



# Newsletter



## Issue 26 Autumn/Winter 2020

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.

We hope this finds you all well in these very challenging and worrying times.

We would like to start by saying that we are delighted to have the whole dental team back at the practice now, and even more delighted that we are now able to deliver our full range of dental services.

We are extremely proud of how the practice team has pulled together to continue to offer the highest level of care and support possible for our patients, in what have been incredibly difficult circumstances these past few months.

Like all dental practices throughout the country, we have had to adapt how we deliver our services in order to keep our patients, their families and our colleagues as safe as possible.

The team have adapted remarkably to these changes, and the new protocols and procedures have now become second nature.

Despite the toll that the coronavirus pandemic has taken in so many ways across the country, we hope that you will see in this newsletter that our doors are now very much 'open' (even though the door is locked!) and we are as committed as ever to providing you with the very best patient care.



**The team being 'fit-tested' for our new masks!**

### Your new patient journey

Your safety is of paramount importance to us, and we have been working relentlessly behind the scenes to put in place additional measures to ensure your safety when you visit the practice.

You will notice changes to the way you are welcomed into the practice; you will be met by a member of the team who will escort you into the practice once a pre-screening check and your temperature has been taken, you will be asked to sanitise your hands on arrival and when leaving the practice, and we ask you to respect the social distancing measures in place throughout the practice.

We have installed screens in the reception area, and you will notice fewer seats – all 2 metres apart and no magazines or children's toys in the waiting room.

The clinical team will be wearing additional items of Protective Personal Equipment (PPE) – but please do not be alarmed, it is still us under the masks, visors and gowns!

We have installed air purifying units throughout the practice which kill 99.99% of airborne viruses & bacteria within minutes.

We want to reassure you that the whole team at Sturminster Dental Care are committed to your safety; we have always maintained the highest standards of infection control, and we have implemented these additional measures to protect you during your visit.

If you have any questions about the steps we have taken to keep you safe in our practice, please ask a member of our team.

## New Team Members

In response to the additional safety measures introduced since re-opening the practice we have welcomed Megan to the team as our official 'meet & greet' and 'pre-screening' person. Megan will be on the door to welcome you to the practice, and to carry out temperature checks and pre-screening questionnaires before your appointment.

Megan has recently moved back to the area, and has just returned from maternity leave. She has settled into the practice very well, and is enjoying her new role.



The charity's Chief Executive, Dr Nigel Carter OBE, who is the Chief Executive of the Oral Health Foundation Charity says:

"As a nation we have slowly moved away from three square meals and have adopted more snacking habits. This has been worsened during lockdown, as sudden changes to work and family life might have led more people to snack more.

"Snacking could be the result of boredom and the need to find a distraction that gives us a short-term comfort. The problem is that snacking can have serious repercussions for our health.

"Whenever we eat or drink anything, plaque bacteria builds up in the mouth. This produces acids that attack the teeth, causing tooth decay and erosion. Usually, the mouth can neutralise these acids by producing saliva, however, constant snacking does not give the mouth chance to recover. This leaves us susceptible to acid attacks."

The Charity is worried that the coronavirus could be having a significant impact on the health of our mouths.

With this in mind, please remember the following golden rules to keeping a healthy mouth: -

- Brush your teeth for two minutes, twice a day with a fluoride toothpaste and remember to spit, but don't rinse.
- Clean in between your teeth daily with interdental brushes or floss.
- Cut down how much sugar you have, and how often you have it – and keep sugar consumption to mealtimes.
- Visit your dentist regularly.



**A warm welcome to Megan**

## Just one more biscuit?

New research by the Oral Health Foundation has shown that more than one-in-three (38%) adults who were at home during the national lockdown increased the amount of times they were snacking throughout the day.

Snacking rose considerably in younger adults with nearly two-in-three (61%) of under 35's eating more often between meals.

Snacking also rose amongst families with younger children with seven-in-ten families (70%) with children under five reporting more snacking in the household.

The Oral Health Foundation is worried about the damage snacking in between meals can have on the nation's oral health.

***And finally, we sincerely hope that you and your loved ones stay safe and well and that brighter times are ahead for us all.***

