



The Rickmansworth Dental Centre Newsletter

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Welcome to the 60th Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on 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 our Spring 2016 Newsletter. We hope you had a good winter. You will be pleased to know this newsletter is a Brexit free zone! Please read on for exciting news about our team members, news about the 40th birthday of National Smile Month and an article on relaxing at the dentist, something that may be helpful for life in general at the moment! Remember, if there is anything you would like to see at the practice or if there is any way we can make your visit more pleasant, please let us know and we will try to oblige.



Congratulations (1)

Many congratulations to our hygienist, Alicia, on the recent birth of her daughter, Poppy. Mother and daughter are both doing well. Alicia is due to return to the practice early next year.



Congratulations (2)

Also congratulations to our surgery assistant, Sonata, after her uncle has made worldwide headlines when his goat won the village's prettiest goat competition in Lithuania!



Friends and Family Test

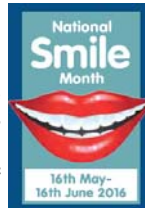





As part of our NHS contractual obligations, when you receive care or treatment within the NHS, you will be asked to fill out a short questionnaire to give us feedback. The questionnaire simply asks if you would recommend The Dental Centre to your friends and family. This is already being done in other areas of the NHS in an attempt to improve the quality of services provided. This has been running since 1st April 2015 and the responses received so far have been extremely positive. We will aim to keep up the high standards to which we aspire.

Our comments and suggestions box is still present in the waiting room and we welcome all patients to give feedback on their experience at The Dental Centre.

National Smile Month

National Smile Month is the UK's largest and longest-running oral health campaign. Together with thousands of individuals and organisations, National Smile Month promotes three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:



-  Brush your teeth for two minutes twice a day with a fluoride toothpaste;
-  Cut down on how often you have sugary foods and drinks;
-  Visit your dentist regularly, as often as they recommend.

Sounds simple? You'd think so, but there's evidence to suggest not everyone keeps to these three most basic of messages. National Smile Month is a great opportunity for those who don't to take stock of their oral health habits, and a great opportunity for those who do to pass the message on to others.

Organised by the UK's leading oral health charity, the British Dental Health Foundation, National Smile Month will take place between 16th May and 16th June 2016. The campaign is celebrating its 40th anniversary this year.

More information can be found online at www.smilemonth.org.



Teething Ring

A toothbrush is all one California woman needs to clean her engagement ring – because in lieu of a diamond, her engagement ring features her fiancée's tooth.



In an untraditional move, Lucas Unger presented his fiancée, Carlee Leifkes, with an engagement ring made out of his wisdom tooth. While many women might be disgusted by the move, Leifkes was thrilled.

"So incredibly excited to marry my best friend, the man who knows that his wisdom tooth means more to me than a diamond," Leifkes wrote on Facebook. "We've never been the 'traditional couple,' why the heck start now?"

Thank You

A big thank you to some of our patients and the Streetlife website for their investigative work on the inscription on the surgery door. Apparently records show a W. Humphrey was in residence at the property in 1692 and paid 4/6d a quarter rates.



Dental Hygienists

Our hygienists at The Dental Centre are helping patients keep their teeth and gums healthy. They are here Monday, Tuesday, Wednesday and one Saturday morning a month. If you contact Pam on reception, she will be able to give you further information.



If you wish to book a session with the hygienist at the same time you have your routine visit with Adam, just let Pam know. There is information about hygienists and what they do on the back of this newsletter.

Focus On Relaxing At The Dentist



Going to the dentist may not be 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.
- 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 breathe in and, even more importantly, on the breath 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. Of course, if we are running late, the receptionist will let you know, so you can avoid sitting in the waiting room for too long if you don't want to. There is a selection of up to date magazines in the waiting room to try and distract you.
- 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 their 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 chair or clench your fists. The more relaxed you are, the easier it will feel.
- Breathe 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. You may want to listen to instrumental or classical music that calms you down. Some people might want to listen to louder music that will drown out all of the other sounds they are going to hear. Audiobooks are becoming more and more popular. A book is a great way to pass the time. You can concentrate on something else while you are at the appointment and immerse yourself in something that will keep your mind off what is going on.

The most important thing to remember is that it is quite normal to feel nervous about dental treatment and nothing to be embarrassed about. Please don't try to hide it if you are nervous, it often just makes things worse. 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 can be dealt with earlier and, hopefully, more extensive treatment can be avoided.

Visiting the Dental Hygienist

At The Dental Centre we have dental hygienists here on Mondays, Tuesdays, Wednesdays and one Saturday morning a month (please contact the surgery for further details).

Listed below are a few of the most frequently asked questions about hygienists and what a visit to the hygienist involves.

What is a hygienist?

Dental hygienists are specially trained to work with the dentist in providing care tailored to the patients' needs.

They play an important role in dental health care and are mainly concerned with gum health, education in correct home care and the application of preventive materials to the teeth and gums.

The hygienist provides professional cleaning of the teeth for the patient. Most importantly they educate the patient in the best way to keep the teeth free of plaque.

Why is this treatment important?

Regular professional cleaning combined with your home care will help maintain a healthy mouth. A clean and healthy mouth will improve your appearance, help you keep your teeth and give you fresh breath.

Can a hygienist help prevent dental disease?

The training of the hygienist is centred on preventing dental disease. Carefully removing the deposits that build up on the teeth and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. Anti-bacterial gels and solutions can be applied under the gum to kill the bacteria causing gum disease. By discussing your diet and recommending other preventive measures your decay rate can also be reduced.

Children can benefit from having their teeth polished. The hygienist can also apply fluoride gels and solutions to help prevent decay. The permanent back teeth can also benefit from having the fissures sealed.

Why doesn't the dentist do this work?

Dr. Deitsch can carry out this type of work. However, the hygienist has also been specially trained to carry out scaling and polishing and can spend longer with you. They are also expert at teaching you how to look after your teeth and gums. Often the hygienist will spend a number of appointments getting the gums healthy ready for the dentist to do the more complex treatment.

Will the treatment hurt?

Scaling and polishing is usually pain-free. However, if you do experience some discomfort the hygienist can eliminate this with the use of topical anaesthetic creams or by giving you some local anaesthetic. It is important that you let the hygienist know at the time so that some pain control can be given.

What can I do to help the Hygienist?

You can do a great deal to help yourself and the hygienist as you are in control of your mouth between visits to the practice.

The hygienist will have shown you how to remove plaque with a toothbrush and fluoride toothpaste. You will also have been shown how to clean between your teeth with floss, tape or little brushes. There are many products now available and the hygienist will recommend those that are appropriate for you.

Do I need to see the hygienist?

Following your routine examination Dr. Deitsch will advise you if you require a visit to the hygienist. If you feel you wish to see the hygienist anyway, please contact the surgery and this can be arranged for you.

If you have any queries or require further information, please do not hesitate to contact us.



*Have a fantastic Spring!
With Best Wishes from Adam Deitsch and all the staff at
The Dental Centre.*

