

Welcome to our January 2021 Newsletter!



Happy New Year to all our patients!

Although it has been a difficult start to the year, as we entered into a third national lockdown, we want to reassure you all that we are still open as normal for routine and urgent dental care, including all types of treatment.

There are no new restrictions with regard to medical or dental care and we would actively encourage you to all attend your appointments. We can reassure you that we have taken strict measures to ensure that the practice is COVID safe and all of the staff have now been given their first COVID vaccine.



Our Dental Hygienist/Nutritionist Caroline saw in the New Year with a dip in the North Sea, which was captured by BBC News.....

<https://www.bbc.co.uk/news/in-pictures-55488606>



We wished a happy lockdown birthday to our head Dental Nurse Natasha on 23rd January. Here is a throwback to her and her husband Steve enjoying sunnier times in Mexico!



#### Meet Jane Akhtar

For those who haven't met Jane, she is one of our dentists at MSG, and has a special interest in Endodontics (root canal therapy). Jane graduated from The University of Wales in 1993.

Jane attended school in Yarm and studied at Manchester Victoria University where she gained an honours degree in Biochemistry and then went on to study Dentistry. After leaving University, Jane helped to establish a private practice in the North West before relocating home to Teesside in 2010.

With over 20 years of experience, her aim is to provide high quality dentistry with a gentle and caring approach. Jane is now writing her dissertation for a **Master's degree in endodontology (root fillings)** with Chester University, because two degrees are just not enough!

Jane enjoys cosmetic dentistry and is a certified Invisalign provider. She has completed three modules of advanced training in aesthetics and function at **The Pankey Institute** in Florida, which can help patients to prevent and restore tooth wear, a major cause of tooth loss.

When home, she loves spending time with her daughters, now 17 and 19, and can often be found in her running shoes or at a yoga class.

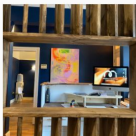
#### Smiles of the Month



This patient was referred to Chris by his own dentist, for his upper two front missing teeth. They have now been replaced with dental implants to create this confidence-boosting result.



This young lady came to us with some very discoloured front teeth, which were affecting her confidence. Chris was able to create this dramatic improvement using internal and external whitening followed by replacement of a few fillings.



#### Reception Refurbishment

The joists have all been replaced, a damp proof course has gone in and the room has been re-plastered, painted and new flooring (including tiles) installed. A new reception desk is currently under construction. The work is ongoing, but the end is in sight!



#### Katie's New Role!

Katie is one of our long-standing, experienced nurses and has been with us ever since she started in dental nursing. As we are getting busier, we have decided to give Katie an additional role as Treatment Co-Ordinator. This means she will be a point of contact for patients undergoing treatment, particularly longer and more complex treatment plans. Katie will be able to organise appointment schedules, finance, and face-to-face or video consultations for existing and new patients, to discuss and clarify all aspects of the proposed treatment options.



Head over to our Facebook or Instagram page where Caroline has shared a little hack on how to encourage nasal breathing and make mask-wearing more enjoyable.

<https://fb.watch/3mCphOCxxd/>