



Word Of Mouth

Produced for the Patients of Sheen Dental Centre

Spring/Winter 2010

fromthepractice

So here we are, another year has passed; and what a year it's been. Despite all the initial doom and gloom from the forecasters, we seem to be emerging, albeit slowly, from the recent economic trouble. We too were not immune to it as everyone was to some degree.

2009 gave us the chance to clarify where we are and where we want to be. We have spent the year consolidating both the services and the team to be in a very positive position for the beginning of 2010. In the later part of 2009 the opportunity came about for us to acquire a branch practice in Ealing that will be headed by Dr. Cholia. In due course we intend to replicate what we have achieved in Sheen.

The building work will start in Sheen very soon, and we hope the transformation will be to your liking, certainly we have had wonderful feedback to the plans so far. This is a very exciting time for us as it gives us the chance to improve our facilities for you and continue to offer you exceptional service and experience.

All the team would like to take this moment to thank you for your continued support and wish you a happy and prosperous 2010.

Kind regards,

Dr. Kalsi

Enhance Your Smile

Botox® treatments right here at your dental practice!

The last twenty years have seen truly revolutionary improvements that have changed dental procedures forever.

The popularity of facial and dental aesthetics in recent years has skyrocketed. One of the reasons? Cosmetic dentistry - including non-surgical techniques such as veneers, bonding, and tooth whitening - has the ability to make patients look years younger. The other is facial rejuvenation; We are happy to offer, *Botox*® and filler injections, to enhance your beautiful

smile. The rationale is clear: if you're undergoing a smile makeover, it could make perfect sense to smooth out those wrinkles and frowns at the same time. This combination of dental and medical services is proving to be highly attractive to many patients.

At *Sheen Dental*, we offer you Botox and filler treatment as part of your regular recall visits. However you may wish to schedule a dedicated appointment. Botox treatment relaxes the muscles that cause active wrinkles and can last up to 4 months. Fillers are used to plump up passive wrinkles and creases lasting up to 2 years depending on the patient.

Some patients report mild discomfort but added that the great results achieved make it worthwhile.



Free BOTOX CONSULTATION



If you feel that Botox, filler injections, or both would complement your smile, give us a ring on (020) 8876 5277. We'll be happy to discuss all aspects of the treatment so that you can make a decision with confidence.

Communication is important to us - please to ask questions!



Patient Journey

What she had:

Miscoloured teeth which were crooked and misshapen.

What she wanted:

Whiter, straighter and better shaped teeth – to look 10 years younger!

Here's the treatment she had:

1. First we needed to 'stabilise' her oral health by removing any decay and carrying out any fillings she needed. A couple of visits to the hygienist were also recommended to ensure her gingival health was at its optimum before beginning the more complex side of the treatment.
2. She then used home tooth whitening with custom fitted tooth whitening trays to brighten her teeth naturally – easy, convenient and effective!
3. We produced casts and a wax up in order to plan her crowns and veneers so that she could visualise the final transformation.
4. A mixture of porcelain laminate veneers and zirconia crowns were custom crafted by our technician and fitted on her teeth.
5. She loved the results so much that she also wanted the lowers done. After discussions with the in-house orthodontist the orthodontic solution was the chosen route.

The result:

An amazing transformation...see for yourself!

Here's what she has to say about the experience:

“ I had become very disappointed with the colour of my teeth and the fact that they were ageing and crooked. I found it affected my self confidence and I wanted to change this. The treatment options were very fair and I found that they were fully discussed with me. The treatment appointments were planned and scheduled to accommodate my needs. Throughout I was very pleased with Dr. Kalsi's suggestions and felt very comfortable with him and his team carrying out my treatment. The whole experience has been very relaxing under the circumstances. After each stage I felt like I was one step closer to perfect teeth. On reflection I would recommend the treatment even to nervous patients, as you are made to feel very relaxed and at ease and the results are definitely worthwhile. ”

By B.B



Stay On Top

Here's how!

