

# Newsletter

## THE IMPORTANCE OF REGULAR DENTAL CHECKUPS



Maintaining good oral health is essential not only for a bright smile but also for overall well-being.

Regular dental checkups are a crucial part of this maintenance, helping to prevent dental problems before they become serious.

Here are some fun facts for you:

- 25% of adults DO NOT brush twice a day. This increases their risk of developing tooth decay by 33%!
- Roughly 75% of school children worldwide have active dental cavities.
- 48% of young adults have untagged themselves from a photo on Facebook because of their smile.
- 90% of a bad breath smell originates in the mouth.
- People who smoke are 2-7 times more likely to develop periodontal disease than non-smokers.

- It was customary during the middle ages to kiss a donkey if you had a toothache.
- Tooth enamel is the hardest structure in the human body.
- Roughly 25% of American adults have no teeth.
- The average human being produces 100,000 gallons of saliva during their lifetime.
- Tooth decay is the second most common disease, second only to the common cold.

During your routine examinations. Your dentist will be checking for: dental issues, such as cavities, and gum disease can develop without any noticeable symptoms.

Your dentist will also screen for signs of oral cancer. These will include unusual sores, lumps, or tissue discoloration. Early detection significantly increases the chances of successful treatment.

While it might seem tempting to skip dental visits to save money, regular checkups can actually save you money in the long run.

Preventive care and early treatment of dental issues are less expensive than the costs associated with treating severe problems.

If you have any questions or need to schedule an appointment, feel free to contact our office. We are here to help you achieve the best possible oral health.

## PRACTICE HOURS

Monday	9.00am	7.00pm
Tuesday	9.00am	5.00pm
Wednesday	9.00am	5.00pm
Thursday	9.00am	5.00pm
Friday	9.00am	3.20pm
Saturday	9.00am	1.00pm
Sunday	Closed	

*Closed for Lunch Mon/Thurs - 1.30pm - 2.30pm*

*Saturdays & Evenings by Appointment*

## EMERGENCY /OUT OF SURGERY HOURS

When the practice is closed please call the practice telephone number and a recorded message will give further information on how to access advice and treatment in the event of a dental emergency.

For a dental emergency outside of normal surgery hours, with the exception of Denplan members, a callout fee will be charged.

## Straighten your teeth the INVISIBLE way

Free consultation & Teeth Whitening  
with all clear aligner treatments

*Interest free credit plans available to all our patients. Subject to status. T & C's Apply*





## Fizzy Drinks and Your Teeth

Do you love fizzy drinks? While they're tasty, frequent consumption can harm your teeth. The high acid content erodes enamel, causing cavities and tooth decay.

Sugars feed harmful bacteria, increasing gum disease risk. To protect your smile, try limiting these drinks, choose water or milk instead, and keep up with good dental hygiene. Remember, regular dental check-ups are essential to maintaining a healthy mouth.



## Airflow polishing in all our surgeries

At Buckden Dental Clinic, we are always striving to improve our services for you. We have recently invested in new equipment, enabling us to offer air flow polishing in all our surgeries.

You may now have your dental hygiene appointment with your dentist instead of the hygienist if appropriate. This not only reduces your wait time, as our hygienist is currently extremely busy, but also allows us to extend your dental examination to include cleaning, saving you from making a separate trip.

We believe these advancements, along with our use of cutting-edge technologies like 3D printing and laser treatments, will greatly enhance your dental care experience.

If you have any questions or concerns, please contact our reception team—they are always happy to help. Explore these new options with us for better oral health.

## Patient Testimonials

*"I came into the appointment in tears, because of the pain I was experiencing. I had only phoned the day before and they got me in the next day. All I can say is that the care and attention of the dentist, the assistants and the front desk are of the very best standards.*

*They are kind, caring, helpful and completely professional. My dentist even sent me a pain management plan. Even though she was busy the next day, she got me in to see her again. I have such respect for the dentist and this practice, it's no wonder they win awards!*

*Thank you for your kindness and patience for your patients when they are at their most vulnerable"*

**Alison N.**

## Finance Options now available



We have teamed-up with SimplyHealth and can now offer a wider range of finance options.

This including spreading the cost of your dental treatment over 6, 12, 25 or even 36 months.

Speak to a member of our team for more information about the options available.

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