



Patient Newsletter

Craigentenny Dental Care

August 2021

Welcome to the Summer Newsletter.

We have had an incredibly busy few months at Craigentenny since I wrote our last newsletter. Sadly dentistry has been making some headlines in several national newspapers about delays in treatment and lack of morale in dentistry in general. I am pleased to report that while on occasions we may be a little tired, our team morale is generally very good and that we are all enjoying seeing more of our patients for both urgent and a good deal of routine and preventive care as well. The team are working incredibly hard to see you as close to your regular schedule as possible but as long as the covid secure restrictions remain in place we will, through necessity be slowed down a bit. While restrictions generally are now relaxing, guidance for healthcare is that we continue with our current advanced PPE and additional precautions for a good while longer.

As a result of this there is some a delay for longer treatment appointments and we are doing all we can to address this with added clinical sessions and team members taking on additional days. Some emerging studies do seem to indicate that the dental environment and in particular dental aerosol is far safer than was initially assumed by those setting the guidance, so we hope that this will translate to an easing in what we need to do in due course.

Our goal is to ensure that we create an environment where every patient can feel safe regardless of their views on covid, masks, vaccination status or health challenges. Indeed many of the precautions in place are primarily to ensure that patients who have severe underlying general health issues can be cared for safely and in the same environment as people who are fortunate enough to be in good health. I do understand the frustrations that have been voiced to me on many occasions with the raft of measures in place and indeed the delays that can occur in any given session but please be assured that the team inside the building are working as hard as they possibly can to continue delivering the very best quality of care that they can to all of our patients.

With all good wishes

Fraser & the Team at Craigentenny



Inside this issue:

Text Number Change

An important update on our text messaging service.

Sugar Frequency More of a Risk than amount
Why when you eat is more important than what you eat when it comes to sugar.

Team News

What has been happening in the lives of our team and other positive things.

Important Change of Text Number For The Practice

Our software supplier has recently changed our Text Message number (sadly) with very little warning, so your reminders will now arrive from our **new text message number which is 07862 138 760** . Please do update this on your phone as our old number will be fully inactivated by the end of August. While we continue with all waiting outside the building **please send a quick text to us with your name, to let us know that you have arrived for your appointment.** If you need to speak to the team direct then continue to use our usual number of 0131 669 2114.



Putting the mouth back in the body

It is a known fact that dentists do like a gadget or toy! My long suffering patients, stuck with their mouths open while I work, know only too well that one of my favourite pastimes is keeping an eye on emerging technologies to see which ones should be integrated into the care that we provide at Craigentenny.

Despite all of this tech, good preventive dentistry remains a mixture of art and science where gadgets only take you so far. As dentists we have to weigh up your relative risks of tooth decay, gum disease, tooth wear and oral cancer among other things. Knowledge is developing apace regarding the interface between whole body health and the oral environment.

Growing evidence tells us that the numbers and types of bacteria that exist in your mouth, have a significant impact on what happens in other places in your body, including the heart, blood vessels, intestines and brain.

Very often the popular press will mistake a "link" between two items as proof of cause and effect which is simply not the case. For example we knew there was a link between gum disease and diabetes for many years. Yet it is only recently that we have started to quantify what that link might be and indeed what we can do in the mouth that may have an impact on the severity or stability of a patient's diabetes. The human body still retains many secrets but

these links are ever growing as is the recognition that our genetic make up determines whether you are actually more or less susceptible to any particular problem. As a family practice we are in the unique position of getting to know you and your oral health over many years. With out doubt a dental examination as a snapshot is valuable. But, a review by someone who has examined your mouth many times and fully understands your medical history both past and present is a more insightful process and is more likely to result in tailored advice that will help you to achieve your optimal level of health

Frequency of Sugar or Acid Intake

The recent spell of good weather removed my ability to make the usual jokes about British summertime or lack of it on occasions, but warmer weather dose often mean a shift in what we eat and drink. Similarly the shift to home working has for many of my patients subtly changed their eating and drinking habits so this is just a timely reminder about things that can derail our dental health without us realising.

