

[View this email in your browser](#)



Welcome to the last Newsletter of 2019

2019 has flown by for the Christchurch Team. It has been the year that has seen us double in size.

If you have been in for an appointment over the last few months you will have been sure to notice the new look reception area, the new furniture in the waiting room, you may have seen Dr Ash in our new treatment room which was installed in April and some of you may have even been into the new part of the building for an OPG or CBCT scan.

Our CBCT scanner was installed in July. We invested in the CBCT scanner so that our implant patients no longer need to travel to another practice for CT scans and so that patients needing larger X-rays than the standard intra-oral ones also do not have to travel further than the room downstairs.

Our expansion has also bought with it a kitchen and bathroom for the team, a new office for our practice manager, a consulting room where our treatment co-ordinators will be based and a board room for meetings and dental courses.

We are still putting in the finishing touches, so the big reveal will take place in the next newsletter.

It has certainly been a stressful year for our Practice Manager Cara who has project managed the expansion but a very rewarding one too.



Stoptober

The month of October brings with it the Stoptober campaign.



Stoptober is the country's largest mass quit attempt that encourages people to quit smoking together, starting on October 1 for 28 days. Why? Because research has found that if you can stop smoking for 28 days, you're five times more likely to stop for good.

Making that step isn't easy, but knowing you're not alone – that thousands of others have pledged to take the challenge too – can be a huge boost to willpower, which is why Stoptober's the ideal time to try.

You've probably already heard that smoking increases the risk of cancer and lung disease, decreases your sense of smell, ages your skin and costs you lots of money (£112 a month based on smoking 10 a day) but did you know that many oral health problems can also be caused by smoking?

Problems with your teeth and gums may be the first visible signs that smoking is damaging your health. Have you noticed your gums seem to be red or swollen? Are they tender, or do they seem to be receding from some of your teeth? Do you have occasional bleeding when you brush? These symptoms are signs of gingivitis — the early stage of gum disease that can lead to tooth loss.

Current medical thinking suggests that smoking suppresses the immune system, leaving gums prone to infection. Research has shown that smokers were more than 50 percent more likely to develop gum disease than non-smokers. But if you need more reasons to take that first step to kicking the habit, here's a list of reasons to quit smoking.

1. Smokers incur twice the tooth loss of non-smokers, due to plaque and tartar buildup that encourages dental decay.
2. Smokers are diagnosed with infected tooth roots at twice the rate of non-smokers (and exposed roots are more sensitive to hot and cold foods and beverages, making eating painful).
3. Smoking reduces your ability to fight infection throughout the body, including in the mouth and gums.
4. Smoking causes bad breath.
5. Smoking slows your body's ability to heal from injury or surgery (including tooth extraction and oral surgery).
6. Smoking reduces the effectiveness of gum disease treatments (periodontal treatment) that stop or delay tooth loss.
7. Smoking can discolor teeth.
8. Smoking can cause inflammation of the salivary gland openings on the roof of the mouth.
9. Tobacco use increases the risk of developing cancer. Smokers are 6 times more likely to develop cancers of the lips, mouth or tongue.
10. Pipes, cigars and smokeless tobacco also carry the same risks as cigarettes. All of the risks that apply to cigarettes also apply to other tobacco products.
11. The good news is that no matter how long you've used tobacco products, quitting now can significantly reduce your risk of gum disease, tooth loss and many other oral health problems. And over time, many of these health risks will diminish until they are almost at levels for non-smokers.



Derek spent the first weekend of the month at the Dentinal Tubules Congress at Heythrop Park learning new skills and catching up with friends and colleagues. Derek is the Suffolk director for dentinal tubules. Dentinal Tubules is a learning network for the dental profession and each area runs monthly study clubs, Derek runs the Suffolk study club. 3% of the dentists' membership subscriptions go to the Tubules foundation - this foundation was set up to help provide basic education all over the world.

Claire's Travels to Peru

My favourite things in life are meeting new people, animals and walking. My last holiday to Peru included all these things and was truly amazing.

I flew into Lima where I met up with the other members of the group. There were 11 of us in total, all like minded so we hit it off from day one.

We started our first leg of our journey to the Amazon Rainforest. After a long journey by small boat along the Amazon we arrived at Cayman Eco Lodge, right on the banks of the river. Here we stayed a few days enjoying the sights and sounds of the jungle. We did day hikes, night hikes, and canoe rides at sunrise to see the macaws on the mineral licks.

The animal life was amazing and we didn't have to go far from our lodge to see monkeys, sloths, and capybara just to name a few. There were lots of colourful birds and insects and of course the dreaded tarantula spiders! We took small canoes looking for anacondas and jaguars along the riverside, thankfully we didn't see any but did see evidence that they had been there recently.

