



DENTAL CARE

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Practice Newsletter

Winter 2015

At Woodford Dental Care it is important for us that all our patients feel informed and involved with our practice. We have therefore decided to introduce practice newsletters every six months to keep you updated on what is happening here.

New Orthodontist

Woodford Dental Care welcomes our new Orthodontist Arun Madahar to the team. Arun is a specialist orthodontist and comes to us with a wealth of experience having previously worked as a general dentist.

Dentists Courses

Drs Len D'Cruz and Anne Grew have started their year-long modular course in Advanced Operative Restorative and Aesthetic Dentistry which is based at the state of the art London Dental Education Centre.

Dr Bhavin Patel has recently completed this course and has found it very useful for his everyday restorative work.

New Website

We have recently updated our website with a more modern look. For our current fee lists and advice sheets, visit www.woodforddentalcare.co.uk

Extended Hygienist Hours

Many of you said that you prefer your hygiene appointments at the beginning or end of the day. With this in mind, as of December 2015, our hygienist Emma Freeman will be working until 18:30 on Thursday evenings, in addition to her existing Saturday sessions.

New Surgery

Woodford Dental Care are currently installing a new hygienist surgery next to reception. We hope to have this up and running some time in December.

Refurbishment

Many of you have commented on how Fresh and modern the practice now looks after a year of refurbishment. Thank you for your kind comments and your patience whilst the work was taking place.

Your questions answered

Q When should I first start bringing my child to the dentist?

A As soon as they have teeth. It is good for the dentist to assess your child's teeth from an early stage, and also for your child to get used to the dentist from the beginning.

If you have a question that you would like to see answered in the next newsletter please e-mail woodforddc@btconnect.com

Did you know?

It's not just fizzy drinks that can cause damage to your teeth. Drinks such as fruit juices are acidic and contain natural sugars which can harm your teeth.

To minimise the effects of drinking juice:

- have it through a straw where possible to minimise it contacting the teeth
- try and limit juice and fizzy drinks to meal times, as it's not the quantity of them that you drink but the frequency which causes problems for your teeth. Repeated acid attacks can weaken your enamel.

There has been a lot of publicity about a sugar tax and the damage hidden sugars does to both teeth and general health, contributing to obesity. At Woodford Dental Care we strongly support this campaign to highlight sugar in diet and our team will help you with any individual questions you have about your own oral health.

If you or someone you know would like a copy of this newsletter or any of our other leaflets in large print please ask our reception staff who will be able to provide you with one.