

Newsletter



01258 473397 www.sturminsterdentalcare.co.uk

Issue 22 Autumn/Winter 2018

Welcome to the next edition of our practice newsletter. As well as keeping you informed of any changes happening at the practice, there is also some helpful information on some of the services we offer.

The importance of Mouth Cancer Action Month



Mouth Cancer Action Month is a charity campaign which aims to raise awareness of mouth cancer and save lives by promoting the values of prevention and early detection.

The campaign which is held in November is about making everybody more mouth-aware; highlighting the risk factors, signs and symptoms associated with the disease and encouraging healthier lifestyles to help reduce the number of people diagnosed with the disease.

In the UK, more than 7,800 people were diagnosed with mouth cancer last year and globally there are in excess of 300,000 new cases every year.

The number of people being diagnosed with mouth cancer has grown by around a third in the last decade and remains one of very few cancers which are predicted to increase further in the coming years.

Although risk factors (such as smoking and alcohol) are responsible for many mouth cancers, it is a disease that can affect anyone.

That is why it is so important we all know what to look out for and that the early warning signs are recognised and checked early so that we can act on any unusual changes in the mouth as soon as possible.

- Don't leave a mouth ulcer unattended for more than three weeks.
- Don't ignore any unusual lumps or swellings or red and white patches in your mouth.
- Regularly check your own mouth, lips, cheeks, head and neck for anything out of the ordinary.

If you notice anything out of the ordinary, don't hesitate to book an appointment with your dentist or doctor. Quick action is very often life-saving.

Exam Success

Our congratulations go to Jodie who has recently completed her post-graduate qualification in Dental Radiography.

Jodie is now able to take clinical x-rays within the practice, which is a great benefit to the clinical team.



Dental Radiographer Jodie

Careplan and Maintenance plan options

The practice continues to offer a wide range of dental payment plans. Our payment plans remain the best way of allowing you to budget for your dental treatment, and continue to offer value for money as well as helping you to avoid unexpected bills.

We offer two types of payment plan:-

Our comprehensive Careplan which covers all of your dental treatment (with the exception of laboratory bills), and our Maintenance Plan which, for a fixed monthly fee of £17.82 covers all routine dental check-ups and preventive treatment as-well as providing a discount on all other treatment. You need to be dentally fit to join either plan, and there is a one-off £10 administration charge to join.

If you are interested in joining one of our dental payment plans please do not hesitate to ask a member of the team who can advise you on the most suitable option for you and calculate your monthly premium for the comprehensive Careplan.

Children's plans start from only £3.34 per month, and there is no registration fee for children joining our payment plans.

All of our plans come with complementary cover to the "Worldwide Dental Emergency Assistance Scheme" to give peace of mind should you encounter a dental emergency away from home, or sustain a dental injury.

General Data Protection Regulations 2018



As a practice we have always taken data protection very seriously, and have many systems in place to protect patient data. As many of you will be aware, new data protection regulations were introduced in May 2018 (GDPR).

We are fully committed to compliance with the requirements of the General Data Protection Regulations and as part of those requirements we will be asking all patients to complete a data consent form which confirms that the personal data we hold is correct, and to consent to us being able to contact you in matters relating to your dental health and treatment.

Please remember to inform us of any changes to your personal details so that we can keep in touch!

Wedding Congratulations!

Huge congratulations to Jessica and Nathan on their wedding day earlier this year! Thank you so much for inviting us to be part of your special day. We all had a fantastic day, and Jess - you looked amazing!



And Finally...smile! You're designed to!

Patient: What did you do before you became a dentist?

Ian: I was in the Army.

Patient: What did you do in the Army?

Ian: I was a drill sergeant

Brian: What is a dentist's favourite movie?

Patient: Beats me.

Brian: "Plaque to the Future"!

Q: What did the dentist say to the golfer?

A: *You have a hole in one.*

Q: Why did the mobile phone go to the dentist?

A: *It was having trouble with its Bluetooth.*

Q: What do you call a bear without teeth?

A: *A gummy bear!*

Q: Why are dentists such good problem solvers?

A: *They're experienced at getting to the root of a problem.*

