

HYGIENIST IN THE HOUSE

With their emphasis firmly on preventing dental problems, hygienists are key to the practice's whole approach to dentistry.

So we're particularly pleased to welcome new hygienist Rebecca Gamble to the team. Rebecca, who also trained as a nurse at Priory House, is

keen to work with patients to keep their teeth and gums healthy and looking their best.

Her top tips include:

- Visit a hygienist once every six months or as advised
- Buy a new small-headed toothbrush every three months
- Cut down on sugar
- Clean your teeth thoroughly twice a day and between the teeth as advised



It's A Boy

Many of you will want to join us in congratulating Sharon Smyth's nurse Joy Nixon who is currently on maternity leave after giving birth to Dane, a baby boy weighing in at 8lb 10ozs.

HOUSESCENE

Summer 2007

News and views from Priory House Dental Practice

Welcome to House Scene

a regular newsletter for our
many clients & friends

Priory House Promise

At Priory House we're committed to providing you with the best dental service in the area and offering you the latest techniques and treatments.

Whether you need routine preventative work, cosmetic or complex dentistry, Priory House's highly experienced and qualified team of dentists and hygienists care about you and your teeth.

We have invested heavily in training and technology to ensure that our surgeries are state-of-the-art and that we are up to speed with the latest methods in maintaining healthy, good-looking teeth.

But we are constantly seeking ways to improve our service and to strengthen our reputation as one of Surrey's leading dental practices – so if you have any suggestions or comments please do not hesitate to tell us when you next visit the practice.

Surgery Hours

Monday to Friday 8.30am - 5.30pm

Priory House Dental Practice

77 Station Road East, Oxted, Surrey RH8 OAX
t: 01883 712201 f: 01883 723832
e: prioryhouse@lineone.net

Smile WITH Confidence

You don't have to be a celebrity to have a sparkling smile that looks great, feels great and makes a memorable impression.

Tooth whitening is a well-established procedure in cosmetic dentistry and Priory House now offers 'bright smile' appointments - the easy and gentle way to remove deposits, such as tartar and stain from your teeth, using a new sodium bicarbonate polish.

Just ask your dentist about booking a 'bright smile' appointment on your next visit.

Parking Update

There is great news for those of you who drive in to town to see us. The free car park in Elice Road – with a cut through by Boots that comes out right opposite Priory House – now has a four-hour limit. The new regulation has stopped commuters filling up the car park early every morning and means there are plenty of spaces throughout the day.

Charity Champion

Receptionist Leigh Antcliff deserves a massive pat on the back after taking part in a Race for Life - the UK's biggest women-only fundraising event to help fund Cancer Research UK. Leigh, pictured here stocking our retail area at Priory House, raised £478 towards the charity's crucial work.



Not Goodbye Just Au Revoir

With 74 years of patient-care between them, Priory House partners Sharon Smyth and Paul Aronow have announced their plans for retirement.

The popular pair will be taking the first step towards a new direction in their lives by working part-time at the practice from September. Both intend to fully retire a year later – September 2008.

Sharon and Paul have written to all their patients about their individual decisions to call it a day and would like to thank them and all Priory House patients, friends and colleagues for supporting the resulting changes.

"Obviously it is going to be a huge wrench for me," said Paul, who has been with the practice for almost 40 years. "They have been wonderful, exciting years and I will miss the personal relationships that I have built up with individuals and families.

"I have seen the practice evolve, encompassing the many developments that there have been in dental care since I first joined Priory House. But I am now looking forward to the challenges that I'm sure retirement will bring."

Both Sharon's and Paul's patient lists have been reduced in-line with the pair working less hours, and those patients who have been moved will now see new full-time partner Gethin Howell.

"This has not been an easy matter logistically or emotionally for me as I have enjoyed very strong and special relationships with my patients since I started in June 1974," said Sharon.

"Obviously I've still got a whole year to say my goodbyes but I would like to take this opportunity to thank everybody for their loyalty and support during my 34 years at Priory House and for making my career such a joy."

Changing Face of Endodontics

After seven years at Priory House, endodontist Shanon Patel is moving on.

He will be replaced by Steven Williams who qualified at Guy's Hospital in 1998 and has worked in various hospital posts and as a general practitioner.

The 34-year-old married sports enthusiast is currently in the final year of his specialist registration as an endodontist at King's College London.

