

Ralph's little boy

At the beginning of 2007 we celebrated the arrival of a new member of the Palmer Gilhooly family.

Our principal dentist Ralph and Georgina are the proud parents of little Clem who was born on 1st January.

As you can see from the picture, Clem is a beautiful, healthy baby and is growing up fast! We would like to send our best wishes to Clem and the rest of the family.



Introducing Emma



If you have been to see us lately you may well have seen a new face on reception. Emma joined us in July and we are delighted to have her as part of the team.

Emma's previous experience makes her ideal for this role. She has settled in well and has been enjoying meeting lots of our patients.

Visit our website

We are pleased to announce that we have launched our new website, please go online and visit www.dental dental.co.uk.

You will find this packed full of lots of information about the practice, our team and the range treatments that we offer.

Facial aesthetics

Facial aesthetic treatments help to remove or reduce lines, and improve facial contours. As dentists we are ideally placed to carry them out because of our advanced knowledge of the structure of facial tissue, and our experience in carrying out intricate procedures.

For lines which are caused by muscle movements, such as frown lines, creases on the forehead and crows' feet around the eyes, we use an approved wrinkle treatment. This causes the treated muscles to relax, softening and smoothing the wrinkles.

Our dermal fillers are made from a natural material which binds with the water within your skin to lift it and make it firmer. The treatment can be used to make your lips look fuller and less lined around the edges, and can also improve your facial contours and smooth facial lines.



New patients welcome

If you have any friends or relatives that may be interested in joining the practice please pass on our details. You may also like to ask them to visit www.dental dental.co.uk to find out more about us.

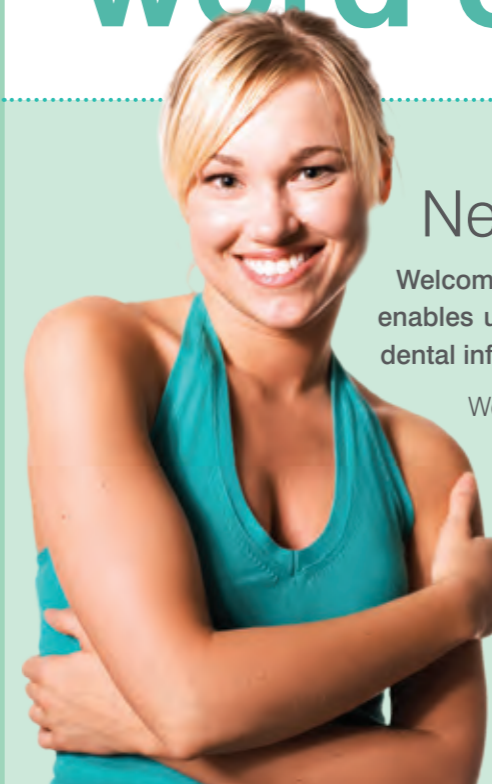
We rely on your referrals to ensure that we can continue to invest in the practice to ensure our patients receive the highest quality of dentistry. Thank you for your support.

Opening hours

| | |
|-----------|-----------------|
| Monday | 9.00am - 5.30pm |
| Tuesday | 8.30am - 7.00pm |
| Wednesday | 8.30am - 7.00pm |
| Thursday | 8.00am - 5.30pm |
| Friday | 9.00am - 2.00pm |



'word of mouth'



Newsletter makeover!

Welcome to our new-look newsletter! Our new design enables us to provide you with lots of oral health and dental information in easy-to-digest snippets.

We think it looks fresher and more attractive, and with shorter articles, bigger photos and the new smaller size, it is much more reader friendly too.

In this issue we reveal why only one in five people in the UK are happy with their smile, introduce our new receptionist, tell you about our new website and much more!



Edited in association with the
British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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Modern dentistry for healthy teeth...

Dentistry is constantly changing and improving. New techniques are discovered, new materials created, and new equipment designed, all with one aim in mind – to make dental treatment more comfortable and more effective for patients.

Cosmetic dentistry in particular is seeing huge advances – enhancements these days are more natural-looking than ever before, and dental implants, which replace missing teeth, are often hailed as the biggest dental breakthrough in the last 20 years.

To make sure we make the most of these improvements and pass on the benefits to our patients, we invest a lot of time and money in keeping our dentists and the rest of our team fully up-to-date.

