



Welcome to our September Newsletter!



EMS Air-Flow Master System

Chris, Lisa and Caroline had training on the new EMS Air-Flow Master system. This will provide more thorough and comfortable hygiene treatments. It has the ability to clean those hard to reach areas with precision, which will leave your teeth spotlessly clean and stain free!



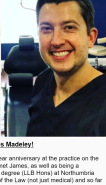
Finalist at the Dental Awards!

This year marked the 21st Anniversary of the Dental Awards - held on the 4th September. Chris was nominated for the award against many other outstanding dentists in the North, who have an unbelievable amount of talent. Although he didn't win he is proud to have been nominated for such a prestigious award!



Frances' Leaving Celebration!

This month we bid farewell to Francesca as she embarks on an exciting new journey in her career, studying to be a Dental Therapist at Teesside University. The new government guidance meant we had to postpone her leaving celebration in Newcastle. However, we will make up for it as soon as we can!



Meet James Madeley!

Our dentist James celebrated his first year anniversary at the practice on the 4th September. For those who haven't met James, as well as being a dentist he is also studying a 4 year law degree (LLB Hons) at Northumbria University. It encompasses all aspects of the Law (not just medical) and so far he has studied criminal law, tort law, contract law and property law. Having just completed his third year in May, he has one year to go - hopefully graduating next year.

In addition, he also works as an expert witness in clinical negligence and personal injury claims. When he is not doing this and working at MSG he also enjoys swimming in the North Sea as he finds it therapeutic. Not sure we feel the same way!



Lisa's Wedding Anniversary!

Our Dental Therapist Lisa and her husband Andrew celebrated their 8 year wedding anniversary on 28th September. Back in 2012 Chris achieved Andrew's bold, masculine smile with veneers, crowns and an implant so he could enjoy his special day!



Guess the Baby's Weight!

As the due date creeps closer for Chris and his wife Jennifer, we have hosted a competition to guess the baby's weight! To be in with a chance of winning a Waterpik Oral Irrigator, head over to our Facebook page or alternatively send an email to msgdental@hotmail.com



Kitchen Refurbishment

We have started Phase 3 of the refurbishment, fitting out a new kitchen for the staff. The builders removed the flooring and units, before carrying out some re-wiring and new plumbing. A new floor has been installed, and the units are being fitted as we speak!

Smiles of the Month



Ruth completed her treatment with Chris this month, which consisted of three dental implants and a ceramic bridge to improve the look of her smile. We think she looks great and she was understandably delighted with the results!



Hannah came to us with severe crowding and after undergoing extensive Invisalign treatment, she now has a smile to be proud of!



Meet our Trainees!

We recently welcomed two new trainees Eleanor and Daniella to the Practice. Eleanor completed her GCSE's this year, before stepping into the working world to join the MSG team. Daniella has recently completed an MA in Fine Art at Teesside University. They are both settling in well and are looking forward to meeting all of our patients!



Happy Birthday Lorna!

Our Dental Nurse Lorna looked very glamorous as she celebrated her 20th birthday on 28th September! That makes some of us feel very old!



Breathing

The nurse will check your blood pressure, the GP will check your blood, the optician will test your eyes, the audiologist will check your hearing but who is checking your breathing?

In the hierarchy of health, breathing trumps everything. 3 minutes without oxygen and the body will die (unless you're a free diver but that's another blog post in itself). So understanding the correct way to breathe is extremely important as chronic poor oxygenation will drive inflammation – this could manifest as gum disease, joint pain, gut disturbance, brain fog, eczema etc.

The important thing is to balance the blood gases (we need to retain enough carbon dioxide so that the red blood cells release oxygen to where it is most needed). We do this by elongating the exhaled breath and using the nose to breathe.

Nasal breathing is key as it warms, humidifies, moistens and filters the air. To help elongate the exhaled breath, head over to the Instagram or Facebook page where I've created a little video all about humming. A simple little hack to support you back to balance.

Stay tuned for more info on breathing or check out the brilliant new book by James Nestor called 'Breathe' (I've read it twice already 🙄).