



Word of Mouth

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from:
BERKHAMSTED DENTAL PRACTICE
Caring for your family's teeth

Merry Christmas & A Happy New Year,

from all of us at Berkhamsted Dental Practice. We are endeavouring to send out communications by email now. If we don't have your up to date email address please let us know at reception or at info@berkhamsteddental.com. Similarly if you wish to unsubscribe from further newsletters, please let us know.

Let us know what you think

We are always interested to hear what you think of us, the practice & the services we offer. It's always nice to hear if you are happy with your treatment and we would like to include testimonials from our patients on our website in the New Year.

We hope you like the improvements we are making to the practice décor.

If there is anything you are unhappy with, or think we can improve, we are even more interested to hear your views!

You are welcome to speak to any member of the practice team, we have comments slips available at reception and you can contact us at info@berkhamsteddental.com

The practice will close in the afternoon on Christmas Eve and re-open at 9am on Monday 27th December. The practice will also be closed on Thursday 1st January. If you should experience a dental emergency over the holiday period please phone the practice on 01442 865646. Our answer phone will give details of how you can contact the Hertfordshire Out Of Hours Dental Service for advice. There is also information on dealing with dental injuries on our website www.berkhamsteddental.com, or use our QR code below:



In the New Year we welcome back Victoria from her maternity leave.



Sam will also continue with Victoria as part of our reception team



John & Claire's daughter, Eleanor has been working part time at the practice as a trainee Dental Nurse. We are delighted to say that she has now qualified as a Dental Nurse and has started training as a Dentist at Sheffield Dental School.



Healthy Eating has been very much in the news this year. Concerns about the amount of sugar in our diet is focused on the link between excessive sugar consumption and Type-2 Diabetes, Heart Disease and Obesity. The World Health Organisation advises that we should get no more than 10% of our energy from added sugars (about 50g or 10 teaspoons). Some recent studies suggest an even lower level.

Reducing our consumption of food and drink with added sugar will also help to reduce our risks of suffering tooth decay. So healthy eating is a "Win-Win"! We would advise:

Reduce consumption of high sugar food & drink such as sweets, cakes, biscuits, fruit yoghurts, juices & smoothies. This includes foods sweetened with honey, fruit juice, Agave syrup or other natural sweeteners.

Limit consumption of sugary food and drink to meal-times only

Encourage healthy snacks - small pieces of cheese, fresh fruit (not juice), nuts etc for snacks between mealtimes.

Use a fluoride toothpaste twice a day, especially last thing at night.

We aim to discuss healthy diet advice with all our patients and will recommend Fluoride toothpastes, mouthwashes and other preventative approaches as needed.

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