

DUNSDENTAL

NEWSLETTER

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DENTAL PRACTICE



GONE SURFING

We are pleased to announce the recent launch of our practice website www.dunsdental.co.uk. One of our main aims was to create an information resource for our practice members. We have, therefore, created an advice library in downloadable formats, of some of the information leaflets available at the practice. You will also find team and contact information as well as emergency advice. Please feel free to browse the site at your leisure. You will also find a newsletter archive!

DATE FOR YOUR DIARY - NATIONAL SMILE "WEEK"

16th May-16th June 2010

National Smile Week is co-ordinated across the UK by the British Dental Health Foundation. This year's campaign of 'Teeth4Life' highlights the importance of looking after your teeth and maintaining them for life. It's main message will be

- Brush your teeth twice a day with fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visits your dentist regularly, as often as they recommend.

The practice will be participating in the campaign and promotional material and information will be available for your reference.

CAMPAIGNING TO RAISE AWARENESS

Mouth Cancer affects nearly 5,000 people in the UK every year.

The main risk factors are smoking and excessive alcohol intake. Unprotected exposure to sunlight on a regular basis has also been linked to the disease. Early warning signs, amongst others, include sores or ulcers that do not heal within 3 weeks and some white, red or black patches.

We already screen your mouths for signs of harmful changes at each dental health review but some of you may have noticed that our Practice Team wore blue ribbons in November 2009. This was in support of National Mouth Cancer Awareness month. We also handed out information leaflets stating some of the risk factors and early warning signs associated with mouth cancer and describing how to carry out a self examination. We continue to stock these in the practice please ask a team member if you would like one.



MAKING PROGRESS

7 years ago we were one of the first Practices in Scotland to install a dedicated Local Decontamination Unit for reprocessing used dental instruments. We are now one of the few Practices in Scotland to be moving forward to a two room unit that will allow us to completely separate the 'Dirty' and 'Clean' parts of the process as recommended by current best practice guidelines. This increases the quality of reprocessing and reduces the risk of cross contamination of dental instruments even further than previously.

The only space left in the practice big enough for this was the attic. We have therefore, planned to rearrange all our storage and team areas. (The bits you don't usually see!) to allow us to best use the attic space.

The main part of phase 1 of our plan is now complete and in April 2010 we started using the new facility upstairs in a limited capacity. This allows us to start progressing the new team room, storage facility and rest room upgrade through the summer.

Once again, we apologise for any inconvenience caused. If you have any questions regarding developments please do not hesitate to ask.

DON'T do it!

Over the last few years body piercings, including tongues and lips, have become increasingly popular. There are several risks associated with such embellishments.

- Infection – mostly mild and easily treated but if it involves the floor of your mouth it can put pressure on the airway and be life threatening.
- If the stud comes loose it may be swallowed or inhaled this may damage the gut or cause breathing difficulties respectively.
- The metal stud constantly knocking against teeth will often cause chips or cracks in the teeth.
- There are many nerves and blood vessels in the mouth and there is a risk of the piercing causing damage resulting in severe bleeding or permanent numbness.
- Studs and other piercings can lead to speech impediments and orthodontic specialists may refuse to carry out teeth straightening procedures due to the effect the stud can have on the muscle position.

None of the dentists at our practice recommend oral body piercings. If you do have one, it is imperative that you keep the pierced area and rest of your mouth clean and attend regularly for dental health reviews.

Useful websites for general dental information
www.bdasmile.org/ www.dentalhealth.org.uk

FIRST RESPONDERS

The Practice is pleased to support Duns First Responders.

If someone is unlucky enough to suffer a cardiac arrest, the key factor in their survival is how quickly their heart can be restarted. This usually requires a defibrillator and First Responder members are key to this. They aim to launch the service in Duns on Friday April 23 2010.

For more information about how to get involved please email:
duns1stresponders@googlemail.com

Editorial Team

Jayne Cullen, Alice Miller

40 Market Square, Duns,
Berwickshire TD11 3AL.
Telephone: 01361 882262