

# DR. A. BARCLAY DENTAL PRACTICES

NEWSLETTER AUTUMN 2007

## Practice Improvements much is NEW

### NEW RECEPTION WAITING ROOM

Most of you will have seen the new reception and waiting area and I would like to thank the many of you who have complimented us on our refurbishment in Ruabon- giving a more modern ambience and increased comfort. The reluctance of some patients to come into my surgery I, of course, put down to being too engrossed in watching the television.

Denplan is a preventative based scheme therefore high priority was given to improve the hygienists' main surgery which was completely revamped. This allows more use of the limited space (the room seems bigger now even with all the equipment back in!) easier for patient's access and for the hygienist to work in. I have certainly seen an improvement in the gum health of my patients over the last 2 years.



New Reception and Waiting Room

## NEW FACES

As some of you may know newly qualified dentists have to join an approved practice for at least one year. Practices are competitively chosen. This practice has been approved as a Vocational Dental Practice each year since 1990 to ease new dentists into practice in a learning environment with the guidance of an *old hand* (stop sniggering at the back). This ensures I must keep up to date by attending courses and reading many journals this information honed by experience allows me to pass on best practice.

This summer we were lucky to have Ashok Jakhu join us. He qualified from Liverpool and is keen to learn, he is already planning his future courses and possible qualifications.

We also welcome a new nurse to the practice you may see Kate who joined us this Autumn, Kate is standing in for Hannah who is on maternity leave after giving birth to baby Oliver! We wish you both well.

**New skills** are being learnt by many staff at the moment we have nurses on courses or about to start them to achieve their dental nursing certificate. Some are on radiological courses others on dental health education, which will enable them to take x-rays or teach oral health to patients.

### NEW TO WALES: MOUTH CANCER SCREENING

We continue with new investments as we think best for patient benefit.



Consequently we are one of the first practices in the U.K. indeed the first in Wales to install a **VELSCOPE**. **Simply by shining a special light we can screen for cancer.**

This machine uses tissue fluorescence to highlight areas of the mouth where the cells may be abnormal.

**Traditional methods give only 50% survival rate with mouth cancer but if caught early survival increases to 90%. Velscope enables early detection.** In its very early stages, mouth cancers can be almost invisible making it easy to ignore. You can improve your chances of survival if the cancer is detected early and rapidly treated. It is important to have a self-awareness and to perform regular self examinations. See your dentist if you have:-

1. A sore or ulcer in the mouth that does not heal within three weeks
2. A lump or overgrowth of tissue anywhere in the mouth
3. A white or red patch on the gums, tongue, or lining of the mouth
4. Difficulty in swallowing
5. Difficulty in chewing or moving the jaw or tongue?
6. Numbness of the tongue or other area of the mouth
7. A feeling that something is caught in the throat
8. A chronic sore throat or hoarseness that persists more than six weeks, particularly in smokers over 50 years of age and heavy drinkers
9. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
10. Neck swelling present for more than three weeks
11. Unexplained tooth mobility which persists for more than three weeks - please see a dentist urgently
12. unilateral nasal mass / ulceration / obstruction, particularly associated with purulent or bloody discharge

### Decrease risk of mouth cancer by

1. Not smoking
2. Limiting alcohol consumption We often fool ourselves on how little we believe we drink be aware a typical modern red wine may have up to TEN UNITS per bottle so ONE glass is your daily allowance!
3. Having a healthier "low meat, low fat" diet, rich in vegetables and fruit with servings of bread, cereals or beans everyday
4. Be aware of sexually transmitted HPV

### NEW EXCEL PRACTICE

This summer we were awarded Excel by Denplan. ONLY 15% of practices have achieved this. The practice is evolving continually striving to get higher standards. Being EXCEL recognizes this fact.

