Welcome to our newsletter for the autumn. Our aim is to keep you up to date with the current development in dentistry, new services we are providing & news on changes to the practice.

Firstly, we are delighted to welcome Miss Kirsty Brennan, our new practice manager:

Also congratulations to all our trainee nurses who have all passed their dental nursing exams recently and have become registered dental nurses—they are Chloe & Ashleigh.

The practice expansion into the next door building is now complete and we now have better and bigger modern premises with an extra surgery and several extra rooms including a dedicated central sterilizing room. We are also in the process of building a beauty room which we hope will be ready by the beginning of October.

Due to extra funding given to our practice and our expansion, we still have capacity to accept another 500 NHS patients. On the NHS front we are still providing Orthodontic treatments.

Our practice is now able to provide sedation services for nervous or anxious patients. Jane Ford is highly qualified in sedation and we will be able to provide relative analgesia sedation or “happy gas” as it is better known and intra venous sedation (twilight sleep). Unfortunately we no longer have NHS funding for sedations and as a result there is a small charge for this service.

Our PRO-COSMETIC clinics held by Dr. Nepali now provides extensive cosmetic procedures including whitening, smile makeovers, Invisalign (The nearly invisible braces) & a much wider range of dental implant treatments.

We can now offer 0% finance for up to 12 months to make larger courses of treatment more affordable through Medenta Finance. Please ask reception for details.

Dr. Sanjeeb Nepali, has been the owner & principal of this practice for 11 years now. He still continues to carry out NHS work, but in a limited capacity as he does most of the specialist work in the practice such as dental implants, smile makeovers in his pro-cosmetic clinics, & orthodontics. He is also trained & certified to carry out Invisalign treatment (featured later in the newsletter), and Inman Aligner treatment.

He also works with Newcastle University and is active in post graduate education and recently obtained his teaching qualification.
Meet the Dentists continued.

Dr. Claire Davies.
Graduated from Newcastle University in 2009 and is a valuable and enthusiastic member of team. She works in both our practices.

Dr. Mary Connolly
Has joined the practice in August 2012 having graduated from Sheffield University and is originally from Sheffield:

Dr. Jane Ford.
Is a Newcastle graduate of local origin. Having qualified in 1995, she has also gained her Diploma in Sedation from Newcastle University. She provides sedation services for our practices:

Meet The Staff

Meet our Therapist—
Amanda Shannon:

Dr. Krista Siddall
Has joined the practice in August 2012 having graduated from Liverpool University and is originally from York:

Dr. Leesa Lim
Joined the practice in August 2012, having previously worked in general dental practice for a year on Teeside. Originally from Malaysia and qualified from Cork, Ireland, she has specialist interests in treating nervous patients with sedation.

NHS Dentistry Update

From April 2013, patient charges went up. These are:

Band 1—£18.00 (check up, x-rays & cleaning)
Band 2—£49.00 (Band 1 treatments plus fillings/extractions)
Band 3—£214 (Band 2 treatments plus dentures/crowns).

Band 4—£18.00 (Urgent treatment for dealing with problems such as toothaches & swellings).

Please note that patients that come back for a course of treatment after urgent treatment are required to pay for that course of treatment on top of the £18.00 for the urgent course of treatment.

Whitening Promotion August—December 2013 Only.
£100 OFF ZOOM & ENLIGHTEN
Private Options & Practice Plan.

Lets compare quality supermarkets (let’s say Sainsbury’s) & corner shops! This is essentially the difference between NHS dentistry & private dentistry. Current NHS dentistry is limited in many ways. The main reason being limited funding which is dished out by the local health authorities, run by personnel who largely have no or limited dental knowledge! On top of which:

- patients are no longer registered with practices.
- Limited to routine treatments.
- No cosmetic/specialist treatments available.
- Lack of funding to use the best materials/laboratories. Funding for practices are not guaranteed after April 2014, and many practices may be forced to go private if the PCTs pull the plug on funding.

Although our practices are committed to providing NHS treatment to the best of our abilities under the circumstances, our Private plans & treatment offer excellent alternatives:

SO WHY JOIN A PRIVATE DENTAL PLAN?

Starting at only £11.95 per month, the key features included are:

- 2 detailed examinations per year including x-rays.
- 2 extensive scale & polishes per year.
- All emergency treatments included.
- Detailed treatment planning.
- Accident cover for up to £10,000 per year.
- Emergency advice & help worldwide & nationwide.
- 20% off all routine treatments & 10% off cosmetic treatments.
- Free cancer screening.