Traditional advice to simply avoid sugary things is easy to give but impractical to follow for most people with a balanced diet. Understanding how sugar or indeed acid content in the diet casues dental problems allows you to figure out what preventive measures are realistic and practical for both you and your family. Good preventive advice should mean that you need to make th esmallest amount of change possibe to yield the greatest health gain. When it comes to dental decay, the key fact to remember is that the total number of sugar exposures you have in a day is much more important than the total amout of sugar you consume. So for example 4 cups of tea each with 2 sugars will do pretty much the same amount of damage to your teeth ad 4 cups of tea with 1 sugar. The same is true for diluting juices. The dilution of the concentrate is not the key challenge. If you or your child are sipping over a prolonged period on a glass of diluting juice this will do much more damage than having it with a meal and in one go. On average damage to the teeth continues for around 40 minutes after exposure to any sugar (and that can include fruit) so if you drink a glass of juice slowly over 2 hours or indeed pick away at a bowl of strawberries or grapes this can still result in significant decay and damage to your teeth.

This advice is all the more relevant for our yuonger patients who often manefest decay in baby teeth much more rapidly than adult do. A final word of advice is to remember that "no added sugar" drinks are not sugar free, and folloing the rationale above are still capable of casuing decay.



Team & Practice News

The Team In Print

We have championed the use of guided biofilm therapy as a means to better control and prevent gum disease over the last year or two and been pleased with the results that this new technology has achieved for many of our patients. There is a growing recognition within the profession that this approach is a step forwards in preventive care. Shannon from our hygiene team has recently had an article published in a key preventive dental journal on the role that the active agent Erythritol plays in making this a particularly effective treatment.

New Specialist Oral Surgeon Joins The Team

In June we welcomed Nadir Khan as a new team member at Craigentenny. Nadir is a specialist in oral surgery with many years experience running his own implant referral centre in England. After moving to Scotland he has worked locally in specialist practice as well as a locum Consultant in the Borders General Hospital. Nadir is joining us to expand the range of implant and other surgical treatments that we can undertake in house at Craigentenny. As well as increasing the range of care that we can offer his arrival will allow us to reduce waiting times for many other appointment types. In his spare time Nadir is a keen outdoors enthusiast and sports photographer.

Cameo In The Grand Tour

I was surprised to see a very brief Cameo role for the practice at around the 9 minute mark, in the most episode of The Grand Tour on Amazon Prime as the stars of the show rolled into Edinburgh in vintage American cars. I have been advised by my son that this is the closest thing to being cool that I have achieved in years! (apparently)



John Booth Returning

John is gradually increasing his time in practice, and over the next 6 months hopes to add extra sessions where he will be available. After an extended time off this will be a gradual process, we know that many of you are keen to see him so and our reception team will advise of his availability when you are re booking after your next examination. In the mean time our remaining team will continue to ensure that all of Johns patients are kept fully up to date with examinations and treatment.

Lindsey & Jill Return to our hygiene therapy team.

After the last 12 months of covid related chaos in our appointment book, we are delighted to have Lindsay back from maternity leave. She has resumed working 2 days a week with us and going forward will be offering appointments on Tuesdays and Thursdays. We are similarly really pleased to welcome Jill back to our Hygiene team after a break of a few months. Both Jill and Lindsey's usual work days have changed but we hope that over the next 6 months, as the covid effect on our schedule unwinds further, we can work towards resuming joint visits where you can see your hygienist and dentist on the same day one after the other.

Practice renovations

After several attempts and many delays we finally have the plans for renovation of our conservatory area of the practice finalized. We hope to break ground in the next few weeks. Our plans will include a new entrance, improved wheelchair access, a new seating area, reception area and an updated decontamination suite. We will keep you posted with developments