



ISSUE 6 | SUMMER 2015

Welcome to our Summer edition! We hope this newsletter gives you an insight into what we have to offer at our practice. But firstly we would like to update you on our staff news.



#### A FEW WORDS FROM SANNA:

"I am happy to share with you some exciting news.... I will be expecting my second child in August. I plan to work until mid-August and will once again be taking a short 6 month maternity leave. I will resume my normal working hours and days when I return in February 2016. My trusted colleague Lena Bhudia will be taking care of your oral health in my absence. I am looking forward to seeing you all again when I return."



#### WELCOME LENA BHUDIA

Lena qualified from Kings College London in 2005 and completed vocational training in Suffolk. She has lived in Basingstoke since 2007 working in and around the area, gaining experience in NHS and private dentistry. She has also worked in a NHS walk-in centre delivering emergency dental care. Her interests include conservative dentistry and the care of children. She is passionate about preventative dentistry and helping patients to maintain a healthy mouth. Outside dentistry she enjoys yoga, travelling and days out with her two young boys!

#### PASTURES NEW FOR RAMAN

"After almost three years I will be leaving Tadley Dental Care this summer to focus on working closer to home in Berkshire. I would like to take this opportunity to thank my wonderful patients, it has been a pleasure to look after your periodontal health. I will be handing over to Dr Emily Lu who trained with me at Kings' College, London. You will be in great hands, just remember to keep flossing! I would also like to thank my colleagues at the practice. Thank you for putting up with me and my best wishes for the future."



## WELCOME EMILY LU

Emily qualified from Otago University in New Zealand in 2007. She has worked in general practice for several years, developing a special interest in Periodontology. She gained MClinDent (merit) from Kings College London Dental Institute in 2014. Her particular clinical strengths include the surgical management of aggressive and chronic periodontitis cases, periodontal regenerative procedures, surgical management of crown lengthening cases and implantology. Currently, she is working at Guy's Hospital and also pursuing a PhD in periodontal regeneration.

We are very pleased to welcome back from maternity leave, Dr Jessica Lee and our nurses Zoe and Krystle.

Our two student nurses, Sam and Beth, have been working hard towards their dental nurse qualification. Sam has recently qualified and Beth is on track to take her exam in January 2016.

Quality Care

...through prevention and aesthetic dentistry

## NEW PATIENTS

#### We are currently accepting New NHS and Private Patients at the Practice.

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



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#### WHITENING SUMMER PROMOTION:

We are offering Tooth Whitening home kits at a reduced price of £199. This offer will apply up to the end August 2015. Please call us on 01189 813849 for details.

#### FRIENDS AND FAMILY FEED BACK

As you may be aware, we started the nationwide NHS Friends and Family feedback scheme in April 2015. 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 with this. Just a reminder to our private patients that alternative feedback forms are available at the reception desk, and we very much welcome your feedback also.

### PATIENT SATISFACTION SURVEY

We would like to say a big thank you to all our patients who took part in the recent Satisfaction Survey. Thank you for taking the time to answer the questions. We greatly value your suggestions and feedback as we continually strive to maintain and improve further our level of care and service to you.

We were pleased that 100% of those answering the questions felt their dentist cared for their needs and 100% said they would recommend the practice to friends and family.

For more details please see our website.



# AND NOW A LITTLE INFORMATION ABOUT PERIODONTAL TREATMENT

#### What are healthy gums?

The roots of your teeth, when healthy, are completely embedded in the jaw bone. The gum overlies the bone and wraps around the teeth forming a collar around the neck of the teeth.

#### What is periodontal (gum) disease?

Periodontal disease is an infection of the gums that affects the gums and the underlying bone which supports the teeth. Bacteria, which are always present in the mouth, are the cause of this infection, and accumulate on the teeth surfaces after meals and drinks. They form a soft mass called "plaque". Plaque is usually removed by regular teeth cleaning. However, if some plaque remains, an inflammation of the gums may result. This inflammation, if not treated can progress to periodontal disease. In this case the bacteria grow down below the gum margin along the root surface. The bone surrounding the teeth will retract away from the root of the tooth. The gums then detach from the tooth and form so called "pockets". With increasing bone destruction, the tooth will lose its support. If this is left untreated it can lead to tooth loss.



**Other factors contributing to gum disease:** Gum disease may be influenced, not only by oral health factors, but also by other diseases like diabetes or cardiovascular conditions. Smoking, stress and genetic factors may also support gum disease.

If you have any concerns about your gums or are needing more information, please feel free to talk to your dentist, who can advise you and if necessary, refer you to our periodontist.

## PRACTICE INFORMATION

**Parking** We have off street parking at the practice

**Opening Times** Mon - Fri: 8.30am - 5.30pm



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