

brighter smiles

Our mission:
to improve your confidence
by improving your smile

THE DIANA DENTAL NEWSLETTER

September 2015

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Welcome to the
September issue of
the **Diana Dental**
newsletter!



We hope you haven't been too disappointed with the shocking weather recently! A few of the staff have attended very wet festivals, weddings and races over the last month!!

On the plus side we had a very successful open morning promoting our new facial peels and we're still offering free consultations if you're interested.

In this newsletter you'll find some professional photos we've had taken of some of our patients who've had Six Month Smiles and Implant treatments.

We're excited about our next **Open Evening on Thursday 17th September** which is a general cosmetic evening - so any issues you have about any aspect of your smile can be discussed! There'll also be special offers on certain treatments on the night :)

Take care and enjoy our newsletter!

The Team at Diana Dental



10 YEARS OF TERRI!

We would like to say a big "congratulations" to Terri who celebrates working at Diana Dental for 10 years this month!

She started out as a trainee dental nurse back in 2005 and in August last year was made Clinic Manager.



REFER US, A WIN A PRIZE

We're so proud that most of our patients come to us from personal recommendations...

If you know someone who needs to see a dentist, has a concern about their teeth/smile or is interested in a specific treatment why not ask us for a referral card?

If you give a referral card to a friend or family member, they get £10 off their first visit with us and you get entered into a prize draw for a spa experience at the fantastic **Mill Wheel Spa** near Leek.

HAPPY BIRTHDAY STACEY!

We'd like to wish Stacey a very Happy Birthday this month!

When asked recently how old she would be she said "27 this time," until we gently reminded her that she was in fact going to be 28!

Have a fantastic day Stacey with lots of love from the DD team xx



READY FOR DIRECT ACCESS?

Until fairly recently patients needed a referral from a dentist to see a hygienist, but now the **General Dental Council** (GDC) regulations have changed and what's known as Direct Access is now allowed...

What is Direct Access?

Basically, this means you can now access the services of our fantastic hygiene team whether you are a patient here or not! Or if you know someone who would like to benefit from the services a hygienist can provide, then we would love to see them too!

We can also offer **teeth whitening, Invisalign, Six Month Smiles, Dental Implants** and a wide number of cosmetic treatments to you as a Direct Access patient. All that we ask is that you are dentally-fit and healthy before we start any of these treatments.

Who are the hygienists at Diana Dental?

We're so lucky to have a fantastic hygiene team here at DD who work 5 days a week plus one late evening:

We have **Allysun** who works on a Tuesday and is also our facial aesthetics practitioner, **Stacey** who works Thursdays and Fridays who is also a dental therapist, and our newest member (and newlywed!) **Heather**, who works Mondays and Wednesdays and is also a dental therapist.

Between them our team have a wealth of experience and knowledge and can provide you with high-quality treatment and maintenance.

Can I come to Diana Dental but still see my own dentist?

Yes! That's fine and it's actually what a number of our direct access patients do.

What if I want to be a regular patient at Diana Dental after seeing a member of the hygiene team?

No problem! Speak to a member of staff about joining us as a regular patient. You can also get details of our optional **Practice Plan**: a pay-monthly scheme which helps you manage the cost of your dental treatment.

How can I book an appointment?

Call us on **01782 205003** or email us at info@dianadental.co.uk.

And don't forget if you refer a friend to us, they'll get a discount on their treatment and you'll be entered into a prize drawer for a fantastic spa experience at the Mill Wheel spa!

Meet the Diana Dental Hygiene Team!



Allysun



Stacey



Heather

Hygiene
Tips :)

25% of adults don't brush twice a day, including a third of men. People who only brush once a day are a third more likely to develop tooth decay.

FEELING SAUCY...?

The votes are in and the British public have said that we're most likely to reach for the tomato sauce when having a barbecue (34% of the votes!) Other favourites were BBQ sauce (21%), mayonnaise (20%), chilli (13%), mustard (8%) and brown sauce (4%).

Although tasty, these sauces are not that great when it comes to our teeth - with many well-known brands being made up of more than a fifth of sugar. What's unavoidable is that a lot of our summer favourites are surprisingly high in sugar.

