



**Wayside Dental Practice**



## Welcome to Wayside Dental Practice

In this issue of our newsletter, you'll find important information about how to reduce sugar in your family's diet, as well as an introduction to our new dentist Graham. We've also got a special offer on referrals, so there's an incentive to look, 'like' and share. And why not make an appointment to come in for a hygiene visit one Saturday soon - see if you spot the latest improvement to our practice (hint: you'll see it before you even step inside).

**Read on to learn more...**

### Hiding in Plain Sight

Do you know what sugar looks like? You may say, "Of course, who doesn't?" However, it's not that simple and sugar has many disguises. Sugar is added to many of the foods we buy, even savoury foods, in the form of fructose, sucrose, honey, fruit juice or similar. The sugar in whole fruit is mostly released during digestion, so bypasses the teeth, however when blended to make smoothies or juices, the sugar is released earlier and can contribute to tooth decay.

This is an increasingly critical issue, not just for our general health but also for our teeth. As our very own **Dr Amit Maisuria recently told ITN**, record numbers of children in the UK are being admitted to hospital to have decayed teeth removed under general anaesthetic. This is a preventable



trauma for children and their families and the easiest way to prevent it is with a combination of good oral hygiene and a low-sugar diet.

If you're hoping to eliminate, or even just reduce, sugar in your family's diet, what should you look out for? The first rule of thumb is to read the ingredients or download the Be Food Smart app so you can scan food to find out its sugar content. Be wary of low fat foods, as they often contain sugar, and don't assume there will be no sugar in savoury foods - it is often found in soups and sauces. Remember, a fizzy drink on average contains as much as seven teaspoons of sugar. If you want a pick me up, choose cheese, natural yoghurt, whole fruit or nuts.

**For more ideas, go to the Change4Life website:  
[www.nhs.uk/change4life-beta/sugar](http://www.nhs.uk/change4life-beta/sugar)**

### Easter Advice



At Easter, many children are overwhelmed with chocolate. Help your child's teeth by restricting its consumption to mealtimes!

### A helping handrail

We are quick to respond to patient suggestions. In December, a patient mentioned that it would be helpful to have a handrail not just by the entrance, but also along the path. So here it is, and we are delighted to have had so much positive feedback about it. We're also grateful to the skilled ironworker who crafted much of it on-site, and has ensured its design is in keeping with the age and stature of the property.



## Welcome **Graham** to the dental team!



Graham studied dentistry at Trinity College, Dublin and completed his vocational training in a general practice in Truro, Cornwall.

After completing his formal training, Graham accepted the two-year position of Senior House Officer in the Oral and Maxillofacial department of the Royal Cornwall Hospitals Trust, where he

finely tuned his surgical skills. He also continued to work part-time in general practice. While he was there, he also completed a Diploma of Membership of the Faculty of Dental Surgery with the Royal College of Surgeons, Edinburgh. This is a prestigious qualification that gives dentists additional skills for working in general practice.

Graham is committed to furthering his

knowledge and skills and is currently doing a year-long course in aesthetic and restorative dentistry. He has a strong belief in preventive and minimally invasive dental treatments, and places a great emphasis on patient care and comfort.

Outside of dentistry, Graham is a keen sportsman and enjoys running, swimming and surfing.



## A huge congratulations, **Sophie!**

After two years of hard work, Sophie has passed her Dental Nurse Diploma (at first attempt) and is now a fully qualified dental nurse.

## We'll See You on **Saturday**

We know that for some patients, getting to a dental appointment during the week is challenging with work and family commitments, so we now offer Saturday morning dental and hygiene appointments.

**Call today on 01582 712 470 to book yours!**

## Are we **Facebook Friends?**

**'Like'** our page on **Facebook** and be the first to hear about our **special offers!\*** And speaking of friends...



Did you know that patients registered at Wayside Dental can take advantage of our special **'Refer-a-Friend' offer?** For every friend you refer, we'll give you and your friend each a £10 credit towards our oral hygiene products when they attend their first appointment.

**Visit [www.waysidedental.co.uk](http://www.waysidedental.co.uk) or call 01582 712 470 for more details.**

You'll be doing them a favour, by directing them towards a dental surgery you know and trust, and also treating yourself to a little something extra. So all the more reason to shout about us on **Facebook** and **Twitter** - the more the merrier!

\*Terms and conditions apply.



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