

Duns Dental Practice Newsletter



Practice Update



Our newsletter is a little late this year. We have purposely held back with the aim of bringing you up to speed with Practice plans for the coming year. The main one being that Douglas Forbes, with us since 1983, will be phasing down towards retirement. We have been actively recruiting for a suitable individual to fill his shoes and it was originally envisaged that Ruth Hanley, whom Doug and I have both known for over 30 years would step in. Unfortunately, as most of you know, this was not to be.



Although I have been at the helm since 2003, we are determined to ensure that the standards and ethos Doug fostered are maintained and are lucky to have been able to recruit Paul Dunmore, currently providing Locum cover, to join us permanently. He will be here 4 days a week and will be involved in mentoring our postgraduate dentist too. Whilst Doug and I haven't known him as long as Ruth (only about 25 years!), we are delighted to have been able to secure a candidate of his calibre to continue to provide quality care for our members. Exact time frames have yet to be confirmed – it is likely to be late autumn/winter 2017 when Doug finishes at the Practice. Paul will then take over the long term care of all Doug's patients. We plan to inform each individual of the specific implications for them in due course. If you have any queries in the interim, please do not hesitate to contact us.



In order to ensure that we can plan and shape the future provision of care at the Practice properly I feel it is necessary for me to take a short sabbatical from clinical dentistry. This will allow me to work with our management team, Practice members and external bodies to adequately prepare for the changes to come in order to make them constructive and positive for all concerned. With this in mind Paul will be joining us on March 1st 2017 and will take on the clinical care of my patients until August 2017. Please rest assured I will still be very much involved in the day to day running of the Practice and you will still see me roaming the building – as well as providing emergency care on occasion. Again, we plan to inform each individual, in due course, as to how this will affect them and I am happy to answer any queries or concerns if need be.

Doug has been present all my Dental life – at Edinburgh University, through my own Vocational Training and then as a mentor – clinically and professionally. I am sure I not alone in wanting to let him know how much I value his input and how much I will miss it. All of us at the Practice wish him well and hope we can continue to build on the very solid foundations he has given us. We trust that we can keep the transition for all as smooth as possible.

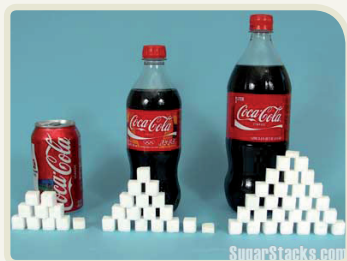
Beware!

National statistics indicate that sugar intake is nearly 3 times the recommended limits for people of all ages. Under 10s are being fed an average of 14 teaspoons of sugar a day and teenagers are getting more than 18 teaspoons. Approximately 30% of this comes from sweet drinks such as fizzy drinks and fruit juices.

WHO guidelines recommend below 25 grams (6 teaspoons) of sugar a day. Water and Milk are still the best alternatives to fizzy drinks



For anyone wishing more information about how to reduce sugar intake for them and their family we would be happy to organise a consultation with Katie McKenzie our Childsmile co-ordinator.



Draconian?

According to a recent article in the Mail on Sunday Soldiers are being sentenced to 7 days in military prison if they repeatedly fail to turn up for dental appointments!

The new regulations are actually part of a drive to cut the number of individuals declared unfit for deployment due to their oral fitness.

Whilst we have no plans to send our patients to jail for missing appointments with us we would like to remind all practice members that we appreciate a minimum of 24 hours' notice if you cannot keep your appointment. This allows us to offer it to another member and thus minimise your waiting times for treatment.

Team News

We recently participated in our annual team building event at Winton House near Pentcailtland joined by Nicola Shenton our new Vocational dentist. She has taken over from Ammar Alibhai and has come up to Scotland from Leeds. We therefore felt it fitting to introduce her to a Highland games after working hard all morning on contingency planning and emergency drills.

Gwynne Roberts retired in August and we are about to say goodbye to Ruth Drummond – leaving us after 10 years to start a new life in Edinburgh with her partner. Hannah Feeny has joined us in November as her replacement and we would like to welcome Hannah whilst wishing All the best to both Ruth and Gwynne along with a big thank you for their efforts over the years.



Protect and Serve

Hockey and Rugby season is upon us. Please remember to make sure you wear a proper mouth guard during all matches and training sessions. 'Boil in the Bag' versions are a bare minimum and brands such as Sportspro make reasonably robust versions. They are not, however, custom made to fit each individual's mouth and superior protection is provided by a mouthguard constructed from a mould of your own teeth. For information about options available and costs involved please ask a team member.

