

# TUPSLEY DENTAL PRACTICE

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NEWSLETTER

MARCH 2017

*Welcome to our latest newsletter, letting you know what's new in the practice, what our active team has been up to and items of interest to keep your oral health in tip top condition.*

## SARAH'S REPORT ON HER KENYA TRIP

Our Dental Therapist, Sarah, travelled to Msambweni in Kenya in October 2016, as part of a trip organised by the charity 'Etatu' ([www.etatu.org.uk](http://www.etatu.org.uk)). The charity was set up four years ago to help provide education to children living in the area. Sarah was asked to provide instruction in oral hygiene and to source much needed equipment for the local dental unit.

Sarah's mission was to acquire 1000 toothbrushes. This would not only allow for interactive learning but also would provide many children with an amenity which we might take for granted yet to many children in Msambweni a toothbrush is a luxury. She managed to reach her target through support from dental companies Curaprox and Oral B and also through the kind donations of a number of patients here at Tupsley Dental Practice. So, a big thank you to all those involved. Sarah delivered tooth brushing seminars to the children of Msambweni Orphans' Programme and Msambweni Primary School. Every single child received a toothbrush. A small gesture but tremendously valuable in this case.

Sarah was also able to buy a number of products on the dental team's wish list through generous support from Hereford Dentist Society and dental company Henry Schein. Local practices also donated equipment they no longer use. The dental unit is considered a low priority for funding and consequently it had been 5 years since they last received any new equipment. The team commented it was the most practical collection of instruments/products they had ever received and were extremely grateful.

Sarah spent time working in the dental unit and therefore experienced first-hand the difficulties faced by clinicians and patients, the comparatively poor cross infection control mainly due to lack of products to use for this practice and lack of options available for treatment through faulty/lack of equipment and patients' limited funds.

All in all, a successful trip, huge benefit to the locals and a great experience for Sarah.





# TO FLOSS OR NOT TO FLOSS? .....THAT IS THE QUESTION!

I am sure that you are aware of the article published by the Daily Mail last year entitled “Why you don’t need to bother flossing!” which suggested that the majority of available studies fail to demonstrate that flossing is generally effective in plaque removal and in reducing gum inflammation. The article provoked great criticism from many dental societies as the title and the article were highly misleading and one by one they issued their statements in response.

The British Society of Periodontology (BSP) were dismayed to read in the Daily Mail article that the scientific advisor to the British Dental Association (BDA) was quoted using information taken from a study relating to the ineffectiveness of flossing. Professor Damien Walmsley acknowledged that the quotes used were taken out of context to fit the general theme of the article about various health procedures being ineffective. The overall message relayed by the article is that cleaning between the teeth is a waste of time. But this is both misleading and categorically untrue. Interdental cleaning is an essential part of an effective daily cleaning routine to prevent the onset of gum disease. A large European review of the scientific literature in relation to the effectiveness of different forms of cleaning between the teeth has been published and the UK and European guidance supports the use of interdental brushes where there is space but floss where there is not. The recommendation from the European workshop to patients is: “Daily cleaning between your teeth using special interdental brushes is essential for treating and preventing gum disease. Floss is of little value unless the spaces between your teeth are too tight for the interdental brushes to fit without hurting or causing harm.” Therefore, flossing is not a waste of time - it is a viable alternative to interdental brushing where appropriate.

Prof Iain Chapple, Secretary General, European Federation of Periodontology stated that the studies that had failed to demonstrate that flossing was generally effective in plaque removal between teeth and in reducing gingival (gum) inflammation was due largely to the fact that patients find flossing difficult to perform and it is frequently performed incorrectly. However he suggested that it did not mean that individuals who can floss correctly will not benefit from doing so.

The BSDHT advised their members and patients that regular interdental cleaning remains a valuable part of their oral health routine. Michaela O'Neill, immediate past President of the BSDHT, said: “Tooth brushing alone only cleans three of the five surfaces of our teeth, so cleaning between our teeth is a critical part of good oral hygiene as it helps to prevent gum disease by removing plaque from any areas missed by brushing alone. Regular interdental cleaning removes the biofilms that develop in-between teeth. This is commonly called plaque and hosts various microorganisms which, if left in situ, can lead to dental decay. It is this plaque that we aim to remove daily. Gum disease can be induced by a person’s reaction to plaque. The disease process begins when plaque is not removed effectively. The removal of plaque is key to maintaining dental health.”

