

Duns Dental Practice Newsletter




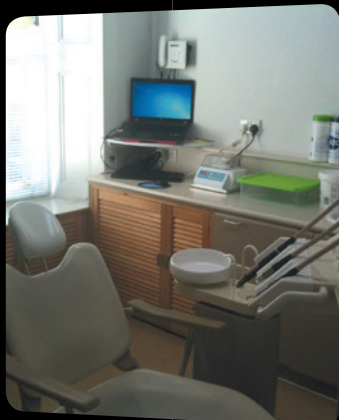
Hygiene therapist, Hygienist – What's the difference?

You will have heard us refer to Robyn, and previously Seana, as our Hygiene Therapist rather than Hygienist. Hygiene Therapists complete a BSc course at University allowing them to carry out a wider range of treatment options than someone who is only qualified as a Hygienist.

Hygiene therapists can carry out periodontal therapies such as oral health education, scaling and polishing as well as being able to administer local anaesthesia, take dental radiographs, apply fluoride treatments and fissure sealants. Over and above this, however, they also place fillings in adult and children's teeth and extract baby teeth. Robyn acts following the initial prescription of one of our dentists and the extra expertise she brings has helped us reduce waiting times for some procedures considerably. If you have any further questions about her role please do not hesitate to ask us.

Spring clean

 Our facebook followers and visitors to surgery 3 will already be aware that we have replaced the existing dental chair and cabinetry. This completes the last phase of our redevelopment project and whilst very pleased with the result we are all breathing a sigh of relief and catching our breath. A bit like Thomas and the Bridge (not sure that analogy applies anymore when technology has given us fancy long lasting paint!) we cannot afford to rest on our laurels and will be moving through the building redecorating inside and out over the next year prior to setting out our next 5 year redevelopment plan.



Not as cool or funny as monsters inc?

Recent research suggests that small amounts of caffeine are good for us. We would beg to differ if you ingest it via some of the high energy drinks currently on the market – MONSTER for example. Apart from the huge amounts of sugar and man made chemicals it contains – see opposite - there have been reports of people suffering irregular heart beats and even cardiac arrest after drinking just two cans. Mix them with alcohol and there are even more risks. This was the conclusion drawn by the The World Health Organisation when it released a narrative review on energy drinks in 2014.

INGREDIENTS: CARBONATED WATER, SUGAR, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG EXTRACT, L-CARNITINE L-TARTRATE, CAFFEINE, SORBIC ACID (PRESERVATIVE), BENZOIC ACID (PRESERVATIVE), NIACINAMIDE (VIT. B3), SUCRALOSE, SALT, B-GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, PYRIDOXINE HYDROCHLORIDE (VIT. B6), RIBOFLAVIN (VIT. B2), MALTODEXTRIN, CYANOCOBALAMIN (VIT. B12).

Potential risks associated with energy drink consumption include:

- caffeine overdose (symptoms of which include palpitations, high blood pressure, nausea and vomiting, convulsions and, in some cases, even death)
- type 2 diabetes – high consumption of caffeine reduces insulin sensitivity
- late miscarriages, low birthweight and stillbirths in pregnant women
- neurological and cardiovascular system effects in children and adolescents
- sensation-seeking behaviour
- use and dependence on other harmful substances
- poor dental health
- obesity

For the headlines

www.theguardian.com/society/2014/oct/14/energy-drinks-significant-health-risk-who-study-finds

For the science

Breda JJ, Whiting SH, Encarnação R, et al. Energy drink consumption in Europe: a review of the risks, adverse health effects, and policy options to respond. *Frontiers in Public Health*. Published online October 14 2014.



Keeping us in the loop. Medical histories and those ***** tablets

Last issue we asked you to let us know, at your earliest convenience, if you changed any of your contact details – including mobile phone number or email address. The same always applies to any changes to your medical history or medications. The information you give allows us to continue to provide you with the best and most appropriate care we can.

Over the last year we have been asking you to fill in and review your medical history details at each visit (even if you were here just the day before!). Our team strive to follow best Practice guidance and adhere to General Dental Council standards. It is no longer deemed sufficient to only check your details verbally each time you visit. We have, therefore, been piloting various different methods of following best practice whilst trying to minimise any inconvenience to you. We appreciate that, at times, it has been a chore and thank you all for your patience in working through this with us.

We believe that we have now sourced a definitive solution. Our Dental Software suppliers have developed a system that allows us to securely transfer only your data (and your Family's for group appointments if needed) to a tablet within our local network. Only you and our Team can access the data as it is password protected, encrypted and on a secure server. It does not go to "the cloud".

You will, unfortunately, need to input your data again for the first visit. After that you will only need to review what you have already told us. If there are any changes these can be made, by you, at this point. If there are no changes needed then you will simply sign and hand it back to us and the system will update itself.

We appreciate that some of our Practice members will not have used tablet technology or this specific programme previously and if you have any queries or require assistance to complete the process please just ask one of our team. Thank you once again for working with us to help deliver the best care we can.

Team News

It's that time of year again and at the end of July we said goodbye to Abigail Faldon – our outgoing Vocational Dental Practitioner. In her place, we welcome Ammar Alibhai, joining us from Dundee.

Congratulations also to Crystal Wright (with us 2013/14) who returned to Abbey St Bathans after marrying Rueven De La Hays in June. All the best to them both in their new life together.

Robyn Kitson has also successfully completed her Vocational Training year as well as being published in a respected peer reviewed journal. We are delighted to announce that she will be staying on with us long term.

For more information about all our team members please see their profiles in the "Meet the team" section of our website. www.dunsdental.co.uk