

# The Rickmansworth Dental Centre

## Newsletter

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Welcome to the third Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on the previous issues. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

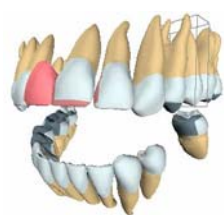
### Practice News



Welcome to another issue of our newsletter. We hope you had a good festive season and New Year and have managed to avoid all the various bugs going around at the moment.

Things are still going well at The Dental Centre and we are continuing to invest in the practice to provide the best treatment for you in the most pleasant surroundings.

Our most recent upgrade was to update our computer software, making it even more efficient. The main changes are on the surgery side. We are gradually getting used to these changes, but please forgive any cursing at the monitor you may hear (only teething problems!!).



One of the best new bits is the ability to see your tooth chart in 3-D. Don't forget to ask to have a look on your next visit.

### Welcome

A big welcome to our new nurse, Vicky, who has just started with us.



### Electric Toothbrushes

In a recent Daily Mail survey (4th December 2001), two of the electric toothbrushes we stock, the Oral-B Excel 3D Deluxe Plaque Remover and D10 Kids Power Toothbrush were both awarded 10/10. These were the only brushes to receive full marks. We have also started to stock the new Oral-B D4 Plaque Remover. This is a battery powered electric toothbrush. Though not quite as efficient as the other electric brushes we stock, this brush still gives better results than a manual brush and is very handy for taking on holiday or if there isn't a mains point for a rechargeable brush.



### Dental Hygienist

In May we will have a dental hygienist starting at the practice. Hygienists are specially trained to carry out scaling and polishing of the teeth. They are also expert at teaching you how to look after your teeth and gums. If you would like to see the hygienist or would like further information, please contact The Dental Centre.



### What's In A Name?

One of the most common questions we get asked is how do you pronounce Dr. Deitsch's surname. The answer is as if it were spelt 'DEECH' i.e. to rhyme with beach! If it's not too informal for you, Dr. Deitsch is quite happy being called 'Adam'.



### Focus On Relaxing At The Dentist

Going to the dentist is not a relaxing experience for most people, but it need not be stressful. While many of us may feel mildly anxious before a dental check-up or treatment, some patients feel real fear which may reach phobic proportions. This may be due to a bad experience in the past, fear of pain or some other concern.

Modern equipment and anaesthesia nowadays means there is no reason why any dental procedure should cause pain. At The Dental Centre we try to make sure that you are as comfortable as possible during treatment.

#### Keeping cool

If you are nervous about visiting the dentist, there are some things you can do to reduce stress.

- Schedule a morning appointment, so you don't worry all day about it. Children especially should be treated early in the day — after school they are tired and not in a good mood for sitting in the chair.
- Plan a treat for yourself for later — eg a massage or meeting a friend, so you have something to look forward to beyond the dental appointment.
- Practise deep breathing, counting slowly as you breath in and, even more

importantly, on the breathe out. This is useful both before going in and once you are in the chair, as well as in other stressful situations.

- Aromatherapy — essential oils in the bath or in a small burner at home can help relax you beforehand. Try lavender, which has been shown to reduce stress.
- Have something to eat before the visit as this will help blood sugar levels.

#### At the surgery

Allow plenty of time to get here. It doesn't help your stress levels if you race in late, or if you come straight from a hectic time at work.

- If, on the other hand, you arrive very early, don't go and sit for ages in the waiting room, getting worked up. Go for a coffee or a trip round the shops.
- Make sure we know if you are nervous; an extra effort can be made to put you at your ease.

Some people find it reassuring to know all the details of there treatment. Ask questions beforehand so you know what is going on. Alternatively, if you don't want to see the equipment and would rather know nothing — say so!

In the chair, keep your legs uncrossed and try to keep your hands in your lap — don't grip the the chair or clench your fists.

- Breath deeply. Shut your eyes if it helps, and try to keep calm, for example by imagining relaxing scenery or pleasant memories.
- Listening to a personal stereo may act as a distraction to the treatment.

The most important thing to remember is that it is quite normal to feel nervous about dental treatment and nothing to be embarrassed about. Rest assured, at The Dental Centre we will try and make your visit as relaxing and easy as possible.

Don't let your nervousness stop you coming to the dentist as any problems will be dealt with earlier and, hopefully, more extensive treatment can be avoided.

*Best Wishes from  
Adam Deitsch  
and all the staff.*

*Don't forget you can find us  
online at  
[www.thedentalcentre.org](http://www.thedentalcentre.org)*