You wouldn't miss washing a third of your body while you shower ...what would be the point of that? Well, why would you skip flossing? Brushing alone cannot reach in between your teeth and under the gumline – that third, where the bacteria that cause gum disease, caries, and bad breath love to hide.

Flossing once a day, preferably before bedtime, is just as essential as brushing for 2-3 minutes twice a day. Your floss can give you other clues too. Is it hooking on chips or cracks, snagging on a jaggy filling, or catching on a spiky cavity?

Actually, many dental problems begin silently. Regular dental visits can identify problems in their early stages when they are easier and cheaper to treat. And we can help keep you on top of your flossing technique!

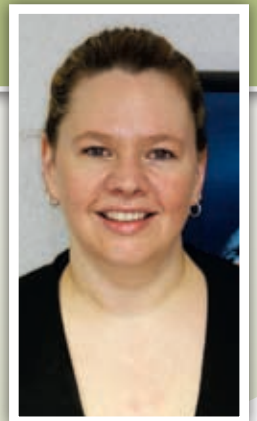
Team News

Dr. Cholia has recently become a dad for the first time and we would all like to congratulate both him and his wife on the birth of their beautiful baby girl.

Paula (right) recently joined us and comes with a wealth of knowledge and experience. She has already proved to be an invaluable member of the team, and the patients have commented on her laid back and well organised manner.

When you are next in surgery you will see our wonderful new uniforms, we all love the new look and it helps enhance the team spirit within the practice.

We had a great response to our *Christmas Questionnaire* and a winner was selected from those returned to us. We would just like to thank all those who responded, your feedback and opinion is always very important to us. In our next newsletter we will show you the great results the winner achieved with the *at home tooth whitening kit*.





First Steps

Your child's teeth can last a lifetime

Baby's first tooth is a celebrated occasion and the perfect time to start ensuring healthy teeth for a lifetime.

Baby teeth are like place holders for the adult teeth, and are susceptible to cavities, especially for babies put to bed with other than water in their bottle. Carefully wipe your infant's new teeth and gums with a piece of damp gauze or a washcloth, then move to a soft-bristled children's toothbrush.

Your good example is best for teaching. Use a pea-sized amount of fluoride toothpaste on a soft brush, then encourage them to brush – but follow-up with a parent check.

The first of many regular dental visit should be between two and three years of age. Never make the dentist out to be the "bad guy"! Express excitement that your child is grown up enough to visit the dentist who is someone who will care for their teeth for their lifetime. Play "dentist" ahead of time, and treat the visit as a stepping-stone of which they can be proud. If your water isn't fluoridated, we'll adjust your child's treatments. Fluoride makes teeth stronger and more resistant to infection.

Once your child's permanent teeth appear, a plastic coating called a sealant can be placed in the grooves of the back teeth. This keeps food and bacteria out of the grooves, the most common cause of decay. In addition to this, your child should still be encouraged to follow a strict hygiene routine.

If your teenager is lax about routines or concerned about poorly positioned teeth or other dental problems, talk to us. We can advise about procedures to help encourage their self-esteem.

The road to a healthy mouth is a lifelong journey that starts with their first tooth.

White composite fillings are to silver fillings what CDs are to vinyl records. Traditional silver fillings do the job, but white, contemporary composites are also long-lasting and durable, and they're much better looking!

How can you benefit from the newest-generation of invisible composite filling materials?

- Smile with confidence! Fillings match your own teeth, even at the back of your mouth;
- Smile with assurance! Your tooth is repaired with the removal of less healthy tooth enamel;
- Smile with strength! Composites bond to enamel to help prevent breaking and insulate from temperature changes. This strengthens teeth and reduces the risk of tooth cracks due to the expansion and contraction;
- Smile with security! Composites have a more accurate fit which effectively seals out bacteria;
- Smile with radiance! Fluoride-releasing composite materials reduce tooth and root decay.

Did you know that over time, silver amalgam fillings can deteriorate and should be replaced? When that time arrives (we check their viability at each and every one of your appointments), consider the beauty of white composite filling materials. No doubt about it, our patients report that with white composite fillings, they feel that their smiles are more confident, assured, and genuine.

