

Dee Shapland Dental Surgery

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Practice news

Firstly we welcome our new Associate Dentist, Anastasios Plessas, who has settled very quickly into the team with his good humour and friendly demeanour. Anastasios is highly qualified with a long list of UK post graduate qualifications, including a Masters Degree in Primary Dental Care with specialist interest in periodontology (with distinction). We are incredibly fortunate to have his level of knowledge and passion within our practice, and his patients will testify that Anastasios is very keen to ensure their teeth and gums are kept healthy and they are encouraged to continue this care at home.



We also welcome Erica Clatworthy, our dental hygienist who has a wealth of experience with people of all ages. Erica has also worked in nurseries and schools educating young children and parents to ensure children get advice from a young age on how to look after their teeth. Erica will see patients referred from the dentists but will also be available to see anyone who wishes to have an extra clean and polish from time to time (conditions apply).

In 2014 we launched our practice website: www.deeshaplanddental.co.uk

We hope you will enjoy our regular Blogs and find them informative. We also post on Facebook short articles on different topics, special offers and practice news.



Giving it away!

We occasionally run competitions and in 2014, as part of National Smile Month, we gave away a 'top of the range' Oral B electric toothbrush. We raised lots of money for our charity 'Dentaid' and we helped to promote the British Dental Health Foundation's three key messages:

- Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste
- Cut down how often you have sugary foods and drinks
- Visit your dentist regularly, as often as they recommend

See our website for details of our winner!

New for 2015

We will be offering a 1 to 1 session for our registered children to see our Oral Health Educator or Dental Hygienist each year to ensure they have a good diet, are using the correct toothbrush and toothpaste and learn how to clean and look after their teeth properly.

We will also be holding a 'kid's club' fun morning in the summer with health related activities, games, quizzes and competitions and a chance to have fun at the dental surgery. Follow our website regularly for details.



We are listening

Thank you to all of you who took the time to complete our Denplan Excel Patient Satisfaction Questionnaires - we had some fabulous feedback and a few suggestions. A coat hook was one suggestion which we have now behind the front entrance door and another was for more literature specifically for men. We have added to our range of magazines and hope you will find something of interest each time you visit.

We have extended our opening hours to include a Saturday morning for each dentist every month and late evenings on request. We will be trialling some very early morning starts – 7am for any patient who needs to have treatment completed before going to work.

Did you know? Fun facts!



Almost 5000 years ago, the ancient Egyptians were using a form of toothpaste. It consisted of a mixture of powdered ashes of oxen hooves, pumice and a powdery mix of burnt eggshells. They probably used their fingers as toothbrushes.

The Greeks and Romans favoured more abrasiveness and their toothpaste ingredients included crushed bones and oyster shells.

During the Middle Ages people cleaned their teeth by rubbing them with a cloth. Mixtures of herbs or abrasives were also used including the ashes of burnt rosemary



The first toothbrush was invented in China in 1498. It was made from the stiff hairs from a hog's neck and a handle made from bone or bamboo.

In the 18th century toothpastes would contain abrasives such as brick dust and crushed cuttlefish mixed with bicarbonate of soda and even sugar.

William Addis of Clerkenwell, made the first mass-produced toothbrush in about 1780.



In 1873, Colgate mass-produced the first toothpaste in a jar.

In 1955, Procter & Gamble's launched Crest, its first clinically proven fluoride-containing toothpaste

Your routine 12 point dental health check - what we do!

- We ask you how healthy you feel your teeth and gums are and if you have any concerns or problems with your teeth, gums or mouth.
- We ask you if you are happy with your smile.
- We check and update your medical history – this is to ensure that we are aware of any medical conditions and/or medication that might have an effect on your dental health.
- We check for any risk factors such as smoking and alcohol intake.
- We look in your mouth to check the health of your teeth for decay, wear, broken, leaking or lost fillings.
- We look in your mouth to check the health of your gums for the presence of soft and hard plaque, inflammation and bleeding.
- We check the health of your lips, cheeks, tongue and soft and hard palate for ulcers, swellings and white or red patches or anything unusual.
- We look at your face for any swelling.
- We feel your neck to check for any enlarged lymph glands or swellings.
- We use a special measuring probe around the gum line of each tooth to give us an idea of the condition of your gums and signs of gum disease.
- We may take x-rays:
 - If you are in pain and we need an x-ray to help in the diagnosis of the problem.
 - For routine assessment of your teeth and the bone supporting your teeth.
 - To check the condition of a tooth/teeth prior to some treatments.
 - As a result of the examination we will discuss our findings with you and give you a diagnosis and treatment options.
- We will give you advice on dental hygiene and risk factors for dental decay, gum disease and oral cancer.

We want to help you to have the knowledge and skills to care for your dental health and therefore general health and we use a multi team approach where necessary to achieve this.





Opening hours

Monday 8.30am to 5.30pm
 Tuesday 8am to 5.30pm
 Wednesday 7am to 1pm
 Thursday 8.30am to 7.30pm
 Friday 8am to 4.30pm
 Saturday 9am to 12.00pm
 (by appointment only)
 (Late evenings by appointment only)

Please don't keep us a Secret!

We're always delighted to see friends and family of our existing patients. If you do recommend a new patient we will give you a £10 M&S voucher or donate £10 to our 2015 charity – MIND.



Gum disease

The relationship between our oral and general health is nothing new. In fact, in ancient times in Greece it's known that Hippocrates treated two patients suffering from joint pain by removing their teeth. Since 1989 there have been a series of studies about the effect of gum disease on overall health and many patients are aware of the importance of good oral healthcare. More and more people realise that looking after their teeth and gum is all part of maintaining good overall health.

It's estimated that 50% of adults have periodontitis (gum disease) and that more than one fifth of those affected have the severe form of the disease. Gum disease causes damage to the bone which supports the teeth. Severe periodontitis is responsible for the loss of many teeth. Your dental team will be able to support you in preventing or controlling the disease.

There is a lot of evidence now about the link between gum disease (periodontitis) and general health risks. These include cardiovascular disease, rheumatoid arthritis and diabetes. By looking after your teeth and your gums you will, in fact, be helping to prevent potential problems with your general health. We will not only treat your gum disease but will provide you with the information and guidance you need to continue this process every day at home. We use a team approach and if your dentist has diagnosed gum disease or if your risks of gum disease are high, we will use the skills of our hygienist, oral health educator, smoking cessation nurse and in some cases our resident dentist with a specialist interest in periodontal disease (gum disease), in your treatment.

We also offer all other areas of dental care and provide tooth whitening, tooth coloured fillings, crowns, bridges and veneers to help your smile and increase your confidence.



Denplan

At the heart of dental care

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