Even though we're probably well aware of the higher levels of sugar we consume in the summer from things like ice creams, sweet drinks and lollypops - chances are we probably overlook the sugar that's hidden in things like tomato sauce. Some of these sauces even have more sugar in them than soft drinks, making them more harmful to our teeth!

The negative impact that sauces have on our teeth is worsened because 1. They tend to stick to our teeth 2. They're also acidic, which can add to erosion issues, and 3. They tend to be consumed often.

Tooth decay happens when sugar reacts with the bacteria in plaque. This forms an acid which attacks and eventually destroys the tooth structure.

After repeated attacks, the structure of the tooth breaks down forming a hole - which is where a visit to us comes in!

With early tooth decay there often are no symptoms, which is why regular examinations by your dentist are so important. If we can catch your tooth decay at an early stage, the decay will be that much easier to treat.

We're certainly not suggesting that you stop indulging in your favourite foods, but it is important that we're all aware of what's in these foods so that we can make an informed choice.

Remember, the real damage to our teeth comes from **how often** we have sugary drinks and food, so it is important that we try to reduce our frequency of consumption.

Tips for saving your teeth

1. Be ingredient savvy! It might take a little longer to do your weekly shop but this'll be worth it in the long run!
2. Drink plenty of water between mealtimes - this neutralises the effect of the acid on the teeth (and is also very good for you!)
3. Chew sugar free gum between meals - this makes the mouth produce more saliva which helps to cancel out the acid in the mouth!



HELP SUPPORT THE McMILLAN

As part of its national campaign to raise money for charity, we'll be holding a **Macmillan coffee morning** at the practice on Thursday 24th September...

The girls will all be bringing homemade cakes in (well, let's see if you can tell if they're really home-made or shop-bought!)

We'd all love to see as many of you as possible to support this worthwhile cause, so come and join us at the practice from 9:00AM.

If you don't fancy risking the girls cakes you can always just come along for a cup of tea/ coffee!



OPEN EVENING - SEPT. 17th

We'll be holding another open evening on Thursday 17th September at the practice. This is a general cosmetic open evening so we can discuss any aspect of your smile which you are not happy with or would like improving.

Zoe, Kirsty and Chris our clinical dental technician will be on hand to offer their expert advice and provide free consultations throughout the evening (usual cost is £50!)

There will also be nibbles available on the evening.



We can offer interest-free credit on any treatment over £350 and we don't even need a deposit! There will also be some amazing offers available on the night including **£500 off Invisalign***

We'll be happy to explain any of the following treatments:

1. Cosmetic fillings
2. Crowns and Veneers

3. Invisalign and Six Month Smiles
4. Implants
5. New dentures
6. Tooth whitening

And to answer literally whatever questions you may have about improving your smile and confidence!

Call to book your slot today on **01782 205003**.

*£275 off Invisalign and free tooth whitening with a value of £225.



MEET THE PATIENTS!

We had a really fun evening recently with three of our patients on their photoshoots. We sent them off for a makeover and then they came back to us where the lovely **Brett Trafford** photographed them to show off their new smiles. We've really enjoyed meeting these lovely ladies and are delighted that they're so pleased with their final results!



Christina

Christina had an **implant-retained bridge** fitted after suffering damage to her teeth after a fall.



Bernadette

This month's cover model, Bernadette, opted for straighter teeth with our **Six Month Smiles** treatment.



Fay

Fay also had **Six Month Smiles** treatment. You can follow her through her **Patient Journey** on the Diana Dental website.

Create a smile to be proud of

with...



Cosmetic Open Evening

Free consultations with
Zoe, Kirsty & Chris

Thursday 17th September 5.30pm-8.00pm

We can discuss any cosmetic issues you have;

- Tooth Whitening
- Restorative treatment
(crowns, veneers, white fillings)
- Implants (missing teeth)
- Loose/uncomfortable dentures
- Invisalign or Six Month Smiles

Look out on our Facebook page or website for
an update on the offers available on the evening.

Find us on   

Call or email to book
your slot today

01782 205003 or
rachel@dianadental.co.uk

Refreshments available

0% finance is available
with no deposit!

**01782
205003**

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Opening times: Mon: 8.45am - 7.00pm, Tues/Wed/Thur: 8.45am - 5.00pm, Fri: 8.45am - 4.00pm



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