There are specific instances when floss is actually very important for keeping certain areas of the mouth clean. For example, floss which is used for cleaning around the threads of a dental implant, e.g. Superfloss or Tepe Implant floss is the preferred aid as interdental brushes or sticks are not effective in removing deposits around the full circumference of an implant. There are other instances which include patients who have a bridge: these patients need to use floss suitable for cleaning the space underneath their bridge. In patients that have very tight contact points or crowded teeth, floss or tape may be the only option to clean interdentally as interdental brushes or sticks may not physically be able to fit the interdental spaces.

We would like to reassure our patients at Tupsley Dental Practice that all our Clinicians keep up to date and any advice given will be evidence based. However patients are treated individually and any advice offered and demonstrated will be tailored based on each patient's differing needs. Professional instruction is given in order to achieve optimal effectiveness.

So in answer to the question – yes flossing is beneficial and might be recommended in preference to interdental brushes. If you have any concerns or questions with regards to your interdental cleaning aids, please feel free to ask one of our Clinicians at your next appointment.

To book your next dental appointment call

The Cedars, 60 Aylestone Hill, Hereford  
[www.tupsleydentalpractice.co.uk](http://www.tupsleydentalpractice.co.uk)

[01432 267388](tel:01432267388)

## WE WOULD LIKE YOU TO MEET OUR NEW ASSOCIATE **DR NICK FRENCH**

We would like to announce the arrival of a new associate, Nick French. Nick started in December and is currently working at the practice every Friday. However as he expands his list of patients, he will be able to offer another day.

Nick qualified as a Dental Technician in 1987 and was offered a training position at the world-renowned Maxillo-Facial prosthetic department at Queen Mary's University Hospital in London. During his time there he gained his Higher National Diploma in Maxillo-Facial Prosthetics and Technology.

Nick spent a year working at the Waikato Hospital in Hamilton, New Zealand and on returning to the UK was appointed Chief Maxillo-Facial Technologist at St Richards Hospital in Chichester. After working there for 3 years, he was offered a place at the University of Western Australia Dental School and qualified as a Dental Surgeon in 1999. On his return to the UK, Nick started work in a Dental Practice in Chichester and since 2006 has been working in Newbury.

Nick has a special interest in Implant supported crowns, bridges and dentures which he has been carrying out for many years. He also has extensive experience in cosmetic and restorative dentistry.

We hope Nick will enjoy working and being part of our motivated and enthusiastic team.

### **STAFF UPDATE**

#### **EMPLOYEE OF THE QUARTER...Autumn 2016**

Tracey Hickin, was voted for by the team members. Tracey is one of the first faces you will see on entering the practice and she is always a happy and cheerful member of the reception team. Well done Tracey, who is very hard working – a worthy winner.

#### **.....and for Winter 2016**

Josie Phillips is our latest Employee of the quarter chosen by her team members. Josie, one of our Dental Nurses, is always willing to help out in whichever surgery she is needed. Well done Josie; a very versatile member of our team.

#### **FAREWELL TO NICOLA AND HELLO TO KELLY**

It was with sadness that we said goodbye to Nicola after she announced her decision to leave us in December. However we are very pleased to welcome the arrival of Kelly, our latest Receptionist to join the team. Kelly has fitted in very well and due to her previous experience as a Dental Nurse, we are sure she will be a useful addition to join our Reception team. We hope she will be happy working with us.

#### **GOODBYE TO RICARDO MARTINS**

Unfortunately Ricardo left our team in January. We would like to wish him the best of luck for the future and would like to reassure any of his patients at our practice that your Dental care will be transferred to Nick French, our new associate.

#### **WELCOME BACK AMBER**

We would like to let you know that Amber has now returned to Tupsley Dental Practice following the end of her maternity leave. William is now 8 months old and settled well into Nursery. We are all pleased to have Amber back on the team and her return should restore continuity of Dental Nursing staff in all the surgeries which did prove to be a minor hiccup in her absence.

