

Some facts about diabetes and gum health...

Joanne, Lucy and Carol attended a meeting in March where the topic discussed was improving care for diabetic patients across the West Midlands. If you are diabetic it is important to attend regular dental check-ups, eye examinations, and ask your pharmacist for a review of your medication.

Some scientific discoveries about gum disease and diabetes you may not know:

- In people with diabetes, those who have severe gum disease have higher blood sugar levels (measured by a test called HbA1c), compared with those with healthier gums
- Even if you don't have diabetes, your body's control of blood sugar levels is not as good as it should be when you have severe gum disease
- The worse the gum disease, the more likely a person is to go on to suffer damage to other organs in their body because of their diabetes – for example, heart or kidney disease
- Having severe gum disease might actually increase your chance of getting type 2 diabetes.

The good news is that treatment for gum disease, such as the professional cleaning and regular care given by your dentist or hygienist, can lead to a fall in blood sugar levels in some people with diabetes.



Calling all new parents...

Did you know you can register your baby with a dentist as soon as they are born? It is recommended that children should go to the dentist with their parents as soon as possible. Babies and children should see a dentist regularly to ensure their teeth and gums are

healthy and ensure you are up to date with the latest advice. Going for regular check ups will let them get used to the noises, smells and surroundings and prepare them for future visits. The earlier these visits start, the more relaxed the children will be. Your dentist will be able to provide important advice about looking after your baby's teeth and check their mouth. Leaving it until they are 2 or 3 can be too late to prevent tooth decay damaging their teeth. Call us now to arrange an appointment for your child.

New Patients Welcome

We are always happy to welcome new patients and we especially enjoy seeing those who come as referrals from our existing patients. If you have family or friends who could be interested in joining the practice then please pass on our details.

Parking

We have a small car park to the side of the practice, following your feedback we have made some alterations; widening the entrance and gaining a couple of spaces. If it is full the Prince Albert Public House have agreed to let our patients use their carpark when visiting us.

Broken tooth? Lost filling?

If you are having a problem prior to your check up visit please let our receptionist know. It may be possible to allocate extra time for your appointment and will also help with the efficient running of the surgery.

Emergencies

Emergency appointments are available everyday. Please ring first thing in the morning or leave a message on the answer phone prior to our opening and we will certainly be able to fit you in. Most commonly the emergency appointments are at 12.15pm and 3.15pm.

What's in your food?

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How much is too much?

Here are the maximum daily amounts of sugar for your children.

Age Group	Maximum Daily Amount of Sugar
4-6 year olds	5 cubes
7-10 year olds	6 cubes
11+ year olds	7 cubes

1 cube = 4 grams

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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

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
13:30 to 17:00	13:45 to 17:15	14:30 to 18:00

Telephone: 01384 292666

Email: info@wallheathdental.co.uk