



We at Dr. A Barclay and Associates are a well established family orientated practice. Our aim is to provide excellent professional dental care within our relaxed, welcoming environment. We are passionate about the quality of care and use high technology to help maintain your smile and confidence.

Dentistry and your Health

Dentists have for many decades have suspected links between diseases in the mouth and poorer general health, but not had the proof to state it. Gradually this proof has been building up. Today medical experts are urging dentists and physicians to work closer together in a bid to improve and understand patient health.

A group of cardiology, endocrinology and periodontology experts has convened to explore the growing body of research into this important area and to give a report.

"The Potential Impact of Periodontal Disease on General Health"

Periodontitis and Cardio-Vascular Disease

The report reveals a link between periodontitis (gum disease) and cardio-vascular disease (heart disease, heart attacks and strokes). Although reports started from Finland in 1989 linking gum disease and heart disease the exact mechanism is still not understood.



Probing for gum disease

Medical experts finally acknowledge there is a link between gum disease and systemic conditions.

Gum Disease and Diabetes

The report also shows periodontitis is more severe in patients with diabetes mellitus. For many years dentists have recognised that diabetics have poorer periodontal health. However the key to this new research is improved periodontal health can lead to better general health. Such as a reduction in periodontal disease in diabetics can lead to a small but significant improvement in the patient's blood sugar levels.

When diagnosed with type -2 diabetes patients are sent to an optometrist to check for retinal damage this check is repeated annually.

Yet how many newly diagnosed diabetics are advised to seek an assessment of their periodontal health from the dentist? And then double checked to see that the assessment is repeated annually???

Denplan patients have this assessment every check-up and forms part of the oral health score.

Gum Disease and Pregnancy

Expectant mothers are warned about the ill effects of smoking and alcohol on the weight and development of the unborn baby. However **did you know gum disease increases the risk of low birth weight and pre-term delivery with it's associated complications?**

Rheumatoid arthritis

This is the latest condition which appears to have a link with gum disease but **no direct cause** has yet been found.

Chest Infections

It is thought droplets from the mouth may cause bronchial and lung infections

Dental Health Educator

We have always been a preventative practice and prevention is the Denplan ethos. We are lucky to have two dedicated hygienists Mandy and Vicki at this practice-most practices only have one part timer!

A new post has been created in the practice that of Dental Health Educator. Becky Lea has worked hard at college and home all year to gain this extra qualification to benefit our patients. Congratulations to Becky who will help the hygiene team.



A patient being taught to floss

A healthy mouth is good for general health.

Brush for Health

Now we know good oral health is not just good for your teeth and gums but also for your general health.

Although I have certainly seen improvements in gum health the last couple of years -we keep moving the goalposts. We want our patients to keep striving for higher standards and benefit with better health - the dentist with Mandi, Vicki and Becky will help you achieve it. But remember, while treatment is the responsibility of the health professional, prevention is yours.

Vocational Dental Practitioner

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. 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. The new dentist can practice what they have learnt in dental school in a sheltered environment and usually sees a limited number of NHS patients. This year we welcome Deepthi Reddy as our new VDP.

Nurses

We congratulate Ceri who passed her exams this Spring to become a qualified Dental Nurse. Well Done!

This summer we welcome Hannah back from maternity leave - a familiar face in our dedicated team of nurses and receptionists.