## NEW PATIENTS, REFERRALS AND EARLY/LATE APPOINTMENTS

We are pleased to advise you that Nick, Rob and Gareth are taking on new patients. We still have some “Thank You” goody bags available to give to our existing patients if they are pleased with the treatment and service that they are receiving at Tupsley Dental Practice and wish to introduce any new patients to our Practice.

Mark is happy to provide consultations to patients who may be interested in Implants, whether they are an existing patient or not. So if you know someone who could benefit from our Implant technology, we would welcome them for an independent consultation either self-referral or by referral from their Dental Practice.

Rob is happy to take referrals for Endodontics (Root Canal treatment) so if you know someone who would prefer to save a tooth rather than having it extracted, it may be an option for them to have a consultation with Rob.

Our Hygienist team: Sarah, Stella & Jo are also taking on new patients. They also accept Direct Access patients – it is possible to see a Dental Hygienist without having to see a Dentist first. The GDC introduced Direct Access for Dental Hygienists on 1 May 2013 eliminating the need for a Prescription/referral from a Dentist.

Rob, Sarah & Stella offer evening appointments on Tuesdays until 19:30 and Sarah offers 08:30 appointments on Mondays, Wednesdays and Thursdays to accommodate our patients who have difficulty attending appointments during the normal working day.



## TRAINING & DEVELOPMENT

As always, the staff at Tupsley Dental Practice pride themselves on updating skills and keeping up to date.

Tupsley Dental Practice held a full day's training session on a Saturday in October when almost all of the staff attended. The day was facilitated by Sharon Kidson and all staff found it to be an extremely useful and informative day. It proved to be a fun day where all staff contributed with suggestions and ideas for improving the running of the practice. We have already made some changes and look forward to putting more of the ideas into practice.

We also held a mandatory training afternoon in November and we will be holding our next biannual in-house training day at the end of March, when the whole team will receive an update on CPR and Medical Emergencies, including the use of the Defibrillator.

Our designated First Aiders, Sarah & Carly, attended an update course on First Aid which included an exam which they both passed.

Over the last few months, some of the clinical staff have attended various training days, courses and meetings in a number of different places and countries! These include a training day in Cardiff for many of the clinical staff: the topics covered many core subjects which need to be updated on a yearly basis and the British Society of Dental Hygiene and Therapy's Oral Health conference in Belfast. There have been further training courses by our Dentists in Belgium on some interesting and new techniques with composite fillings and training on angled and zygomatic implants with a visit to Southern Implant's factory in South Africa – both of which there are more details and pictures on the next page! Some of the team have also just returned from London where they attended the Association of Dental Implantology Team Congress which was held at Excel, pictures of which can also be seen next...

## PICTURES AND MORE DETAILS OF FURTHER TRAINING

Further training within the team is continuing at pace, and since finishing his Master's Degree in Endodontics (Root Canal treatment) Rob has started a teaching role in Liverpool where he is able to help train post graduates in advanced Endodontic techniques. This is great news for the practice and will allow us to expand our referral role.

Gareth Jones has been increasing his considerable knowledge of short term Orthodontics and Occlusion and is planning to start further Orthodontic training in the summer of 2017.

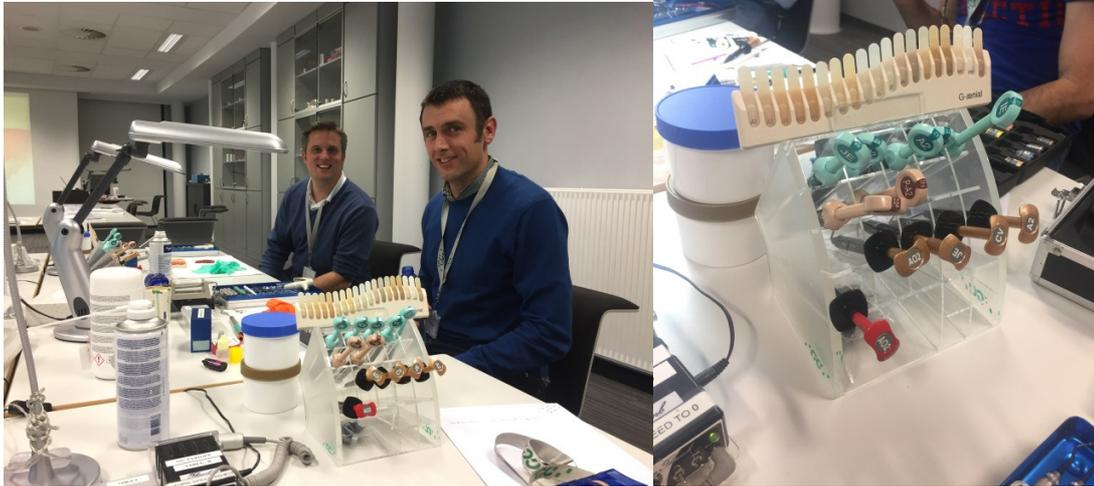
Mark has also been training hard and over the past 12 months has spent time with Professor Patrick Palacci in Marseille <http://www.palacci.com/?lang=en>



