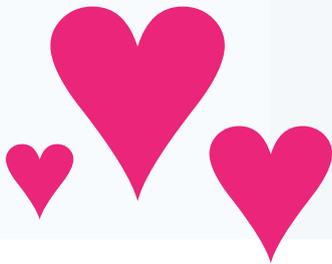




# Word of Mouth

## 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.

**£25 Amazon voucher!**



Refer a friend to Bourne End Dental and if they book & attend an initial appointment we will give you a £25 Amazon voucher

We will be placing a large notice board in the patient lounge and there you will find a stack of paper hearts.

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 an electric toothbrush. So, best of luck!**

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

## Thread lifting is now available

Dr Grace Kelly has been providing facial rejuvenation techniques, such as botox and fillers here for some time and she is now able to offer thread lifts.

Treatment uses absorbable threads to lift and rejuvenate facial skin, resulting in a fresh and youthful appearance. No surgical intervention is required. "V Soft Line" offers a non-permanent thread lift, with thin narrow patented sutures that are gradually absorbed by the skin tissue and are used to lift the face. One can lift and treat:

- forehead
- cheeks
- jaw line & chin



- eyebrows
- thin folds
- wrinkles

Treatment takes about 60 minutes and is performed by inserting a thin needle under the skin. The procedure is similar to filler treatments. The thread is thinner than a hair strand and consists

of a product that has been used for over 20 years in surgery. The effects can last from one to two years, depending on age, lifestyle and skin type. After treatment, you can go home immediately and at best, there will hardly be any bruising or swelling.

Please book a no obligation, free initial consultation with Dr Kelly to find out more.

# 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.

## Bourne End Dental

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Opening hours:  
Mon - Thur: 8 am - 5 pm  
Fri: 8 am - 4 pm  
Sat: 9 am - 2 pm

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

## Practice news

### Fond farewell

We wish a fond farewell to dental nurse, Dawn, who has been our Saturday nurse for 9 years and who is moving to Southport.

### Welcome aboard

Welcome to Vicky, who has joined our team as a qualified nurse. She is looking forward to meeting all our lovely patients in due course.

### It's a boy!

Congratulations to dental nurse Gemma on the birth of her son Jensen. We look forward to her return following her maternity leave.

### Dementia friendly

We are very proud that we have achieved the status of a dementia friendly practice. If you know anyone who would benefit from this, please share this news.

### We are social

Follow us on Facebook - Bourne End Dental, Instagram - bourneendental and Twitter - @BE\_dental