To continue to practice in this country, every dentist in the UK has to complete a minimum number of hours of ongoing professional development each year, which is monitored by the General Dental Council.

We see these training requirements as very much the minimum standard, and in fact devote far more time to our development. We want to provide all our patients with the very best that dentistry has to offer, and this training, combined with continuous investment in modern equipment, helps us to achieve this goal.

It also helps to boost our enthusiasm in dentistry, keeping our minds open and encouraging us to continue finding more ways of helping our patients to have happy, healthy smiles and to view visiting us as a positive experience.

Fancy that!



The ancient Chinese wrapped tiny pieces of parchment around painful teeth. Each piece contained written prayers and incantations.



Four out of five people in the UK are unhappy with the way they smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

A new survey, carried out by the British Academy of Cosmetic Dentistry, shows that while there is a strong interest in cosmetic dentistry, people are often held back because they are not aware of the treatments that are available, or fear they might be too expensive.

Are you happy with your smile?

In fact, many patients are pleasantly surprised at how easy and affordable smile enhancements can be.

Tooth whitening and tooth-coloured fillings are the most popular treatments, and can make a huge difference for a relatively small investment.

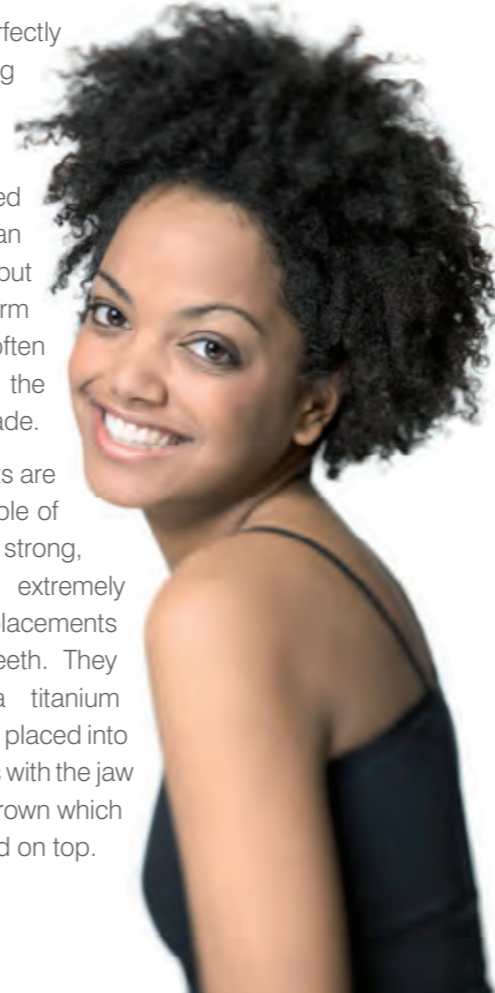
Bonding can disguise many small imperfections including chips, cracks and gaps, and is painless and inexpensive.

Today's modern materials mean that crowns and replacements for missing teeth are no longer flat in colour with metal edges where they meet the gum – instead they are extremely natural in look

and feel, perfectly complementing your other teeth.

More advanced treatments can cost more, but the long-term benefits are often well worth the investment made.

Dental implants are a prime example of this. They are strong, lasting and extremely realistic replacements for missing teeth. They consist of a titanium fixture which is placed into and then fuses with the jaw bone, and a crown which is later secured on top.



Avoiding fillings



Dental decay is one of the most common oral health problems, and the reason why patients need fillings.

It occurs when the bacteria in our mouths feed on sugars within our food and drink, and produce acid. These acids gradually dissolve the enamel – the hard protective coating on our teeth. This leads to a hole, or cavity, which if left untreated spreads further into the

centre of your tooth, causing sensitivity and later toothache.

The best way of avoiding decay is to eat only at main meal-times, and to drink only water between meals. This, together with regular check-ups and a good daily oral healthcare routine, will give you a far better chance of having healthy, filling-free teeth.

Suffering from cold sores!



If you suffer from cold sores, you might be able to avoid them by taking a few simple steps. The virus which causes them lies dormant until it is reactivated – common reasons for this include tiredness, illness, stress, being run-down, hormonal changes and bright sunlight. Identifying the trigger means that you have a better chance of warding them off.