

NIBBLES



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NEWSLETTER OF THE GRANGE DENTAL CARE, OMAGH.



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THE HIGHWAY CODE OF DRINKS

Check out our display on drinks and sugar content. It has been provoking plenty of discussion.

We have produced some additional information regarding drinks, sugar content and **acid wear** which is very interesting especially for those who have a 'healthy' lifestyle and are worried about **discolouring teeth** Please feel free to ask about these when you attend



CONTACT DETAILS



Due to patient feedback, the increase in postal charges and to do our bit for the environment we intend to **phase out postal** communication with our patients over the next while. Make sure we have at least your current mobile number and if possible e-mail address. This will allow us to make you aware of **special offers** and deals as well as keeping you up to date with your routine care. As with all your details, we will not be sharing this information with any third parties unless as part of a referral for further treatment.



**SPECIAL DEAL – ANY 3 PACKS OF TEPE BRUSHES FOR £10
FOR BEST SELECTION AND PRICES SHOP AT THE GRANGE-
SMILES BETTER!**



TOOTHBRUSHING CLUB

Sessions will be geared around school holidays and take place from **12.30pm to 1.00 pm**. Parents have to **contact the practice in advance** of the day to book this. Dates for the next few months include

Tuesday 30th October
Wednesday 2nd January
Thursday 3rd January



IF IN DOUBT, GET IT CHECKED OUT

- ❖ Every 5 hours, someone in the UK dies as a result of mouth cancer.
- ❖ The number of new cases of mouth cancer has increased by 17% in the last 4 years.
- ❖ If detected and treated early survival rates rise dramatically from below 50% to 90%
- ❖ As well as alcohol and smoking, a poor diet and a poorly maintained mouth are thought to be risk factors
- ❖ People should examine their mouth regularly – any ulcer that lasts more than 3 weeks should be examined by a dentist
- ❖ Everybody should have their mouth examined by a dentist annually to check for early signs of mouth cancer – even if they have no natural teeth.
- ❖ Every adult attending The Grange Dental Care has an oral screening for cancer as part of their examination
- ❖ November is mouth cancer awareness month



DENTAL EDUCATION IN THE COMMUNITY

We are now taking bookings for the coming school year for invites for our dental health team to attend your club/ school to give an oral health talk tailored to your needs. These talks are strictly limited and we would encourage those interested to contact us as soon as possible.

In the past we have attended classes to give advice on diet and brushing as well as visiting training sessions of local sports bodies and given talks on trauma to the mouth and the use of properly made gumshields to prevent this.



COUNT DOWN TO GUMSHIELDS

Jan 1st compulsory for all under 18 taking part in gaelic games
– cost of missing front tooth £15,000 over lifetime



Ask about our specially formulated (easier to wear), personalised gumshields – for maximum protection

DON'T SCARE YOUR FRIENDS THIS HALLOWEEN WEAR A GUMSHIELD!