

PRACTICE UPDATE

A WARM WELCOME TO MEGAN BOND who joined us in September.

We chose Meg from a number of excellent candidates, she seemed to have a genuine passion for dental nursing, a desire to learn, and loves caring for and meeting patients. She is currently undergoing a 'Level 3 Diploma in Dental Nursing' apprenticeship at Exeter College and we will be doing everything we can to help her gain valuable experience and her qualification. She is already a popular and valuable part of our team. Great to have you at Bicton Place Meg!

Meg replaces Amba Williams who relocated to the Bath area with fiance Simon. We wish Amba and her fiance all the very best.



HUGE CONGRATULATIONS to Beverley Garratt who has passed her Dental Nurse exams with flying colours! Well done Bev!

Bev has become a critical part of our team over the last year and is now taking over responsibility for key areas 'Cross Infection Control' and 'Decontamination' for the practice.



ANOTHER INSPECTION EXCELLED!

We are delighted that once again we have been awarded Denplan Excel Accreditation (the only accreditation recognised by The Patients Association), as well as BDA Good Practice membership. We will keep striving to ensure we offer excellent clinical care as well as look after our staff and practice environment.



The team at Bicton Place - left to right: Jayne Moores, Megan Bond, Beverley Garratt and Stacey Johncock with Stephen Green and David Ward

TEETH FOR LIFE

A healthy smile and a clean mouth are important for many reasons from first impressions to confidence to health. Simple, good oral health can help you avoid gum disease and take care of your teeth and your smile.

- **Diet and fitness:** Studies show people leading healthy, active lifestyles are 40 per cent less likely to experience gum disease.
- **Brushing twice a day:** Brush your teeth, for two minutes with a fluoride toothpaste both before breakfast and before bed. Flossing is another valuable routine we encourage.
- **Cut out tobacco:** People who smoke or chew tobacco products are more likely to produce bacterial plaque that leads to gum disease. Smoking means less oxygen in your bloodstream, so the infected gums can't heal. Smoking can also lead to tooth staining, more teeth lost because of gum disease, bad breath, and in more severe cases mouth cancer.
- **Cutting down on the frequency of sugary snacks and drinks:** As well as other health repercussions, sugary snacks cause acid attacks on teeth for up to an hour, so sugar should only be eaten at meal times. Ideally have an alkaline snack or gum to balance out the effects. Drinking water helps too.

All the above can help prevent tooth decay and the need for treatment.



www.sugar-free-september.co.uk



Beware the hidden sugar in our food

Sugar is present in thousands of unexpected grocery items. Manufacturers often add sugar to their products to boost the flavour and improve the texture – it may even be labelled a 'low-fat' or 'healthy' item.

Looking at the labels for sugar content isn't always straightforward either, as there are over 30 different names for sugar – some of which you may not realise are actually sugar! Check out Denplan's sugar word infographic (left), it may surprise you, it did us!

Raising money for Devon Air Ambulance

- In October 2015 dentists, David Ward and Stephen Green, and dental nurses Beverley Garratt, Megan Bond, and former Bicton Place nurse Amba Williams completed the infamous Commando Challenge - 10K of Royal Marine assault course, mud and bog. An experience they'll never forget!
- The aim was to raise as much for Devon Air Ambulance and the Royal Marine Charitable Trust as they could (and have a bit of fun). We are very proud that they raised **£1260 for these two superb charities.**
- THANK YOU to everyone who supported us so generously with fundraising and moral support!



Choosing wisely for kids

Choosing decent snacks for your children or grandchildren can be really tricky, there is so much to tempt and it's even harder as some 'healthy' foods are actually harmful to teeth. Here are some tips from Denplan, that we wholeheartedly agree with, for meals and snacks that will help to keep children - and their teeth - happy!

MAKE IT FUN!

Tooth-friendly savoury sandwiches filled with lean meat, cheese spread or marmite are always popular with children. Cutting sandwiches into appealing shapes such as stars, hearts, or circles can make them more attractive for kids.

INBETWEEN MEALS

Nuts, low-sugar yogurts, breadsticks, and hummus with cucumber, raw pepper, carrot and celery sticks make great snacks in between meals.

SAY CHEESE!

Cheese is full of calcium and also helps neutralise acid in the mouth, which helps to reduce tooth decay. Encourage your child to eat a little snack-sized piece of cheese after meals.



AND DRINKS?

Swap fizzy drinks for water or milk, and try to avoid fruit juices and smoothies as they contain a lot of naturally occurring sugar and acid. If your children have these, offer them during mealtimes only and dilute them one part juice to one part water. Drinking through a straw can help reduce contact with teeth, too.

DRIED FRUIT?

Avoid snacking on sticky dried fruits such as raisins and apricots inbetween meals as they contain a lot of natural sugar and can cling to the teeth for a long time.

CHECK THE LABELS

Be wary of products specifically aimed for children's lunchboxes and always check the labels. They often state that they're free from additives, colours and artificial flavours but may well be full of hidden salt and sugar.

Denplan membership is an effective way to help you budget for your dental care over the year. The fixed monthly sum lets you budget for the essential routine maintenance of your oral healthcare, but also includes cover for eligible dental injuries and emergencies detailed in the supplementary insurance. Please do ask one of our staff for more details of the costs and benefits of Denplan membership.



Denplan

Member of the Global P&A Group

Contact Us

Bicton Place Dental Surgery
13 Bicton Place
Exmouth, Devon, EX8 2SU
Tel: 01395 272027
Fax: 01395 275248
info@bictondental.co.uk
www.bictondental.co.uk



Opening Hours

Mon 9.00am-1pm & 2pm-5.30pm
Tue 8.00am-1pm & 2pm-5.30pm
Wed 9.00am-1pm & 2pm-5.30pm
Thu 8.00am-1pm & 2pm-5.30pm
Fri 9.00am-1pm & 2pm-4.30pm