For the patients on the plan, the key benefits being:

- Being registered at the practice with the dentist of your choice.
- Monthly budgeting.
- Priority appointment times—certain days & times such as evenings are reserved only for patients on our plan)
- Use of better materials & laboratories.
- Better service & more time with the dentist.
- Availability of a wider range of up to date dentistry.

THE PRO COSMETIC IMPLANT CLINIC

We can now offer a much wider range of cosmetic dental treatment than ever. Before. This can be anything from cosmetic white fillings to a full mouth smile design like what you see on TV shows such as extreme makeover & 10 years younger. The popular cosmetic treatments include:

TEETH WHITENING:

Our practice offer both ZOOM tooth whitening & ENLIGHTEN DEEP BLEACHING, both of which are excellent systems. Zoom involves using a special lamp with a whitening gel on your teeth to get a whiter & brighter smile in LESS THAN AN HOUR.

ENLIGHTEN:- Involves using special trays in house for 2 weeks. However, this gives the best results by far with Shade B1 guaranteed or your money back.
Our practice is one of the few in the North East providing extensive dental implant treatment. Mr. Nepali has undergone extensive training in Sweden, Sheffield & Germany and is a member of the Association of Dental Implantology in the UK and the European Association of Osseointegration. Our practice is one of the few in the North East providing extensive dental implant treatment. Mr. Nepali has staff or one of our dentists.

We are also a referral practice for local dentists as well and currently we use the top implant systems available—Nobel Biocare from Sweden & Ankylos from Germany.

When you lose a tooth .. You lose a lot more—Maybe it’s your natural smile, maybe your ability to chew certain foods, but almost certainly your confidence & exuberance. You may also experience pain, muscle strain, headaches & find it difficult to speak clearly. For years, dentures & bridges have been the only solutions to replacing missing teeth; but most people find this less than ideal.

*A dental implant* is an artificial tooth root made of titanium that will provide the support a tooth crown needs to withstand the pressures of chewing—pressures that are greater than one might imagine. With modern technology, the shape & colour of an implant supported crown can be custom made to look like you’re your natural tooth.

**SINGLE MISSING TOOTH**
Our practice is now a well established & certified Invisalign practice which can now provide all varieties of the almost invisible braces. For further details ask our reception staff.

The latest developments with Invisalign means that treatment can be completed in as short as 14 weeks with the new I7 Invisalign treatment and costs as little as £1500 or from £125 per month over 12 months with 0% finance that we offer.

INMAN ALIGNER BRACES

Mr. Nepali is an Inman Aligner certified dentist. With these simple braces, crooked teeth can be straightened in as little as 8 weeks:

SMILE MAKEOVERS:

With modern ceramics, we can now produce fantastic crowns and veneers the basis of smile makeovers as seen on TV. This is becoming a very popular line of treatment in both our practices. Fancy a brighter smile that you can wear all the time?

For a free 10 minute chat with Mr. Nepali, to discuss the possibilities, please ask reception.
NEPAL ORAL HEALTH CHARITY PROGRAMME:

Dr. Nepali, as many people know is involved with the charity SMILES ACROSS NEPAL. Dr. Nepali has together with the help of a group of enthusiastic dental personnel, have set up a new registered charity called Smiles Across Nepal with the aim of helping dentistry in the rural communities in the Himalayas of Nepal.

Registered Charity Number: 1150579
www.smilesacrossnepal.co.uk

The main aim of the charity is to promote oral health in rural hills & mountains of Nepal, where dental problems have become a major problem due to change of diet from a traditional diet to one of fizzy pop and high sugar snacking with chocolates & biscuits. Coupled with lack of any oral healthcare education and lack of healthcare as a whole, dental disease has become a major problem, to the extent that many children are missing essential schooling for months!

Smiles Across Nepal is helping out in several ways:

Firstly by sending manpower, equipment & materials to the remote outreach centres to carry out emergency dental treatment, and to rural schools to educate the children and the teachers

Secondly by educating the local healthcare workers in oral health & prevention of dental disease.

And lastly by providing specialist training at the dental school & hospitals to raise the overall standards at the highest level, so that this will eventually raise the baseline dental health standards in the rural communities.

Dr. Nepali led a small group to Nepal in March 2013, where over 200 patients were treated in 2 days, and 3 schools were visited as well as providing the dental hospital with specialist training.

Your support would be greatly appreciated and would create so many more smiles across Nepal:

For more information see
www.smilesacrossnepal.co.uk
www.facebook.com/SmilesAcrossNepal