

## Dental Care without Compromise

# NEWS

from Collins House



### New oral health assessment

We are proud to announce that we are now using an innovative and new online patient oral health risk assessment system for our Denplan patients. Featuring an easy to follow traffic light system, you can now see if you are at risk of gum disease, tooth decay, tooth wear or mouth cancer. This is gradually replacing the old style written oral health score forms you will have had at every check-up and we aim to do one of these special reports for every Denplan patient every two years. Please don't worry if you have not had one yet, we promise we will get round to you at either this check-up or the next. All the information we gather at your examination appointment, along with details of your past treatment and some lifestyle questions, are securely entered into an encrypted website which will instantly generate your free of charge personalised report. It does take a bit longer to do, particularly as it is so new, and we are still getting used to it ourselves. But we think you will agree that the end result is worth it.



### New patients

We have made a few changes to our working hours, so are in the position of being able to take a limited number of new private or Denplan patients. The biggest compliment you can pay us is to recommend our practice to your friends and family. If you know someone who needs a caring friendly dentist, please let us know and we will offer them a £10 discount off their initial consultation (not to be used in conjunction with any other offer).

### Please use our toilets

Many of you will have heard the news that Herefordshire Council have, in their wisdom, decided to close nearly every public toilet in the County. This is not good news for anybody but particularly so if you are elderly, have small children or just get caught short when you are in town. If you are passing the surgery and we are open, as a patient and "one of the Collins House family", please feel free to call in and use one of our toilets. We have two patient loos – one on the ground floor which is accessible to disabled patients and one on the first floor landing. For fire regulation purposes, just let our reception team know you are in the building.

# Arrivals and departures

Welcome to Elena, our new hygienist who is taking over from Sarah and Ann. Elena studied at Cardiff University and lives in South Herefordshire with her husband. In her spare time, Elena likes jogging, gardening and cooking. We also welcome Becky who has taken over from Sharon on reception. Becky has recently returned to dentistry after a career break to have her children. Animals are a high priority in Becky's life – she has horses, dogs, sheep, chickens and pigs.



## Mark Sykes triumphs at golf

Mark Sykes recently won Denplan's Golf Challenge at the September National Conference at the Forest of Arden. It was a really close contest with three pairs tying and the winner being decided by count-back on the best last nine holes. Mark was presented with the trophy by Phil Tufnell who was the main guest speaker. Mark is not resting on his laurels; he is about to start a part-time distance learning MSc in Minimal Intervention Dentistry.

## Healthy Diet

Sugary foods and drinks are the main foods on which bacteria in the mouth thrive and cause tooth decay. Acidic food and drink, like fizzy drinks, fruit, fruit juices or smoothies can make your teeth wear away (erosion).

Here are some tips on how to avoid tooth decay and acid erosion:

- Limit your intake of sugary foods and drinks. In particular, don't snack on sugary foods between meals.
- Try to reduce the amount of acid in contact with your teeth by limiting fizzy drinks and fruit juices as they tend to be acidic. Try to opt for less acidic drinks such as still water and milk, tea or coffee (without sugar).
- Drink any acidic drinks such as fruit juices and fizzy drinks quickly and fridge cold – don't swish them around your mouth or hold them in your mouth for any period of time.
- If you have consumed foods or drinks or have been sick, don't brush your teeth straight away – wait an hour. The acid will have softened the teeth and brushing will wear them away more quickly – they will soon harden again from the salts in your saliva if you wait an hour.
- Chew sugar-free gum after each meal. Chewing gum increases the flow of saliva. Saliva helps to neutralise the acid in the mouth and also flush away any debris remaining from the meal.

Use a fluoride toothpaste. When you have brushed your teeth, spit don't rinse so that the fluoride stays on your teeth, which will harden them.

## Appointment reminders – SMS (text) messaging

We now have a free text messaging reminder service to help you remember your next appointment. Many of you have told us how useful you find this.

If you would like to take advantage of this service, please let our reception team know.

Please remember to let us know if you change your mobile phone number.

## Opening times

Monday	08.30 to 17.00
Tuesday	08.30 to 19.00
Wednesday	08.30 to 17.00
Thursday	08.30 to 17.00
Friday	08.30 to 17.00
Saturday	by appointment

## Useful Numbers:

Practice number  
01432 357717

E-mail address  
info@collinshouse.co.uk

Mark Doyle: 60464  
Simon Portman- Lewis: 60732  
Mark Sykes: 62342  
Claire Annett: 63386  
Elena Williams: 128444

