

BROOKLYN HOUSE NEWSLETTER



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VALUE FOR MONEY

At Brooklyn House Dental Practice we are about value for money, we give you all the time, care and wide choice of treatments you need, without the rush!

You have access to dental payment plans. Denplan patients have access to the dentist of their choice.

No long waiting times for appointments. We will see your children on the NHS without insisting you become a private patient.

We use the best quality materials; no budget-line here.

We do preventative treatment and don't just talk preventative.

Your dental professionals are highly skilled, experienced selected individuals with proven results.

Everything we do is about quality!

We offer you choices!

All out of hours treatment is done here at your practice!

Your care comes first!



NEW From JUNE 2012

FREE Initial Implant Consultations

Denplan patients get:

10% discount on full teeth whitening treatment

10% discount on Dental Implants

10% discount on Orthodontics

10% discount on Grinding & Snoring appliances

Denplan patients get longer appointments and emergency slots!

Denplan includes supplementary Insurance – Worldwide dental emergency cover and dental injury

Worldwide 24 hr emergency helpline

You only have one set of adult teeth and it pays to keep them as long as possible by using the best materials and time to get an improved result.

In today's world the biggest cause of tooth loss is gum disease. This is preventable provided you attend your dental professional regularly. We like to take the opportunity to review all our patients at six monthly intervals, meaning that we believe we can spot problems early, tell you about them and take action to minimise the work needed to put them right. Although NHS treatment is mostly perfectly acceptable, research has shown that restorations provided in the private sector, where presumably more time is afforded to the dentist, will outlast those provided on the health service: *Lucarotti & Burke (data from Eastbourne NHS, Private and Denplan dentists)*

STAFF NEWS

Good luck to Colette, leaving us on maternity leave soon.

Good luck to Ghretta on her exams to be taken In May

The Summer Smile Meal Plan

Summer is an ideal time of the year to brush off the winter cobwebs and start looking and feeling your best! Our nutrient- packed Smile Meal Plan can help you eat the right foods for your teeth and gums, as well as your overall health and wellbeing.

Breakfast

Porridge made with skimmed or semi-skimmed milk, plus a mixture of blueberries, raspberries and strawberries sprinkled on top. Berries are naturally rich in Vitamin C and antioxidants, plus their natural sweetness means you won't need to add any sugar to your porridge.

For an extra-healthy option, sprinkle on a spoonful of linseeds for a boost of essential omega-3

Lunch

Tinned sardines on wholemeal toast with a watercress, spinach and rocket salad.

This lunch with a crunch will provide all the calcium, magnesium and nutrients your teeth could possibly need. Tinned sardines pack more of a calcium punch than a pint of milk – if you eat the bones. If you don't like fish, swap for an omelette which contains high levels of protein.

Dinner

Roast chicken, steamed broccoli, brown rice and Mediterranean vegetables.

Oven-bake cubes of aubergine, courgettes, peppers, red onions and tomatoes in antioxidant-rich olive oil.

A tasty, filling, balanced meal containing all the protein, fibre, carbohydrate and nutritious vegetables you could ever need!

Keeping hydrated this summer – the healthy way

Our bodies are made up of 70% water and we regularly hear about the importance of remaining hydrated. Saliva has been shown to protect against tooth decay, and one of the symptoms of dehydration is a dry mouth – i.e. a lack of saliva – so maintaining a good level of hydration may also help to maintain good dental health.

But are we drinking the right things to keep us hydrated and our teeth healthy? There are some seemingly “healthy” drinks that may be harming your teeth....

Smoothies – not so innocent

Many smoothies contain over five teaspoons of sugar per 250ml serving, which is almost as high as full-fat cola!

Although they contain vitamins and count towards your “five-a-day” enjoy smoothies in moderation as they contain very high levels of fructose – a natural sugar found in fruit. Their sticky consistency also means they cling to teeth, so try to avoid drinking them between meals.

Fruit Juices

Like smoothies, fruit juices contain powerful acids and high levels of natural sugar, so they're best consumed quickly and as part of a meal. Always dilute fruit juice when giving it to children (1 part juice to 10 parts water), and only give it to them at mealtimes.

Sports drinks

Sports drinks are notorious for their high quantities of sugar and acid – much like a normal fizzy drink. Our mouths are also more vulnerable during exercise as we tend to have a drier mouth and produce less saliva, leaving us even more susceptible to decay. Instead, look for low sugar options or stick to water during exercise which is 100% tooth-friendly and will keep you fresh and hydrated.



How about having your teeth professionally whitened this summer?

All our dentists and nurses have been trained to safely and professionally whiten your teeth! Ask reception or your dentist for more information.

Denplan patients receive 10% discount on full course of treatment – this includes a combination of power whitening as well as home whitening.

Please be reminded that only qualified dental professionals are legally allowed to perform any tooth whitening procedures.----GDC