

**Newsletter – Spring 2015**  
**Issue 3**

Welcome to our practice newsletter. Our newsletters are aimed at giving you additional information about the practice and also general dental information. This is a newsletter for our patients so if there is any information you would like to see added then please let us know.

Teeth Whitening

Teeth Whitening is an increasingly popular way of whitening your teeth without removing any of the tooth surface. Here at Lawrence & Pinkerton we offer Opalescence home whitening.

The process is simple. Book an appointment to have some impressions taken of your teeth, the impressions will then be sent to a laboratory who will make your whitening trays. Once these have been made you will come back into the practice for a short visit and shown how to use the trays and the whitening gels.

The whitening trays are usually worn with the gel every night (or whenever is convenient) for one to two weeks or until the desired whiteness is achieved.

If after a couple years you would like to top-up again for a special occasion (wedding, holiday, etc) there is no need to have the trays remade, all you need to do is buy the whitening gels which we stock in the practice.

If you would like any further information or would like to book an appointment please contact the practice on 01491 202025

National Smile Month  
**18<sup>th</sup> May to 18<sup>th</sup> June**

National Smile Month is the UK's largest and longest running oral health campaign. National Smile Month promotes three key messages, all of which help develop and maintain a healthy mouth:

- Brush your teeth in the morning & last thing at night
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly, as often as recommended.

The aim of National Smile Month is to ultimately improve the UK's oral health.

Medical History

It is a **legal requirement** that these are updated regularly so when you come into the practice we may ask you to complete a new medical history form.

We will need to know any medical conditions you may have and any medications you may currently be taking, regardless of whether you have previously advised us.

Please ensure that you bring a list of medication to each appointment so we can update it on your records.

As Oral Health Month is coming up we thought we would give you some fun facts!!

- It takes 43 muscles to frown but only 17 to smile!
- 61% of us have been attracted to someone because of their smile alone!
- Top of the list of things we could not do with on holiday is our toothbrush!
- Earrings, business cards, matchsticks, screwdrivers, bank notes and keys are all things that we admit to picking our teeth with!

Source – National Smile Month website

## Staff News

Later this year, Claire our Receptionist and Tracy, Stuart Pinkerton's nurse, will be taking part in the Three Peaks Challenge. They will be climbing Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales within 24hrs! They are doing this to raise money and awareness for the Cleft Lip and Palate Association.

CLAPA is the only UK wide voluntary organisation helping those with, and effected by, cleft lip & palate. It is a small charity with no government funding. They work alongside health professionals to provide much needed services to people with a cleft and their families. In the UK around 1 in 700 infants are born with a cleft, nearly 1,100 per year.

If you would like to sponsor them please visit their Just Giving page:

<http://uk.virginmoneygiving.com/team/claireandtracysthreepeakschallenge2015>

*Thank you in advance*

## COMPETITION TIME

In our last newsletter we asked you to put these drinks in order of sugar content – lowest to highest

Water Lucozade Coke Ribena Red Bull Frijj Milkshake Iron Bru Fruit Shoot



*The correct answer is:*



For a chance of winning an Oral B Electric toothbrush, find the missing word from those listed below and e-mail the answer back to the practice.

The closing date is Friday 22<sup>nd</sup> May. We will then choose a name at random.

C	B	D	S	W	R	Y	L	P	O	M	F	E	E	V
K	F	T	E	I	V	E	P	A	T	A	C	U	A	V
A	M	X	C	S	H	N	B	A	G	P	H	E	L	F
Y	F	A	W	D	Q	A	Q	I	L	I	O	G	H	M
E	U	G	N	O	T	M	D	J	P	A	T	M	O	O
I	N	D	X	M	T	E	P	O	R	W	T	F	G	U
R	M	L	H	T	H	L	G	U	M	R	X	E	D	T
O	C	A	H	E	T	C	A	N	I	N	E	C	M	H
S	H	L	M	E	D	C	N	G	H	L	E	G	B	M
I	E	N	R	T	A	E	A	J	A	W	N	S	T	O
C	E	E	E	H	Y	O	N	P	T	L	I	P	S	S
N	K	R	D	V	E	N	T	T	K	L	T	O	T	R
I	B	B	N	E	R	V	E	I	I	D	N	H	Y	A
R	P	O	S	D	C	Z	X	M	A	N	E	E	M	L
S	R	S	O	T	S	A	Z	Y	S	P	E	C	K	S

**MOUTH**  
**TONGUE**  
**GUM**  
**ROOTS**  
**WISDOM TEETH**  
**DENTINE**  
**ENAMEL**

**JAW**  
**NERVE**  
**CANINE**  
**PALATE**  
**LIPS**  
**INCISOR**  
**CHEEK**