Middleton St George
Dental Care



**Welcome to our August Newsletter!**

**IMPORTANT NOTICE:** In our last newsletter we stated that we have frozen all fees for our care plans and private treatment until April 2021. This unfortunately resulted in a little confusion with some patients thinking this meant their care plan fees would stop until April 2021. To clarify, the monthly care plan fees will continue as normal, but there will be no increases to any of our prices, either on care plan fees or fee per item treatment until April 2021. We usually plan a fee increase around this time of year to reflect the increase in Retail Price Index (which is standard practice across many industries). However, in light of the difficulties caused to many people due to COVID-19 we have decided to absorb the additional costs; and as promised <u>we don't charge extra for PPE!</u>

### Smiles of the Month



Angela came to Chris with some failing crowns and painful abscesses at the front of her mouth. It has taken a lot of work to achieve the final result and Angela has been an absolute star throughout her treatment. She now has a beautiful new smile, supported by four dental implants. We think she looks amazing!

It's getting closer to the Dental Awards and we wanted to share a throwback of a stunning Aesthetic Dentistry Award-winning whitening case, that Chris completed using the EnlighSen system. Erin was understandably delighted with the results and has since got married!



### Meet Paul Shenfine

Paul is our visiting dental surgeon, who has been working at MSG for the last 12 months. He has over 20 years' experience in implant and advanced restorative dentistry, having personally placed over 1000 implants. His passion is to provide the best quality dental treatment and outcomes for his patients and provide a full range of mentoring and referral implant services for other dentists. He prides himself in always being patient and approachable.

Paul attends many courses worldwide and teaches other dentists nationally on the latest techniques in implant dentistry. He is one of only 3 UK mentors at the Kois advanced teaching centre in Seattle.



### Hygienist Room Refurb!

We are excited to announce that the Hygienist room has now been fully refurbished! This includes a new TV for better and bespoke patient education.

### Double Celebration!

On 1st August we had a double celebration. It was 15 years to the day that Chris started working at the practice, having just completed 5 gruelling years at dental school. In 2008 he became partner and in 2015 became the sole owner of the practice. We have to say it has come on leaps and bounds under his stewardship!

Kerry also celebrated her 21st birthday again!!!



### Treats for your furry friend!

When she's not working as a dental nurse Katie is baking the most delicious homemade dog treats for your furry friends. Inspired by her passion for baking and her two dogs (Betty and Belle) she decided to set up a business baking a selection of treats for other dogs to enjoy.

All of the treats have been tested by dogs far and wide and are nothing to be woofed at. So don't paws - visit her website and treat your beloved companion to a something special, it's guaranteed to leave them wagging their tails with delight!

For more information visit Betty's Bakery www.bettysbakeryuk.com or connect via social media @bettys_bakeryuk



### Green Food

When we think green we think BALANCE. It's the middle colour of the rainbow, it is the most abundant colour in nature and green foods are possibly the most nutrient dense foods on the planet.

Next time you're feeling not quite yourself, take a walk in nature, fill your plate with green foods and see how it can restore balance.

**Let's take a look at KALE:**

Kale belongs to the brassica family and is related closely to cabbage, broccoli and cauliflower. It's incredible at supporting hormone balance by aiding the detoxification of oestrogens.

**Kale contains;**

- **Magnesium** to support vitamin D absorption which will support the immune system and sleep.
- **Folic acid** – needed to help cells replicate and signals old cells to die off so important in cancer prevention and also during pregnancy.
- **Vitamin K** – helps prevent blood clotting.
- **Beta-carotene** – an antioxidant that can be converted into Vitamin A, to support eye health.
- **Vitamin D** – to support the immune system and gum health.

This is just a handful of benefits, the list goes on…

**Fun fact:**

1 cup of Kale provides you with a whopping 134% of your recommended daily intake of Vitamin C – more than in an orange.

Depleted Vitamin C can lead to tooth loss because it prevents the body from producing collagen – the super important connective tissue that makes up the ligaments that attaches your tooth to bone.

Stress and smoking can deplete the body of Vitamin C vastly, so upping your intake can really help support your immune system and hopefully your teeth.