

COMBER
DENTAL
PRACTICE

Caring for you
and your...

Smile

Welcome to our first issue of our patient newsletter. Our aim is to keep you informed of new treatments available and update you on practice developments. We hope you will find the articles interesting and that you will enjoy future issues of the newsletter which we will be publishing twice yearly.

Practice Improvements

Over the past year we have completed a number of refurbishment projects including; a new roof, wheelchair ramp, new signage and stationery, the upgrading of the downstairs waiting and toilet areas. Our latest project involves the conversion of the rear of the building into a state-of-the-art sterilisation room. Infection control has always been a top priority for Comber Dental Practice, and the unit, designed with the help of a hospital microbiologist, will allow us to better protect our patients and staff. It has been designed to meet and exceed present EU Legislation so that recommended best practices are an integral part of our practice processes.



We hope you have not been inconvenienced by the work and look forward to bringing the benefits of the new facility to you this summer.

Saving your valuable time

Combined exam and hygiene visit

Here at Comber Dental Practice we understand how important your time is. That is why we have started to offer patients the opportunity to combine their regular hygiene visit and six month check-ups. This would allow you to save time, as the dentist will come into the hygienist surgery while you are there to carry out your check up. Combining both appointments means that you only have to visit the practice twice a year.



Children's Days

We are delighted to report that our four Children's Days have been a great success. These days are dedicated to children's routine check-ups and are scheduled during the school holidays, which gives the added benefit of not interrupting school and after school activities.

There is always a party atmosphere. The children receive certificates of attendance and goody bags; there is face painting available and the clinical staff dress-up in cartoon scrubs.

An important aspect of the day is education, and our hygienists hold sessions giving dietary advice and demonstrating teeth cleaning techniques for both children and parents.

We have received very good feedback from parents and children, especially that these special days make a visit to the dentist more fun and enjoyable. We understand how important it is to educate children on good oral health habits at an early age and we hope that these positive dental experiences will result in your children

being more enthusiastic about coming to visit the dentist.



So if you haven't been able to bring your children to any of the days so far, why not phone our reception team and they will book an appointment for one of our future Children's Days.

Photographs at Comber Dental Practice

Our downstairs waiting room has had a splash of colour in the form of some new artwork by local photographers Ryan Morrow, Maurice Hall and Derek Johnston. Ryan and Maurice's work includes striking landscape photographs together with a selection of floral and wildlife images; while Derek creates a wide range of contemporary digital artwork. The photographs shown in the practice are available for sale, so if a piece takes your fancy please ask a member of our reception team for more details. Alternatively, a selection of their work can be viewed and purchased on their website www.imagecity.co.uk.



Does your partner's snoring drive you crazy?

Snoring is caused by partial closure of your airway during sleep due to relaxation of the muscles in your neck. The soft tissue then vibrates to cause the noise of snoring.

There is also a condition known as Obstructive Sleep Apnoea (OSA), (different from regular snoring) where a person stops breathing while asleep, which can be 50 to 60 times per hour. These interruptions occur when the airway narrows so much that it closes. The closure of the airway causes breathing to stop, which reduces oxygen levels, and then the brain reacts by releasing adrenaline which causes partial waking of the snorer.

The snorer will often have a bad night's sleep, but the repeated falls in oxygen are linked to the development of high blood pressure, heart disease and diabetes.

A screening process would determine if you are a regular snorer or sufferer from OSA. The treatment for regular snoring involves taking a mould of your teeth and construction a special guard to wear at night that prevents the lower jaw from dropping back during sleep allowing easier breathing and no noise to wake up your partner.

Please ask your dentist for more information and we'll be happy to help.

Congratulations

Congratulations to Sharon Carter for passing her nursing exam awarded by the National Examining Board for Dental Nurses. Sharon has been Ian Blair's dental nurse for five years. Everyone at Comber Dental Practice would also like to congratulate Leanne Jones, one of our two hygienists, and Simon Patterson on their engagement.

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Romania Trip 2008

As many patients will be aware Michael Mooney's son, Lewis recently travelled to Romania with the charity, School Aid Romania. Lewis's trip involved visiting orphanages, elderly care homes and poverty stricken villages where he, along with the group of students, distributed aid. Lewis's fundraising totalled to £3,856.73 of which £1,022.40 was generously donated by Comber Dental Practice patients. Lewis described the trip by saying "The whole trip was amazing. Although the conditions the Romanian people are living in were much worse than I ever could have anticipated I had the experience of a lifetime and will definitely be going back!" The funds went towards many projects, such as a village food run, the heating bill for an elderly care home, housing schemes in a number of villages and money went towards supporting the orphanages that were visited. Many thanks must go to the patients of Comber Dental Practice who contributed so generously, your money helped to improve the lives of many Romanian people.

60-second Interview

At Comber Dental Practice we like our patients to get to know us a bit better, so in this newsletter we find out a bit more about Maggie one of our hygienists.

Full name:
Maggie McMillen

Q1 If you could be anyone in the world (alive or dead) who would it be?

John Seymour
(self-sufficiency expert)

Q2 What three things would you take onto a desert island?

- a) Selection of my favourite music.
- b) A selection of fine wine.
- c) My best friend.

Q3 What's your favourite book?

At the moment "A Thousand Splendid Suns" by Khaled Hosseini.

Q4 What would you do if you were not in dentistry?

Librarian.

Q5 Favourite film?

Braveheart.

Q6 What drives you mad?

Forgetting what I was going to say.

Q7 What's your favourite thing about working at Comber Dental Practice?

A happy patient at the end of their appointment.

