Middleton St George
Dental Care

**October 2020 Newsletter**

*****UPDATE: WE ARE STAYING OPEN THROUGHOUT THE SECOND LOCKDOWN*****

Following the Prime Minister's recent announcement regarding a second, month-long lockdown starting 5th November, we were relieved to hear that medical and dental practices are **not** on the list of business that have to close during this period. It goes without saying that we consider dental health to be of absolute paramount importance to general health and wellness. We have received many positive comments about how patients feel safe when they visit us and will continue to maintain our strict protocols and high standards of cross-infection control.

**Please do not cancel your appointments.** For us, it is "business as usual" and we look forward to continuing to look after the dental needs of all our patients, including all our own registered patients and those referred to us by their own general dentists for more advanced and complex care. At the time of writing, there has never been a single case of COVID that has been traced back to a visit to a dental practice and we are confident that this will continue to be the case.

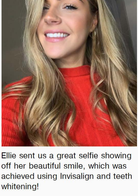
**Welcome to our October Newsletter!**

Chris and his wife Jennifer were proud to announce the safe arrival of their baby girl Emilia Rose Burton, born on 17/10/2020 and weighing a healthy 8lb 1oz. Julie Sinar and Debra Leafe were joint winners on guess the baby's weight competition held in September - well done to them both! Chris is now settling into his new routine of being a dad.

**Smiles of the month!**

We love Ryan's smile transformation which was achieved using Invisalign, teeth whitening and composite bonding! He now has a smile to be proud of!

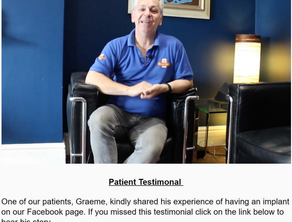
This lady had all her old veneers replaced to create this dazzling smile. Notice how she smiles differently now; she looks much happier.



Ellie sent us a great selfie showing off her beautiful smile, which was achieved using Invisalign and teeth whitening!

If you want to show off your smile, please tag us in your selfie - #msgdental!

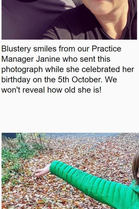
Another Ellie started her Invisalign journey with us at the beginning of this month! We are excited to see how she progresses!



**Patient Testimonal**

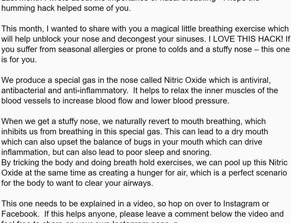
One of our patients, Graeme, kindly shared his experience of having an implant on our Facebook page. If you missed this testimonial click on the link below to hear his story.

https://www.facebook.com/MSGDental/videos/762082551019717



Blustery smiles from our Practice Manager Janine who sent this photograph while she celebrated her birthday on the 5th October. We won't reveal how old she is!

Our Dental Nurse Katie has started an Open University course studying Business. Katie developed her interest in Business and Marketing after she was given the opportunity to be involved in the marketing for the Practice. In addition, she has already gained experience of running her own business 'Betty's Bakery' where she bakes the most delicious treats for your furry friends.




**How to Unblock your Nose!**

Last month I wrote about the importance of nasal breathing - I hope the humming hack helped some of you.

This month, I wanted to share with you a magical little breathing exercise which will help unblock your nose and decongest your sinuses. I LOVE THIS HACK! If you suffer from seasonal allergies or prone to colds and a stuffy nose – this one is for you.

We produce a special gas in the nose called Nitric Oxide which is antiviral, antibacterial and anti-inflammatory. It helps to relax the inner muscles of the blood vessels to increase blood flow and lower blood pressure.

When we get a stuffy nose, we naturally revert to mouth breathing, which inhibits us from breathing in this special gas. This can lead to a dry mouth which can also upset the balance of bugs in your mouth which can drive inflammation, but can also lead to poor sleep and snoring.
By tricking the body and doing breath hold exercises, we can pool up this Nitric Oxide at the same time as creating a hunger for air, which is a perfect scenario for the body to want to clear your airways.

This one needs to be explained in a video, so hop on over to Instagram or Facebook. If this helps anyone, please leave a comment below the video and feel free to share on your own Instagram page ☺

**Please don't do strong breath hold exercises if you are pregnant or have serious health conditions.**