

Dental Care without Compromise

NEWS

from Collins House



Mark Sykes gains sought after Scholarship

The course has created some exciting opportunities for Mark, namely his Scholarship award. Mark fought off some very stiff competition and it's a testament to the hard work and dedication that he has put into the MSc from day one. Well done Mark, we are all very proud of you.

The course has also brought some exciting opportunities to the practice, the most recent being an in-house clinical trial on dentine sensitivity. This trial, performed in conjunction with King's College London, is allowing us the chance to try an innovative product and potentially be involved in its transition from trial product to general usage. Watch this space.



Denplan and dental emergencies

The holiday season is fast approaching so make sure you pack Denplan's emergency telephone numbers along with your flip-flops. Their emergency helpline is open 24 hours a day, seven days a week and is there to help you in the event of a dental emergency when you are 40 miles or more away from Collins House.

For advice on what to do immediately and how to find your closest dentist if you are holidaying in the UK please call Denplan on 0800 844 999.

If you need help to find a dentist overseas, we recommend that you discuss your needs with your hotel concierge, your operator representative or any family, friends or colleagues that you may know in the area first. The Denplan number you need when you are overseas is 44 1962 844 999.

Dental first aid tips

- Clean the area around the sore tooth thoroughly
- Rinse your mouth vigorously with lukewarm (body temperature) salt water to dislodge trapped food or debris
- Do not use very hot or very cold salt water as this may inflame the gums
- Do not place aspirin on the gum or on the aching tooth
- If your face is swollen, apply a cold compress and seek help from a dentist as soon as possible
- Cold water rinses may temporarily ease the pain from a throbbing tooth
- Avoid lying down as this raises the blood pressure and increases pain
- If a permanent tooth is knocked out, rinse it gently in water if it's dirty, and push the tooth back into its socket. If this is not possible, put the tooth into milk or saliva to keep it moist. Get to a dentist or hospital casualty department as soon as possible

New patients

At the end of this year we will be in a position to take a limited number of new 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 happily offer them an initial consultation for later this year.

Arrivals and departures

We have had somewhat of a baby boom at Collins House recently (it isn't in the water, we promise).

Sarah, one of our nurses had a baby girl called Chloe in December 2015.

Meera Thakar, one of our associate dentists had a baby girl called Kareena in March 2016.

We're not finished there as we have yet another baby on the way...our hygienist, Elena, is soon to embark on motherhood. It must be the season!



Sarah and Chloe



Meera and Kareena



Making wishes come true

This year Denplan are teaming up with Make-A-Wish Foundation who help create precious memories by granting magical wishes to children and young people fighting life-threatening conditions. In aid of this brilliant charity, Mark Doyle is soon to take on the extreme 3 Peaks Challenge. This involves climbing Snowdon, Scafell Pike and finally Ben Nevis... all within 24 hours. We wish you the best of luck Mark. If you would like to donate to Mark's efforts, you can do so at reception or online at

www.justgiving.com/Mark-Doyle8



Parish lines

Next time you pay us a visit be sure to look on the wall at the front of the building. There are two roundels separating what was St. Owen's parish from St. Peter's parish.

Historically, parish lines were boundaries separating parishes according to the location of churches. Records indicate that the parish church of St. Owen was destroyed during the Civil War and never rebuilt. Marked on a Hereford town plan is an outline of a large graveyard on the opposite side of St. Owen's Street stretching as far as Daw's Road. This may have been St. Owen's graveyard but it is not certain.

The parish of St Owen was also the location of St Owen's Gate, one of the 6 gates into the city, which were removed in the late 1700's.

Opening times

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| 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
reception@collinshouse.co.uk



GDC numbers
Mark Doyle 60464
Simon Portman-Lewis 60732
Mark Sykes 62342
Claire Annett 63386
Meera Thakar 103096
Sarah Williams 139410