Mark has also spent additional time expanding his knowledge in the treatment of Temporomandibular dysfunction with a new treatment developed in the United States.

[http://www.cerezen.eu/uk/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=Brand-UK&gclid=CjwKEAiAi-FBRCZyPm\\_14CjoyASJACIUigO9cKMLL-f669G7ifNiwj7Lp5DsjiySvunwPWSmGfipQxoCEbfw\\_wcB](http://www.cerezen.eu/uk/?utm_source=google&utm_medium=cpc&utm_campaign=Brand-UK&gclid=CjwKEAiAi-FBRCZyPm_14CjoyASJACIUigO9cKMLL-f669G7ifNiwj7Lp5DsjiySvunwPWSmGfipQxoCEbfw_wcB)

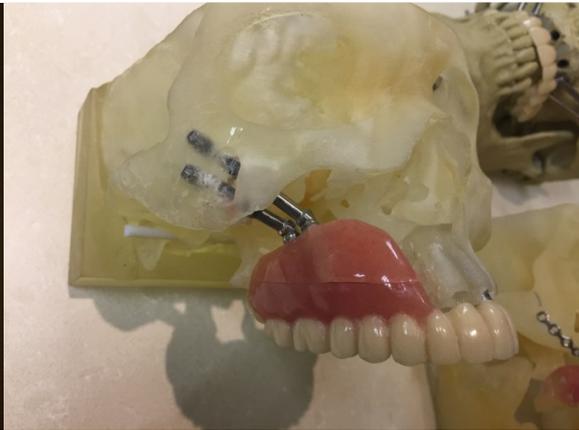
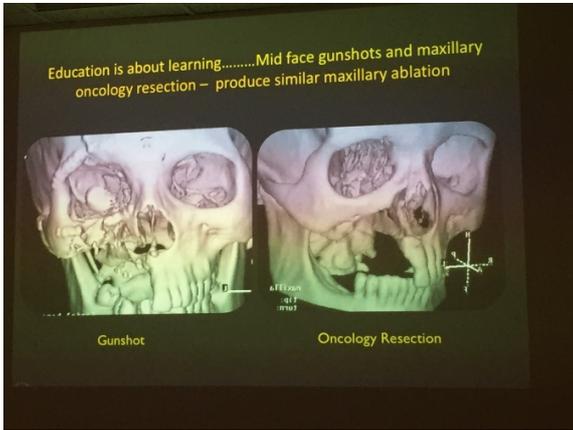
Mark, Rob and Gareth also recently travelled to Belgium to be trained by GC in their dedicated facility in Leuven <http://training.gceurope.com/> where they learned new techniques in layering filling materials to give more aesthetic results when replacing old fillings or restoring your teeth with composite resins.



Mark has recently returned from the Branemark Centre of Osseo integration in Johannesburg as well. The emphasis here was on the placement of angled implants to reduce the requirement for bone grafting, along with training in the placement of zygomatic implants which are anchored in the zygoma (otherwise known as the cheek bone).

This was a particularly interesting trip which involved a tour of the facility in Pretoria where Southern implants design, test and fabricate their implants and all the associated components, as well as three days of intense lectures and hands on training.







Most recently Mark, Anthea and Stella have been in London at the Association of Dental Implantology Team Congress <https://www.adi.org.uk/events/congress17/>

This is held every 2 years and we have been to every congress for the past 14 years! It was an excellent conference as usual. Every member of the team always comes away with new knowledge, and advance notice of new research and techniques, all useful to help improve our delivery of treatment to our patients.