The next part of the journey was the 4 day long Inca trail, the highest pass was 13,828 ft. The 17 porters that travelled with us set up and took down our camp daily, cooked our meals and still had enough energy to run past us with their heavy 20 kg packs while we puffed and panted to Machu Pichu. The eldest porter was 63 years old, they were all amazing!

After us celebrating reaching Machu Pichu we arrived at another very different part of Peru; Lake Titicaca. We visited the locals that made their homes on floating reed islands no bigger than 20 metres across, which housed 4 families. The reeds from the lake were used to build their houses and boats and to burn for cooking. They mainly ate waterfowl and fish. They took us out on their reed boat which was surprisingly very stable, to fish and cut the reeds to repair the island and their home.

We then went to a 'proper' island and stayed with a lovely Peruvian couple who opened their modest house to us. Our guide advised us what to take as a gift, chocolate and sweet things were forbidden as there were no dentists on the island! We took food provisions with us as a gift and whilst there helped to dig the land and prepare meals in the small wood burning stove, no electricity or modern showers just the lake! I was blown away by their kindness, everyone we met were happy and had beautiful smiles and teeth, probably the lack of sugar!



NATIONAL AWARENESS WEEK BRUXISM CLENCHING & GRINDING

Bruxism awareness week 2019

21st-27th October Bruxism affects over 80% of the population at some stage in their life, and can be debilitating for many sufferers. Whilst, for some, bruxism doesn't cause any serious symptoms, for many – the habitual bruxers - the side effects are painful and persistent, and include headaches, migraines on waking, and more. Our team can usually diagnose bruxism based on any symptoms you may be having and/or if you have any visible tooth wear. Signs of bruxism are usually picked up during a Oral health review.

The causes of bruxism are not always clear but it is known that bruxism rarely occurs alone. Research has consistently found that bruxism is found more frequently in those individuals who have an existing sleep disorders such as snoring, breathing pauses during sleep and obstructive sleep apnea.

Demographic and lifestyle factors such as young age, higher educational status, smoking, caffeine intake and heavy alcohol consumption are associated co-factors of bruxism.

Mental disorders, anxiety, stress and adverse psychosocial factors are significantly related to tooth grinding during sleep and it has been found that nearly 70% of bruxism occurs as a result of stress or anxiety.

Bruxism is not always long term, it can appear for a short period of time, for example through a period of stress, we often find that students suffer from Bruxism during periods of study.

If you are concerned that you suffer from Bruxism or have any of the symptoms associated with Bruxism, speak to your dentist at your next oral health review so that we can begin your Bruxism treatment helping you to become comfortable again.



Our hygienist Anna took part in Simplyhealth's Great East Run in September. She was raising money for opportunity group which is a charity run playgroup for children with additional needs with is a cause close to her heart. Anna started the couch to 5k at the beginning of the year in order to achieve this and is now enjoying running and plans to continue with her efforts and take part in more fundraisers in the future. Well done Anna, an amazing effort.



Dr Ash plays the drums in a band. In July he spent the weekend in Oxford for the carnival with his samba drum group. Looking fab Ash!

Warm Welcomes

We welcomed Brogan to our team in July. Brogan has joined the team as an apprentice dental nurse. Welcome aboard Brogan!

**Welcome aboard Laura**

Laura joined our team in September, she is the 4th addition to our amazing hygiene team. Laura qualified from the University of the Highlands and the Islands as a Dental Hygiene Therapist. Laura is already proving to be a great addition to the team and is popular with our patients. Welcome aboard Laura!



Team Promotions

Rebecca has been promoted to Senior Dental Nurse. Rebecca has been with us for 14 years as a Dental Nurse and a treatment Co-Ordinator. She will continue with her nursing and treatment co-ordination but will also be leading the nursing team here at the practice.



Gabi has been promoted her into the position of Treatment Co-Ordinator. Gabi joined the team in

This editions birthday wishes.....



We have had lots of birthdays in the past few months at the practice
Ash and Anna Celebrated their birthdays in July, Suzanne and Rebecca celebrated their birthdays in August.
Beth celebrated her birthday in September and Derek Celebrated his last week.
Happy Birthday guys!

We hope you enjoyed the read.
Dare we say it.....we wish you all the best over the festive period and a happy start to 2020.
See you soon.

Best Wishes
The Christchurch Team



Copyright © 2018 Christchurch Dental Practice LTD, All rights reserved.
69 Fonnereau Road, Ipswich, Suffolk IP1 3JN
Tel 01473 250977

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Christchurch Dental Practice - 69 Fonnereau Road - Ipswich, Suffolk IP1 3JN - United Kingdom

