

# THE LYNDHURST DENTAL PRACTICE



If you would like to discuss something in private, please ask one of the team. We will be happy to take you to a quiet corner away from reception, or you may wait until you go into the surgery.

## WHY IS THE DESK SO BIG ??

Patient confidentiality is extremely important and here at the Lyndhurst Dental Practice we take it very seriously.



As patients you are entitled to expect us to keep the information we hold about you private.

In order to protect all the information we have the computer screen behind the big tall box. We use a programme for appointments and all the information we have about each patient is stored on the system. We also still use paper notes, as many of our patients have been attending the practice for over 30 years, a long time before we used a computer. All of this is also 'hidden' behind the box.

Many of you have asked if I like my new surroundings, especially as I can't see you all. I love my new desk and especially where it is in the waiting room.

At long last I can look out of the window, and greet you all as you come through the door. I can always pop out from behind the computer for a chat.

I am sure you will all get used to the new layout. I am looking forward to the summer when I can sit here with the door open.

We would all like to wish Lucy lots of luck with her forthcoming exams and new adventure.

She is off to Portsmouth University in September to become a hygienist. We will all miss her very much.



Good Luck !



### **Craft beer and trendy wine glasses - a hidden risk -**

There is an expanding market in craft beers. Many of them have a high ABV ( alcohol by volume ).

The average glass of wine sold in England has almost doubled in volume since the 1980s.

For some patients their actual alcohol consumption is much greater than they may realise. Next time you complete a new medical history, take into consideration the strength of your drink and the size of your glass.

### **Health not cost is the reason Brits are giving up smoking**

New research shows more smokers are giving up in a bid to improve their health and wellbeing.

Twice as many plan to quit to improve their health, rather than for financial reasons. Over the last 10 years the cost of tobacco has risen by 91%. Smokers are at their lowest numbers ever. Smoking increases the



### **Top tips for oral health**

Clean between your teeth using interdental brushes or floss, this loosens bacteria and debris between your teeth.

Brushing for 2 minutes in the morning and last thing at night with a fluoride toothpaste is key to maintaining good oral health. If plaque is not removed it continues to build up, feeding on food left behind and causing tooth decay and gum disease.

After brushing just spit the toothpaste out, do not rinse. If you do, it will wash away the fluoride which helps to protect your teeth.

Diet plays a big part in oral health. Keep away from sugary foods and fizzy drinks. Avoid snacking as this leads to more acid attacks. It is better for our teeth to have 3 meals a day, instead of 7 - 10 snacks.

Regular appointments with your dentist and hygienist help to maintain a healthy mouth and keep oral disease at bay. Prevention is better than needing a cure.

