

## Welcome to our September edition!

We hope this newsletter gives you an insight into our range of services and latest offers at our practice. A lot has been happening and this is a great opportunity to update you.



Here are a few words from Dr Holley:

'After 16 years of helping to run and 26 years of practising at Tadley Dental Care, it seemed the right time to hand over the management to my long term partner Dr Ahmad Kamkar. It is also an opportunity to reduce my working week to Mondays and Tuesdays only. This will mean saying goodbye to some of my patients and my thanks goes out to them for their loyal support and the fun that we have had together over the years. I have every confidence that Ahmad and his wife Rosa, as practice manager, will do an excellent job and see Tadley Dental Care well into the future. As The Good Book says : 'There is a time for everything and a season for every activity under the heavens.'



And here are few words from Dr Kamkar:

'I would like to take this opportunity to thank Mark for his friendship and support all these years in developing the surgery and make it what it is today. I hope he can enjoy the extra time he will have available now and I am very happy that he will still be around. As always we will continue to keep high standards in providing care for you.'

As healthcare professionals at Tadley Dental Care, we are working to keep our knowledge and skills up to date with current thinking and development. To this end, we try to help by running regular in-house training sessions on various topics. In November we will be holding our regular Medical Emergencies and CPR and Fire Safety training. This is obviously, in addition to our normal continuing professional development and pursuing our own personal dental interests.

As you may know, each year we carry out a Patient Satisfaction Survey and we are very grateful to everyone that took part in our recent one and for all the valuable comments you made. We always appreciate your input and are constantly looking for new ways we can improve. It was encouraging to note that 100% of all patients surveyed are happy to recommend us as a practice to their friends and family. Here is a flavour of some of the comments we received.....

'Friendly, calm, unhurried service. I have complete confidence in my dentist's skill and ability.'

'Always receive good, honest advice in a very friendly manner.'

'Without a doubt, this the best dental practice I have attended and maintaining the current level would be great.'

'I am very pleased with the service and care my family and I receive at Tadley Dental Care. Thank you for looking after my family's teeth so well.'

Since our last edition of Tadley News, we said goodbye to our periodontist, Dr Kuljeet Mehta. We wish him all the best in his new venture. We are currently seeking a replacement for him who will be able to continue to care for our patients in need of periodontal treatment, meanwhile, you can rest assure that our hygienist, Corinne, will be maintaining your gum treatment under the supervision of Dr Kamkar. We also welcomed Clare to our nursing and reception team, who has settled in quickly with us.

## Quality Care...

...through prevention and aesthetic dentistry

## NEW PATIENTS

We are currently accepting Private Patients at the Practice. There is a waiting list at the moment for new NHS places.

**Please phone to book an appointment.** We also offer our patients the opportunity to join the Denplan treatment schemes (Membership conditions to be discussed with your dentist).

## EXTENDED SUMMER PROMOTION:

We are offering Tooth Whitening home kits at the exceptional value price of £225. This offer has been extended until the end of September due to popular demand. Please speak to your dentist for details or call us on 01189 813849.



Before



After

## NHS FRIENDS AND FAMILY FEED BACK

Just a reminder about the nationwide NHS Friends and Family feedback scheme. It is an ongoing way of gauging patient opinion. We appreciate you taking the time to fill out the cards and the feedback that you have given, and thank you in advance for continuing to do so. We have received some very positive comments in the past year and we welcome all feedback as a means of highlighting ways we can constantly improve our levels of care and service.

Alternative feedback forms are available for our private patients at the reception desk, and we very much welcome your feedback also.

## TOOTH EROSION

Tooth enamel is the hard outer layer, protecting your teeth from daily wear and tear, and is the strongest substance in your body. It stops you from feeling extreme temperatures when you eat and drink hot and cold things. It also protects your teeth from damaging acids and chemicals in food and drink.

Tooth erosion occurs when acid wears away the enamel on the teeth. When this happens, your teeth are more likely to get cavities and decay. You may notice increased sensitivity from hot or cold foods, drinks, and sweets, as they can penetrate the holes in your enamel to the nerves inside.

### What causes tooth erosion?

- Wine - whether red, white or rosé, drinking wine will soften your enamel.
- Fruit juice - lemon, cranberry, orange and apple are among the most acidic.
- Fizzy drinks - coke, lemonade ... yes even sparkling water.
- Citric fruits - snacks of oranges, lemons and limes can wear down your teeth.
- Sugar and sweets.
- Stomach acid ( from vomiting.)

### How can you prevent tooth erosion?

- Reduce intake of acidic and carbonated drinks and foods, ie. coke, fruit juice, sparkling water.
- Rinse your mouth with water right after you eat or drink something acidic – and wait at least half an hour before brushing your teeth.
- Use a straw for fizzy drinks and fruit juices so they bypass the teeth.
- Finish a meal with a glass of milk or a piece of cheese to neutralise the mouth acid.
- Chew sugar-free gum.

### What to do if you teeth are damaged because of tooth erosion?

Regularly visit your dentist and use the appropriate toothpaste that can strengthen the enamel and reduce the effect of the damages caused by erosion.

## PRACTICE INFORMATION

### Parking

We have off street parking at the practice

### Opening Times

Mon - Fri: 8.30am - 5.30pm

**Tadle**  
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