



MAPPLEWELL DENTAL CENTRE

caring for you



Mapplewell Dental Centre Gets Glowing Report From CQC

We recently had our inspection by the Care Quality Commission- the independent regulator that checks on standards of care. We are delighted to say that we passed with flying colours in every category. The CQC said:

"All people that we spoke to said the staff always took into consideration their privacy and dignity".

One person said "All the staff are very nice; they are always friendly and helpful." Another person said "I feel at ease here, you can talk easily to the dentist and staff about your treatment."

People who used the service told the CQC they were happy with the care and treatment they received at the practice. "It's very good here. I've been coming years and never had any problems. As soon as you ring up they can fit you in. The staff are all very good."

You can view the full report on the Care Quality Commission's website www.cqc.org.uk/

Do you suffer from a dry mouth?

A lot of our patients suffer from some dryness of the mouth. This is caused by inadequate production or flow of saliva. For some people, this is just a nuisance, but in more severe cases it can lead to health problems. Tooth decay, gum disease, yeast infections, bad breath and difficulty swallowing can result from a chronically dry mouth. It can also make the wearing of dentures very uncomfortable.



Reduced saliva flow can be caused by several diseases and is sometimes a result of radiotherapy to the head and neck. However, by far the most common cause is medication. Antihistamines, painkillers, decongestants and drugs used to treat conditions such as high blood pressure and depression are common culprits. Simple things you can do to get relief include:

- Taking frequent sips of water
- Using alcohol-free oral rinses
- Avoid caffeine, alcohol and carbonated drinks whenever possible
- Sugar-free chewing gum
- Special dry mouth toothpastes and gels such as Biotene (available at Mapplewell Dental Centre).

You may also benefit from the use of high fluoride toothpastes and oral rinses. If you suffer from a dry mouth, please remember to mention it to us so we can try to identify possible causes and give you appropriate advice.

Implants: Free Consultations Still Available!

Just a reminder that we now have Professor Dr Julian Yates, from the Department of Oral and Maxillofacial Surgery at the University of Manchester, visiting the practice regularly to provide dental implants.

Dental implants are an excellent way of replacing missing teeth, and Professor Yates is vastly experienced in their placement. Currently, he is able to offer free consultations to our existing patients. If you think this exciting treatment option might help you, please contact us for further details.

Baby Boom!

Two of our team, Galer Farrer and Annette Pagdin, have recently given birth to baby boys and are currently on maternity leave.

They will both be missed whilst they are away, and we would like to send them our best wishes at this exciting time.

Mr John Rawlinson will be providing cover for Galer's patients whilst she is away.



Text Reminders

Over recent years, many patients have expressed to us that they would prefer to be contacted by text or email rather than by post. Now that the vast majority of people use mobile phones on a daily basis, we think sending SMS reminders will be an efficient and convenient replacement to the old postal system.

From August, we will send a text message at the beginning of the month when your recall examination is due. You can then contact us to book an appointment at your convenience. Please make sure we have a mobile number for you if you wish to be contacted in this way. If you do not use a mobile phone, we will still be able to send postal reminders where necessary.





Look After Yourself... Use your tepes!

All our regular patients will know the importance we place on maintaining healthy gums, but how many are aware of the links between gum health and general health?

Studies have shown that gum disease (or periodontitis) is linked to cardiovascular disease, diabetes, osteoporosis, pneumonia, and even some forms of cancer. For a long time, it was thought that the bacteria involved in gum disease were responsible for the effects on general health, but now it seems more likely that inflammation caused by the bacteria is the real link.

It appears that controlling gum inflammation by careful brushing, use of tepe brushes and flossing as well as regular visits to the dentist and hygienist can have significant overall health benefits.

New Patients Summer Offer!

Half price new patient examinations available

£37.50 instead of £75