November 2020 Newsletter

Welcome to our November Newsletter!

Meet Ruben Martinez!

This month we celebrated Ruben's birthday on the 10th November. For those of you who haven't met Ruben, he is one of our dentists, born and raised in a little town in the outskirts of Madrid (Spain). Ruben attended The Complutense University in Madrid where he developed his passion for Dentistry.

When he got his degree, he decided he wanted to develop new experiences, so looked for jobs in the UK. Starting in Grimsby in 2008, he worked for some NHS practices and gained invaluable experience. He then moved to London in 2010 where he continued growing as a professional, working in several practices in Central London. During this time he started developing his special interest in Endodontics and Restorative Dentistry and achieved two PG certificates in two years from the prestigious Eastman Dental Institute (University College London) and the University of Barcelona.

After his time in London, he was offered a place at Newcastle University to study for a two-year full-time program in Restorative Dentistry alongside Prof Whitworth and Dr Bob Wassell, two of the most respected lecturers in Endodontics and Prosthodontics in the UK and Europe. These two years meant everything to Ruben from a professional perspective as he grew his special interests to another level of care. In 2014, he also started collaborating with Chris at MSG where he was able to deliver more specialised treatment to our patients.

In 2018, he moved back to Spain, but still travels back to the UK to care for patients all around the North East and Cumbria. Ruben loves working in the UK!

Treats from Practice Plan!

This month amongst all the gloom we received some lovely treats from Practice Plan to cheer up our day! Practice Plan have been providing the admin for our care plans since 2006.

Practice Refurbishment!

The long awaited conversion of reception has begun! We gave the builders a long weekend so they had a head start on the renovations. The damp proof course and new joists have gone in and a large aperture has been created in the wall linking to the hallway in order to change to a more open plan layout.
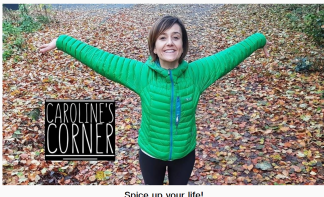

3D Printer!

Chris has been getting all techie with the 3D printer this year. From simple digital 3D impressions using the intraoral scanner, a huge and varied amount of different designs can be produced for 3D printing - eg study models, diagnostic previews, nightguards, surgical guides...the list goes on! This image shows some 3D prints undergoing a final light-cure.

This patient had a smile transformation to fix his broken and worn teeth. Using Emax crowns we were able to restore his confidence and give him a smile to be proud of!

This dazzling smile was created for Tiffany who had Invisalign, teeth whitening and composite bonding.

Spice up your life!

I'm not sure if it's the change in season, putting the heating on more, less sunshine or the stress of a pandemic, but a lot of people I see are suffering with inflammation of the upper digestive tract — namely the stomach. Think reflux, indigestion, burning throat, stomach pain and nausea.

After we chew food in the mouth, the first port of call is the stomach. Mushy food is bathed in gastric juices and the surrounding stomach muscles are massaged by the diaphragm when we breathe, to create a "washing machine" effect to process our food.

This is where protein digestion occurs and protein is essential for muscle production, hormones and neurotransmitters, so you can understand why a sluggish stomach can cause a whole host of issues!

Ginger is one of the most powerful functional foods to help support the stomach. An active component called gingerol has very strong anti-inflammatory, anticancer and antioxidant properties which supports the release of gastric juices, which helps reduce those niggling symptoms described above.

My simple hack is to make ginger tea is to grate ginger in some water, boil up in the pan for 10 minutes, sieve and sip. Fill a flask and take it to work or out on a frosty winter walk.

Do you have any warming ginger recipes? We would love it if you shared on the Facebook page.