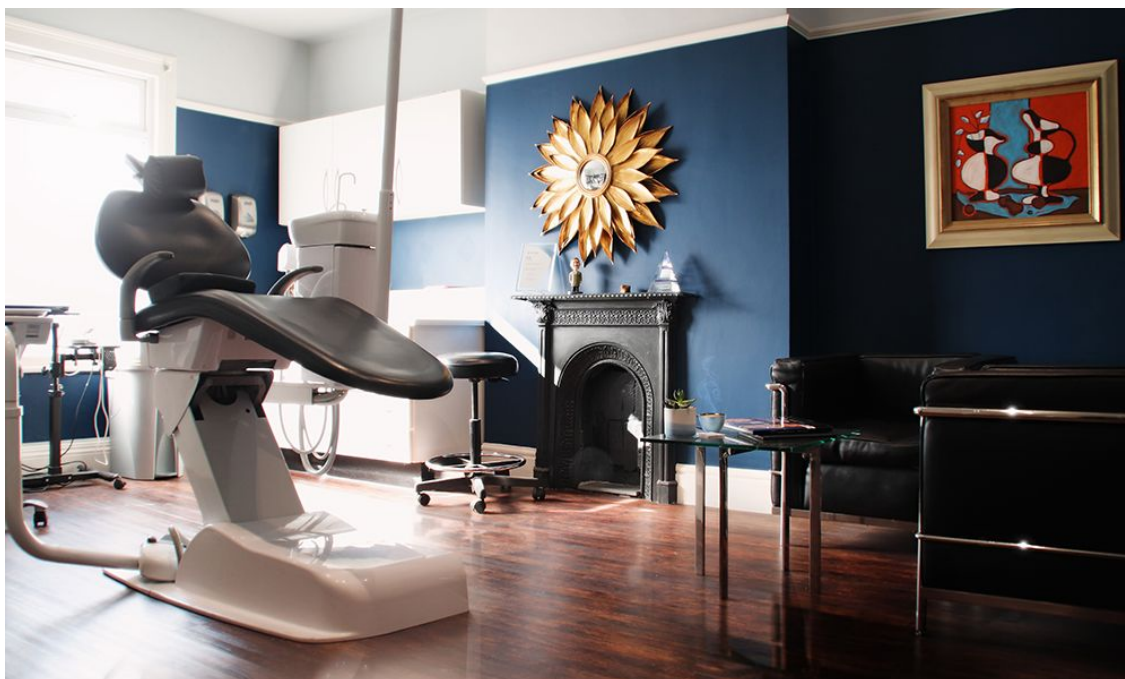


## June 2020 Newsletter



**Welcome to our June newsletter!**

It feels great to be back after such a prolonged period of uncertainty and change for us all. It has been a time where we have all had to adapt to changes in the way we live, work and socialise. For Chris and his team, it has been a rollercoaster, trying to keep up to date with the limited and often conflicting guidance from the Government and our regulators, whilst trying to offer a continuing service to patients.

The Government announced at the end of May that dental practices were able open on the 8<sup>th</sup> June; unfortunately dentists weren't consulted on or informed of this important date! Luckily, Chris had been proactive and had already ordered some enhanced Personal Protective Equipment (PPE) for the staff, however when this arrived the team had some initial problems with the fit testing, which meant Chris wasn't able to return to work. Thankfully his new 3D printer arrived in the nick of time and Chris was able to make a custom frame, which helped to perfect the seal of his mask.

With all this upheaval, as well as the ongoing renovations at the Practice, Chris decided that a phased return to "normal" was the best way to deliver safe care,

while protecting the wellbeing of the team and patients. We also now have strict measures in place, where every member of the team will be wearing appropriate enhanced PPE where required, and every surgery will be ventilated and cleaned after each patient in order to reduce the risk of transmission of the virus in high risk situations.

We would like to thank you all for your continued support and patience throughout this period and we are looking forward to seeing all of your smiling faces again soon!



### Chris's Post-Grad Activities

Chris has been busy over the lockdown period, continuing with his postgraduate diploma course in dental implants, with the Faculty of General Dental Practice of the Royal College of Surgeons. He has already submitted a 2,000 word essay (although in typical fashion he went right up to the 10% limit over this!) and is combining the new information from the curriculum with his current knowledge and experience to improve his practical and clinical skills.

His annual trip to the Seattle Scientific Symposium isn't going ahead this year, however the Kois Center have arranged for the lectures to take place digitally, so by the end of July Chris will once again be up to date and armed with the latest science-based knowledge to integrate into our care pathways!



### 3D Printer

We are excited to announce that we now have a 3D printer at the practice! This represents our next step in our digital dentistry adventure, as it links in seamlessly with the intraoral scanner we already use in place of traditional dental impressions. As well as making mask frames for our staff, we can now 3D print models of your teeth in order to speed up the lab work process, which means shorter waiting times for things like Deprogrammers, Whitening Trays, Mouthguards and Nightguards. We may soon be able to print aligners, surgical guides and temporary dentures!



It has been a month filled with celebrations. Our head nurse Natasha and her husband Steve have been married 2 years and we celebrated their cotton anniversary on 9<sup>th</sup> June.



Chris and his wife Jennifer celebrated their first wedding anniversary on 29<sup>th</sup> June, and are thrilled to announce that they will be welcoming a new addition to the family on the 9<sup>th</sup> October - it's a girl! Chris was initially a little worried as his family are all boys, however he quickly came to the realisation that he has been dealing with a dozen



female staff for the last 12 years so should be a dab hand at it!



Our Dental Hygienist & Therapist Caroline has been studying an MSc course in Nutritional Science and Practice, at Southbank University. She is very passionate about nutrition and functional health and has just passed her final exam!

Caroline's Corner will focus on monthly tips to help make positive changes to your life.

### PROTECTING OUR INTERNAL 'KEY WORKERS'

What's brought me a lot of joy over the last few months is walking past all of the colourful **RAINBOWS** that children have been using as a symbol of **PROTECTION** for our wonderful key workers in the **NHS**.

**COLOUR** has the potential to **HEAL** and can come from various places– like the spectrum of light we absorb from the **SUNLIGHT**, the rainbow **FOODS** we get from the earth, the pure **WATER** we drink, the uplifting **MUSIC** we listen to, the **CREATIVE** arts and crafts we partake in, the **MOVEMENT** of our body whether in sports or dancing and the **LAUGHTER** we share with loved ones. They are all adding **COLOUR** and **POSITIVE** vibrations into our life. 70% of the cells that **PROTECT** us from outside bugs, bacteria and viruses are found in the **DIGESTIVE SYSTEM**, which starts in the mouth, runs through the

stomach and intestines before eliminating the waste, with lots of other organs playing their part too. Each colourful food has **VITAMINS** and **MINERALS** locked inside, that are **RELEASED** along the digestive journey, to help us

maintain OPTIMAL health and protect us from the harmful bugs.

Have you ever wondered why PURPLE FOODS are good for BRAIN health, or GREEN FOODS are good for the HEART? Why do CHERRIES help you SLEEP and why does OILY FISH help you CONCENTRATE and why do you feel so much BRIGHTER when you eat a VARIED diet?

The hidden MAGIC behind COLOUR can help us take back control of our own health.

How will you get more COLOUR IN YOUR LIFE ?

Join us for our #getcolourinyourlife campaign and let's see what a POSITIVE change it can make in our lives.