Endodontics is a specialty of dentistry that deals with the tooth pulp and tissues surrounding the root of a tooth. The pulp, which contains nerves, vessels and fibrous tissue, can become diseased or injured and thus is unable to repair itself. The pulp then dies and endodontic treatment is required.

Steven will provide that treatment at Priory House every Thursday.



WHY SMOKING IS BAD FOR TEETH

Most of you will be aware that smoking is bad for your health and that England introduced a new law on July 1st to make virtually all enclosed public places and workplaces in England smokefree.

But did you know that smoking tobacco is also a major factor in many dental problems?

- It greatly increases the risk of oral cancer, a disease that progresses rapidly and can be deadly if not diagnosed and treated early.
- Tobacco also increases the risk of gum disease, which is one of the leading causes of tooth loss in adults.
- Smoking can slow down healing after a tooth is removed or other oral surgery procedures.



NEW VDP JOINS THE TEAM

As part of our ongoing role as a Vocational Dental Practice, Priory House has said farewell to one young dentist and welcomed another.

- Tobacco-use can damage gum tissue and cause receding gums, leaving the roots of the teeth exposed. This could increase the risk of tooth decay and cause sensitivity.
- Any form of tobacco-use can cause bad breath.
- It causes stains on teeth that can't be removed with regular brushing.
- Smoking reduces the saliva flow and blood supply to the gums.
- Tobacco-use reduces your sense of smell and taste.
- Stopping smoking right now can provide long-term health benefits. If you would like to stop but don't know how, talk to your dentist about how he or she can help.

Sepi Rowshanaei, who joined us in 2006 as a newly-qualified graduate to complete a compulsory one-year attachment, has moved on to work at Guy's Hospital and Ailbhe McMullin has started her year with us. During that time, her practical dental skills will be developed as part of a national postgraduate training scheme.

An honours graduate of the University of Dublin, Ailbhe has already worked at Guy's Hospital, King's College London and most recently at Kent & Canterbury Hospital.

Flying Dentist Lands In Oxted

A former flying dentist for the Australian hospital service is to become a new full-time partner at Priory House.

Gethin Howell will join the team following the decision by Sharon Smyth and Paul Aronow to retire.

The Welsh-born rugby enthusiast and keen photographer took his dental degree in Newcastle-upon-Tyne before moving to a general practice in Stockton to complete his postgraduate training. After a period at a practice in South Wales Gethin headed to Australia.

Returning to the UK nine years ago, Gethin joined his current practice in South London and also took up a part-time position at St George's Hospital Restorative Department to keep up with the latest cutting edge procedures.

"I am an enthusiastic communicator and enjoy discussing treatment options and giving patients choices," said Gethin. "I also believe that one of the most important aspects of dentistry is education, ensuring long-term prevention of disease and maintaining good oral health."

Gethin starts at Priory House at the beginning of September.



Meet the Team

Nurses and receptionists form the backbone of the dental team, whether preparing for individual treatments, reassuring and informing patients, making appointments or assisting our team of dentists.

IMPLANTS THE WAY FORWARD

The development of dental implants is one of the more significant recent advances in dentistry and Priory House now offers this revolutionary option for replacing teeth.

Practice Partner Simon Topley is one of the few dentists in the area able to restore the function and appearance of lost or damaged teeth with state-of-the-art implants.

"Basically we use a small titanium screw to create an artificial tooth root which provides the support a tooth crown needs to withstand

the pressures of everyday use," explains Simon, who achieved a Diploma in Restorative Dental Practice from the renowned Eastman Dental Institute.

"While this metal root bonds to your bone, you wear a temporary tooth. A few months later we attach an extension on to the metal root and finally we create an artificial crown that will be attached with cement or a screw.

"With modern dental technology, the shape and colour of an implant-supported crown can be custom-made to look just like your natural teeth."

If you would like to know more about dental implants ask to speak to Simon when you're next in.



Wedding Belles

Love is definitely in the air this summer for two of our colleagues. Nurse Tracy Turner will be getting married in September and Associate Dentist Nishi Shah has already started planning her wedding day after announcing her engagement recently. Congratulations to both young ladies.

Without them we couldn't function half as well – so we would just like to take the opportunity to say thanks and ask you to give them a special smile on your next visit.

We would also like to congratulate Emma Quick who recently passed her dental nursing certificate and to welcome the newest members of our nursing team - Vicky Randles, Carla Taylor and Kelly Jones.

In the next issue we will be focusing on our friendly super-efficient receptionists.