

# The High Street Dental Practice NEWSLETTER



We hope you enjoy reading our newsletter.

#### As you wander down the corridor to the waiting room on your left, we have a blackboard – every month as well as a quote we put a new puzzle on it for you to solve! Are you up to the challenge?



Kate wants to know... Did you solve the last Puzzle?

Swimmer with partner often seen in newspaper.

(4,3,5)

#### **Team News**



Jemma Update

It has been a year since Jemma left us to go travel the world, from Vietnam to The Philippines to Singapore to Thailand and finally to Oz.

Jemma is having a fantastic time and is currently working on a horse farm in Melbourne!



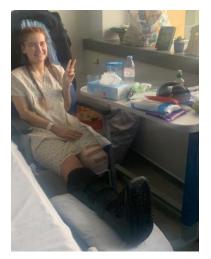
We have our annual full day practice meeting at the end of this month.

It's a great opportunity for us all to get together and discuss what we can do to improve our practice, we are always trying to evolve and embrace change to be the best we can possibly be for you all.

#### It has been a busy summer at HSDP!

Here are some of our best bits-





Jess came back to work after her horrific accident, we are so proud of her, she has shown real dedication to her patients, courage, and remarkable strength.

Jess and her other half also bought their first home this Summer! Congratulations to you both.

Maggie welcomed her first Grandchild! Beautiful Sofia, huge congratulations to the whole family.





Jane's son Will graduated from university! A big congratulations and Well done to Will.

Corsica completed her first 10k and smashed her time goal. Well done.



#### Welcome Deepa

Introducing the newest member of the team – Deepa!



Deepa is a dentist with a special interest in periodontics. focusing in preventing, diagnosing, and treating gum disease.

Gum disease or periodontal disease is still the biggest cause of tooth loss in adults. The earliest signs of periodontitis are easy to ignore or miss, your dentist is much more likely to discover it before you are aware as it tends to cause pain and discomfort as it progresses, however seeing a periodontist can stabilise the condition.

Although it is called gum disease, it also effects the bone supporting the teeth, therefore with progression teeth will loosen. Bone loss is irreversible, so treating gum disease sooner rather than later is recommended.

We are very excited to have Deepa on the team.



Its Practice Manager Appreciation Month and we love to take an opportunity to thank our fantastic Manager, Maggie.

Maggie has been the heart of the Practice for over 30 years and is so dedicated to the Practice, we can't thank her enough for everything she does for us and the patients, she is always going above and beyond.

#### **Our Chosen Charities**

We believe as well as caring for your smile, dentistry can be used for a greater purpose.

That is why we have chosen two charities to support with your help, when you join our monthly payment plan, buy a toothbrush and when a patient has a new patient exam – meaning when you have recommended someone to us, you have also played a part.

Our current chosen charities are:

### ST CATHERINE'S HOSPICE

St Catherine's Hospice helps people facing life-shortening conditions to live in comfort and with dignity, independence and choice. St Catherines also support people caring for someone or grieving the death of a loved one

St Catherines offer help from the moment you receive a diagnosis and through any stage of your illness, it could be a bath, a favourite meal, or help managing pain. There care is whatever you and those closest to you need it to be. It is different for everyone, and St Catherines empower you to make your own decisions wherever possible.



CRY Cardiac Risk in the Young, aim to prevent young sudden cardiac deaths through awareness, screening and research, and support affected families.

Every week in the UK at least 12 young people die of undiagnosed heart conditions. Since its formation in 1995, Cardiac Risk in the Young (CRY) has been working to reduce the frequency of young sudden cardiac death (YSCD). CRY supports young people diagnosed with potentially life-threatening cardiac conditions and offers bereavement support to families affected by YSCD. CRY promotes and develops heart screening programmes and funds medical research.

#### WORD OF THE MONTH

## Pluviophile

/ploo-vee-uh-fahy/noun a person who enjoys rain and rainy days, and who is fascinated by the sights, sounds, etc., of rain:

