

Dear Patients

Welcome to your first newsletter of 2016 and Happy New Year!

Congratulations to our dental nurse Helena and her husband Andy on their marriage at the end of Decemeber and to Elaine and Darren who will be getting married later in 2016.

Congratulations also to Mr Roger Thompson who will be retiring this spring and transferring the practice fully over to Joanne and Lucy. As many of you know Mr Thompson established the dental practice with his late partner Mr Robin Gibbs over 40-years ago, previously known as "Thompson and Gibbs". He built up a great reputation for calming nervous patients and providing quality dental care, looking after several generations of local families. Following an illness in 2007 Mr Thompson elected to retire from the daily treatment of patients but has continued to manage the practice in the background. Joanne and Lucy are busy registering with CQC and will ensure the day to day running and philosophy of the practice will be unchanged. Whilst Roger hopes to have a few more days sitting in the sun!

**In The News: 5 year olds eat and drink their body weight in sugar every year**

A campaign has been launched by Public Health England encouraging parents to get 'Sugar Smart' and take control of their children's sugar intake. A new mobile app can help parents see how much sugar there is in everyday food and drink. Scanning the barcode of a product will reveal the total amount of sugar it contains in cubes and grams.

**The average child currently consumes 3 times the new maximum recommended daily amount.** This can lead to painful tooth decay, weight gain and obesity, which can also affect children's wellbeing as they are more likely to be bullied, have low self-esteem and miss school.

Children aged 5 shouldn't have more than 19 grams of sugar per day. That's 5 cubes, but it's very easy to have more: a chocolate bar contains 6 cubes of sugar, a small carton or pouch of juice drink contains over 5 cubes and there are 9 sugar cubes in a can of cola, instantly taking children up to or over their recommended maximum for the day.

The Sugar Smart app is available for free from the App store and Google play. Find hints and tips to cut down on sugar on the Change4Life website.



**Services**

- In addition to regular dental care we offer:
- Inhalation sedation (Happy Air) to help you relax
- Cosmetic dentistry
- Dental Implants
- Inman Aligner and Clear Aligners
- Hygiene treatments to assist with a cleaner healthier mouth

Happy Retirement!



**In The News: NHS dentistry system "unfit for purpose"**

More than 400 dentists wrote to the Telegraph arguing the NHS dentistry system is 'unfit for purpose' as 46,400 children are admitted to hospital for tooth decay, with millions of people going for long periods without even seeing a dentist, or ignorant of basic dental hygiene.

The signatories accuse successive governments of hiding the problem behind a veil of spin and denial. The letter urges ministers to be "fully open and transparent" about the limitations of current provision.

The dentists argue that NHS dentists are stretched increasingly thinly, struggling to meet ambitious targets to increase the numbers of patients treated amid tight constraints on budgets.

"When more than 90 per cent of all dental diseases can be prevented, it is a disgrace that children aged under 10 in England are more likely to be treated in hospital for rotten teeth than for any other medical reason."

The fact that Dentaaid, normally associated with providing care in the Third World, is now offering emergency care to homeless people, migrants and the low paid in Kirklees, Yorkshire "serves to demonstrate the lack of a proper national dental service", it says. An NHS England spokeswoman said: "These claims are wrong - more patients are getting the dental care they need, and 93% of people got an NHS dental appointment when they wanted one in the last 24 months.

The letter argues that the pressure will continue to increase unless NHS dentists are able to spend more time on prevention; educating the public about simple steps which can reduce the risk of dental problems.

**Our hours**

Please contact our reception team to book an appointment:

Mon	Tues/ Wed/ Fri	Thurs
08:30 to 12:30	08:30 to 12:30	09:30 to 13:30
13:45 to 17:00	13:45 to 17:15	14:30 to 18:00

Telephone: 01384 292666

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