Please call us on (0208) 876 5277 for a consultation about natural-looking, contemporary composite fillings.

Invisible Benefits

In praise of white fillings



Onlays!

...for natural strength and sheen.

Anti-Snoring Appliances

Tired of being kept awake at night by your partner's snoring? Help may be at hand...

What Causes Snoring?

When your throat muscles relax while sleeping they are less effective at holding your breathing passages open. As the soft sides of the airway close slightly, the air is forced to travel through a smaller space. This causes the soft tissue to vibrate causing snoring.

Snoring braces are a pair of custom made appliances, which you wear while sleeping. Both upper and lower appliances are connected with small plastic links. It works by gently pulling your lower jaw forward slightly, maintaining your airways open preventing snoring.

Occasionally patients notice some stiffness in their jaw for the first few mornings as it generally takes a few days to become accustomed to the appliance.

Impressions will be taken of your teeth which will be sent to the laboratory. When you come to collect your appliance about 10 days later, your dentist will show you how to insert and remove them.

Once you are used to popping them in before bed, you and your partner can look forward to undisturbed nights.



practiceinformation

Sheen Dental Centre

Dr. Kalsi, Principal – Implantologist
Dr. Rashid
Dr. Beaumont
Dr. Bhogal
Dr. Cholia, Orthodontist
Dr. Qureshi, Oral Surgeon

Kamilla, Hygienist/Dental Therapist

152 Upper Richmond Road West
East Sheen, LONDON SW14 8DP

Practice Hours

Monday	8:00 am	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	8:00 am	–	5:00 pm
Thursday	8:00 am	–	5:00 pm
Friday	8:00 am	–	5:00 pm
Saturday	9:00 am	–	1:00 pm

Contact Information

Tel (020) 8876 5277
Fax (020) 8241 9155
Emergency (0776) 806 5306
Email reception@sheendental.co.uk

Practice Staff

Natasha..... Practice Manager
Mandy..... Receptionist
Nena, Natasha, Paula, Elvira, Liz.....
.....Dental Nurses

*Communication is important to us –
don't be afraid to ask questions!*

Hidden Sugar Trap

Watch out for it!

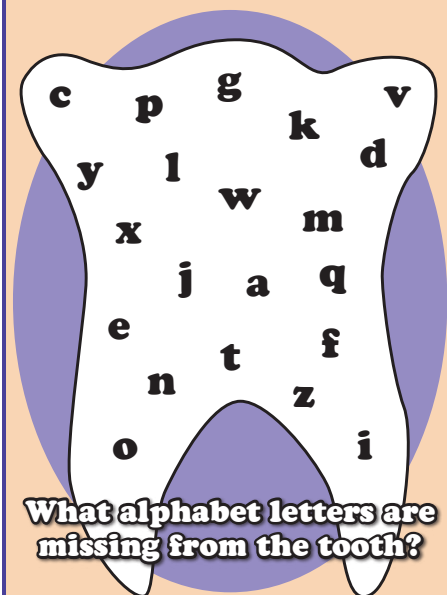
A lot of attention has been paid to the sugar in soft drinks because it makes people so vulnerable to cavities. Regardless of age, cavity-causing sugar also contributes to obesity, osteoporosis, heart disease, diabetes, and kidney stones. No matter how conscientiously we avoid treats, *everyone* is at risk of consuming hidden sugars every day.

In addition, try to limit consumption of these products that most of us think of as medicinal, rather than as sweets: antacid tablets, breath mints, cough drops, and cough syrups. If you feel you can't avoid them, or suffer from chronic dry mouth, consider diabetic products that you can rely on to be sugar-free.

Rinsing your mouth with water after consumption helps, but we encourage you to ask us about cavity-preventing fluoride rinses for additional protection.

Kids' Corner

Find the letters...
and the secret word!



Use the missing letters to spell something you must do at least twice a day.