontal disease and the events that occur as a result of ignoring the problem, increases the patients chance of heart disease, premature birth and low birth weights

Despite the general health there are social implications as well. One of the side effects of this disease is bad breath (halitosis). First impressions are critical when meeting anyone and the odour produced by gingivitis is bitter and repulsive. This disease also has visual side effects. The red and inflamed gums make the person seem older and 'long in the tooth'. These visual signals are something that everyone responds to without even knowing why – not the impressions we want others to have of us.

The good news is that this is an easy problem to eliminate.

It makes sense that one would brush and floss twice a day properly. I say properly because most people are not brushing the oral cavity in a way that will improve their oral health. **The most important structures to focus on while brushing your teeth are the tongue and gums - focusing on the junction between the gum and teeth attacks the area that 95% of the plaque accumulate.** The tongue is a great hiding place for the bacteria as well. In addition most people don't replace their toothbrush as often as they should. Ask your hygienist for several toothbrushes at your next cleaning appointment and replace them every 3-month.

Proper brushing should be preceded by

proper flossing. That is the only way that we are able to clean and smooth the 'joining' areas of our teeth. Probably the best time to floss is before going to bed. If you forget to floss in the morning make sure to pay particular attention to the flossing time when you brush your teeth before going to bed. The teeth at night have very little or no mechanical stimulation during the hours that we are asleep. This can cause the plaque that has organized in the daily hours to begin to mineralize and form tartar or Calculus. Calculus can only be removed professionally by the hygienist.

At our practice I recommended all my healthy patients (you know you are!) to see the hygienist twice a year as a matter of routine. Sometimes this needs to be increased if there are any signs of gum or periodontal disease - don't worry though our practice measure your gum score' at every check up, so next time ask how you're doing!



Dr Amit Koshal
Principal Dentist
BDS (Hons.) MFGDP (UK)
MFDS RCS (Eng)

Koshal's Korner

Any questions about teeth, gums, or general dental health you want to know the answer too, will be here every quarter!

If there is any question you want answering then please email info@centraldentalderby.co.uk

we will answer your email and give general advice in our next newsletter.



Announcements

Central Dental would like to give a big warm welcome to our newest recruits.

Munira Hirani (Full-Time Dentist)

Ketul Bagia (Part-Time Dentist)

We wish you every success & welcome to our team. If you see them in the practice give them a big Derby welcome! There newbie's and still a little shy 😊

Farewell to Monty Bains (Dentist) who has left Central Dental for pastures new, we wish you all the luck in your new position!

Birthdays Wishes



March – Clover Attewell

Happy Birthday, hope all your wishes come true!!
From all the team at Central Dental



Birthdays, Celebrations, Weddings & New staff Members.