

Ella's musical talents



Many of you will have met Ella, our newest team member. Not only is Ella a highly qualified dental nurse but also a qualified ABRSM music teacher and musician. If there are any budding musicians out there looking for lessons in cello, singing, piano or music theory, feel free to ask Ella next time you visit.

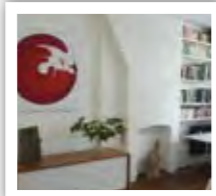
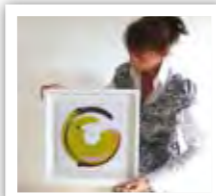
The affordable art show

The practice has had an ongoing exhibition of paintings by the renowned contemporary artist Boo Mitford BA.

Boo graduated from the world famous St Martins School of Art in the early 80's. After many years working in the design field Boo returned to fulltime painting in 1993.

The display of paintings at the practice has been very popular, with many patients and art collectors having purchased pictures both small and large.

If you would like more information about Boo's work please ask at the practice or visit www.boomitford.com



Thank you

We would like to thank all our patients for the trust and loyalty you place in us – we really appreciate it. We are also grateful to those of you who have recommended friends and family to the practice, and continue to offer a warm welcome to anyone you feel would benefit from our services.

Get smoother, fresher looking skin

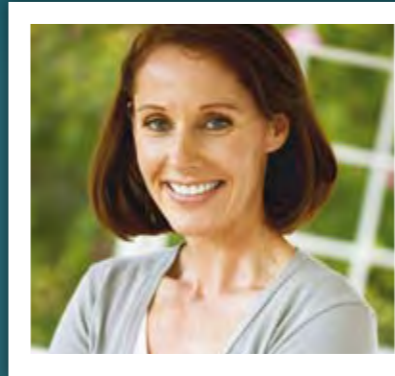
We can help you look younger by erasing or lessening lines and wrinkles, including frown lines and crows' feet. We can make lips fuller and less lined around the edges, and improves facial contours.

Dentists have an advanced knowledge of the facial area, and have extremely high cross-infection control procedures in place. Your treatment will be safely administered, with excellent results.

Botox® is a muscle relaxant. It is renowned for its instant wrinkle-removing effects. Botox® works on facial lines that have been caused by repeated muscle movements, such as frown lines, lines across the forehead and crow's feet around the eyes. It can also prove effective on lines around the lips and the corners of the mouth.

Juvederm® is a natural material called hyaluronic acid, which binds with the water within your skin to lift it and make it firmer. It can be used for a variety of purposes, such as enhancing your lips to make them appear fuller and less lined around the edges, helping to erase facial lines, and to generally improve your facial contours.

Please book a consultation with Dr Neal Shah to find out more.



Opening hours

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



'word of mouth'

Invisible braces & FREE whitening

Clearstep™ is a way of achieving a beautifully straight smile invisibly. It consists of a series of virtually invisible, removable clear aligners. There is no need for any metal braces, you can still enjoy all your favourite foods, and clean your teeth normally!

We have found that many patients are so delighted with their new straight smile, that they would like their teeth whitened as well, to show their smile off to its full potential. So, for a limited period we are offering **FREE WHITENING** for each patient having Clearstep™ treatment.

Contact us to book a consultation and find out how we can help you can have the smile you've always dreamt of.



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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ralph palmer gilhooly & associates

The Dentist, 1 Southfield Road, Chiswick W4 1AQ
Telephone: 020 8994 1525 www.dentaldentist.co.uk

Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.

Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.

For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

Chief executive of the British Dental Health Foundation Dr Nigel Carter said:

"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."

