

DUNNS

NEWSLETTER

DENTAL PRACTICE



TEAM NEWS

Over the last few months some of you may have noticed some changes to our team. Mary Wilson left us to take up a post in Dumfries that will lead to a Masters degree in Remote and Rural dentistry and she is replaced by Becky Walker who has joined us from Newcastle.

Jo McAree has decided to commit more time with her family and her clinical commitments have been taken over by John Thompson, a part of our team since 2005.

We would also like to welcome Linda Lackenby who joined the practice in April. She will be training as a dental nurse.

IMPORTANT

Please will you all inform your dentists immediately if there is any change in your health or medications. This will help us keep your medical records accurate and ensure that, neither, the treatments or drugs we prescribe you adversely affect your health.

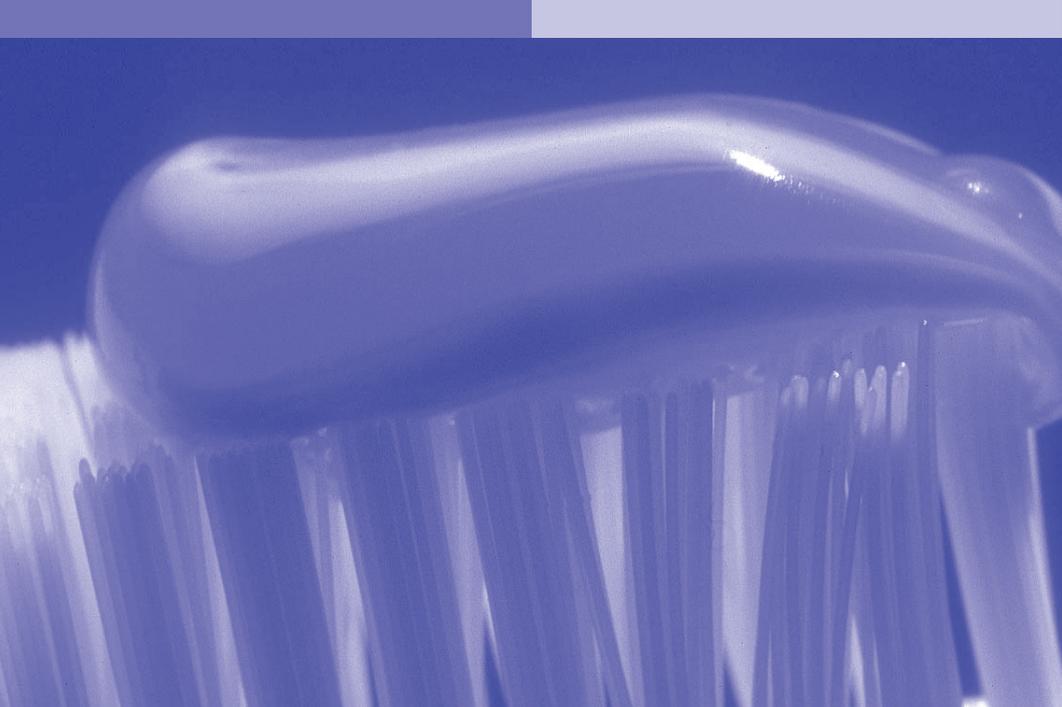


CONGRATULATIONS

Jayne Savage and Ruth Drummond have, over the course of the last 18 months, both passed their dental nursing examinations and thus completed their SVQs. This means they are now both fully qualified and registered with the General Dental Council. (GDC)

The GDC is the regulatory body that oversees all dental professionals in the UK. This includes dentists, dental hygienists, dental therapists, clinical dental technicians, orthodontic therapists and, as of the 30th July 08, all Dental nurses. It is a requirement of GDC registration that all team members take part in Continuing Professional Development, (CPD)

Our Practice Team has been engaging in CPD for many years. The provision of high quality care to all our Practice members has always been important to us and we plan to continue to develop our skills and knowledge. This will be through both in house training and by attending external events such as the UK Dental Conference organised by the British Dental Association that we all attended in June of this year. This commitment to Team development was recognised again last year when the Practice was revalidated by Investors in people for the third time.



PRICE COMPARISON

Each year Dentistry Magazine conduct UK wide research into non NHS dental fees. The 2008 survey has confirmed that Duns Dental Practice fees are on a par with or below the UK average. We are pleased that we have been able to maintain this position whilst offering a broad range of services and striving to maintain quality.

BUYER BEWARE

When you visit us we are often badger you to cut down on your sugar intake to help prevent tooth decay, you may think that you don't have a lot of sugar in your diets because for example, you don't eat sweets or take sugar in your tea and coffee. Beware! Sugar is often present in foods under disguise. Names used include: - honey, dextrose, fructose, corn syrup, galactose, lactose, polydextrose, mannitol, sorbitol, xylitol, maltodextrin, turbinado sugar.

Some supermarkets and manufacturers have already adopted the "Red, Amber, Green" coding systems on foods labels to help differentiate between high sugar (red) and low sugar (green) items. Always read the label and check how much of the carbohydrate content is available as sugar. More information can be obtained by speaking to our Team members and in our next Newsletter.

All labels give the nutritional values per 100g and many also give values per serving

All labels give the amount of energy provided by the food in kilojoules (kj) and calories (kcal) – 'kcal' is just another way of saying calories.

Anything less than 10g of fat per main course portion is a reasonably healthy choice and less than 5g per portion is low in fat.

| | Average Values | |
|------------------------------------|-------------------|------------------|
| | per/100g | per cake |
| Energy | 1638kj 390kcal | 557kj 132kcal |
| Protein | 4.4g | 1.5g |
| Carbohydrates (of which sugars) | 61.0g 37.7g | 20.8g 12.8g |
| Fat (of which saturates) | 14.2g 4.3g | 4.8g 1.5g |
| Fibre | 0.2g | 0.1g |
| Sodium | 0.3g | 0.1g |

Carbohydrate is made up of two forms – starch and sugar. Some labels give information on both.

5g sugar =
1 teaspoon of sugar

This product contains 12.8g of sugar which is about 2½ teaspoons of sugar.

You can also use this information to check the sugar content of different meals and snacks.

Slow! MEN AT WORK!

Over the next year the practice will be making significant capital investment in our behind the scenes areas. We have been at the leading edge of Decontamination/Infection Control reprocessing units in General Practice for the last 5 years. This is the next phase of innovation to ensure your safety. It means that we may be a bit of a building site for a while. We will make every effort to ensure that minimal disruption or inconvenience is caused to our practice members but please bare with us. Please also take special care to ensure that younger practice members are adequately supervised by their chauffeurs so as to avoid any harm coming to them. Thank you

Editorial Team

Jayne Savage, Alice Miller