



Grayes Dental Care newsletter

Issue 5

Practice news

Congratulations to Lucy for passing her dental nurse exam. We are all very proud of her.



Grayes Dental Care has been recognised for its high standards and we are among just over 200 being celebrated nationally for gaining & maintaining membership of the British Dental Associations (BDA) Good practice Scheme for 10 years or more, known as Gold membership, which is a significant accomplishment. We were invited to attend an exclusive celebratory event at this year's British Dental Conference & Exhibition.

In January we had our CQC Inspection and although we had less than 24 hours notice we passed with 100% compliance. The only practice that our inspector had visited to have achieved this.

Cheryl Therapy Sessions



Cheryl will now be focusing more on treatment sessions for children and adults. This means she will be undertaking all children's fillings and fissure sealants and some fillings for adults, we now have the sessions available so Cheryl can put to good use her many years of experience.

What do you think about us?

Any comments on our services or any suggestions you may have are always welcome. Sinead is our Complaints Manager. We have a formal procedure in place to deal with any complaint we receive.

This year we have decided to record all the positive feedback we receive as it is easy to focus only on negative issues and disregard the positive. This has been great for job satisfaction for every part of the team- we get loads of lovely positive comments that we have overlooked for years!

If you would like to give us your feedback at any time please speak to a member of the practice team. We really do value what you think of the practice and our team. Please note that suggestions can be made via a comment card at reception, or can be made anonymously. As we are now registered with the Care Quality Commission you can contact them if you have any concerns that you feel you cannot tell us about on 0300 0616 161 or enquiries@cqc.org.uk

Did you know...

Teeth are biggest attraction

A study carried out by Match.com has revealed that we judge the opposite sex mostly on their teeth. The study was carried out over three years and the results have produced a top ten list of things that men judge women on and vice versa.

Over half of the list focused on appearance, with 58% of men judging woman on their teeth, and 72% of woman judging men on their teeth. Grammar took second place, followed by hair and clothes.

Office desk 'grazers' risk oral health

UK dentists and hygienists have revealed that people who snack throughout the day are a key group at risk of developing oral health problems. Snacking, rather than eating three meals a day, prevents the mouth pH levels from stabilising and the acid attacks caused by food are more frequent and prolonged. The survey also identified office workers as the worst culprits for snacking at their desk, with 40% admitting to snacking throughout the day.

People who drink wine or mixed long drinks three or more times a week (51%) and coffee shop regulars (23%) were also high risk categories, suggesting how modern work and lifestyle trends are contributing to poor oral health habits.

A fifth of office based employees (21%) regularly miss brushing their teeth in their rush to get to work. And when they do brush a massive 88% fail to do so for the recommended two minutes.

Can blackberries prevent tooth loss?

Blackberries could play a role in the prevention and treatment of gum disease according to new research published in the Journal of Periodontal Research. It shows the antibacterial properties of blackberry extract could help to prevent or aid in the treatment of gum disease, which left untreated, may result in tooth loss.

Natural extract from blackberries has previously been linked with blocking the spread of cancer cells. Blackberries join a growing list of foods that could help prevent oral health problems. Strawberries and green vegetables have been linked to reducing the chance of developing oral cancer, while other studies have discovered fish and fish oil can fight gum disease.

Chief executive of the British Dental Health Foundation, Dr Nigel Carter, thinks the research highlights the importance of indulging in a healthy, balanced diet. Dr Carter says 'Having a balanced diet rich in vitamins, mineral and fresh produce to provide anti-oxidants is something we should all be striving to achieve. It can help to prevent a number of oral health problems including gum disease and oral cancer, not to mention potential heart problems too. 'Although the study is promising, it is important to remember that any use of blackberries in preventing and treating gum disease should be as well as maintaining a good oral hygiene routine. Prevention is a really important word when it comes to oral health and it is fairly easy to keep on top of. It does not take up too much time or a lot of money, yet it is surprising how many people actually forgo basic oral hygiene principles, including brushing for 2 minutes twice a day'.



Green tea

New research is suggesting that green tea may benefit your oral health. Green tea contains compounds that appear to control inflammation and fight bacterial infection. This drink is also rich in antioxidants, which have many health properties.



Opening hours

Monday	8.30 – 5.30
Tuesday	8.30 – 5.30
Wednesday	8.30 – 5.30
Thursday	9.00 – 5.30
Friday	9.00 – 5.30
Saturday	By appointment

Practice is closed between 1.00 and 2.00pm
To make an appointment please call 01484 451799

Emergency Access

All patients who contact the practice any weekday morning with a dental emergency are sure to get an emergency appointment the same day. This is a service we know many patients value. For Out-of-hours access please ring our answerphone message or look on our website where you can obtain advice and

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