

Patient Newsletter

Craigentenny Dental Care

Summer 2023

Welcome to the Summer Newsletter

It is nice to be writing this newsletter from a practice that has finally bid farewell to our build team. We have settled well into our new expanded space and most of our patients have reacted favourably to the end result. While its is nice to have everyone back under the one roof, I am sure I saw a small tear in the eye of our hygiene team as they watched one of our temporary surgeries being dismantled.

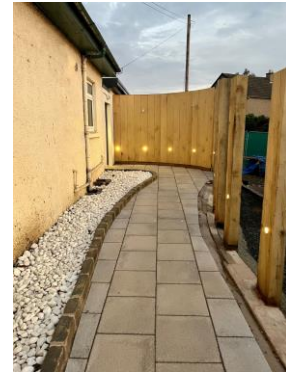
The last 3 years have been a period of huge upheaval and change for Craigentenny Dental Care and we hope that with this now behind us we perhaps have a few slightly less tumultuous years ahead of us.

With the build complete, our focus has been on, and remains on bringing waiting times for treatment down as far as we possibly can and the team are working hard to achieve that. A team of our size always has some element of inherent change and in the last few months we have been delighted to hear our colleagues reporting excitedly on the arrival of both children and grand children, we are saddened too to bid farewell to two of our longstanding colleagues, you can read all about the changes on the last page of the newsletter

With covid now firmly in the rear view mirror it has been nice too to see the team getting out and balancing work and play with a little bit more socialising as well. With the last few weeks of summer till to come, I hope what remains of it is enjoyable and we look forward to welcoming you back into the practice again in the near future.

With all good wishes

Fraser, John & the Team at Craigentenny



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Contacting The Practice

Over the festive period you can check arrangements for emergency appointments out of normal hours on 0131 669 2114

If you need to message us about an appointment at any time you can Text us on 07862 138 760 .

Opening Hours

Mon 8:10am - 6:00pm
Tue-Thur 8:10am - 6:30pm
Friday 8:10am - 5:00pm
Out of hours emergencies call 0131 669 2114
Closed September Bank Holiday Monday 18th Sept.



Gum Disease In The News

I was interested to see an article from the Times pop up on one of my news feeds entitled “Can we finally give up flossing?” I suspect it was a headline designed to get attention and so with something of a huff I set off to read it. To my surprise the article then went on to outline detail of the many links now demonstrated between gum health and whole body health. This is not new information to the team but is nice to see such information reaching the mainstream press and highlighting just how important your home care on the 363 days a year that you are not in the practice are. Gum disease has been shown to have strong links with Type 2 diabetes High blood pressure and atrial fibrillation. The bacteria found in gum

disease have been noted as present in some forms of colon cancer and most recently a study has showed that these bacteria can also produce changes in the cells that help to defend the brain against the build up of amyloid plaques which are a marker for Alzheimer’s disease. While these associations and links do not conclusively prove cause and effect the weight of science is ever increasing that inflammation anywhere in the body is not ideal From our perspective the key message is that brushing alone is not enough to maintain gum health as around 15% of the tooth surface cannot be reached with a toothbrush.

Mechanically cleansing this last 15% of surfaces is critical to gum health. Ideally this needs to be done with floss or small interdental brushes or something similar. Mouthwashes, water flossers and similar devices are in the experience of our team not as effective so while we can say yes to giving up flossing it must be replaced by something just as effective such as interdental brushes. If you have teeth replaced by dental implants particularly in the form of a bridge then flossing remains the single best option for cleaning.

An Alternative To Splints

Tooth grinding and clenching is a common problem with over 80% of us doing this at some point in our adult lives. Thankfully for many people problem is self limiting and does not require treatment



but for others it can result in tooth wear, sensitivity, aching jaws or repeatedly breaking teeth and restorations. The first line approach to treating this problem is always with one of a range of bite guards or splints and designed to be worn overnight. As dental laboratories ability to produce dental work quickly has been reduced post covid, we have the ability in house to produce protective guards and splints very quickly if needed. Usually a good conversation with your dentist and an examination can help to identify what kind of

splint is the right one for you. For a small group of people wearing splint at night is problematic so a newer alternative for patients is the use of botulinum toxin to reduce the intensity with which a person clenches. Our team are trained to provide this in the right circumstances. If you are worried about tooth grinding, splint wear or would like to know more then please chat to your dentist

Back to School Sports Guards

After the summer break we know that a lot of our younger (and not so young) patients are returning to contact sports like hockey and rugby. Now is a good time to check that your mouthguard is still a good fit. If you need a new one please let our reception team know. Research shows that custom made mouthguards help to protect not only the teeth but reduce the incidence of concussion in contact sport which is why we recommend these compared to the boil and bite style. The only exception to this is if you are undergoing orthodontic treatment where a custom fit guard may actually hinder progress.



Team & Practice News

Qualifications and Training

Training never really lets up for the team and we were particularly pleased to see former trainee nurse Jack Moffat receive Apprentice of The Year Award on qualifying from his college.

As part of our build we renewed our decontamination suite to and the whole team has recently been updating our infection control knowledge to ensure that we continue to work to the very best practice available.

Our dentists have also been on courses on dental implant care, endodontics and digital dentistry. With the rapid rise of 3d printing and AI we have some very exciting developments ahead and as ever we continue to research these with a view to adopting the best new techniques and technology as their clinical application becomes proven

Changes In The Hygiene Therapy Team

With growing families, putting increasing demands on their time, we are sorry to bid farewell to both Lindsey Maclean and Alison Black of our hygiene team in recent months. Having worked together for more than 2 decades we send them both on their way with our best wishes for the future. Having helped Jill Bourke introduce airflow treatment to the practice and our patients, they have left behind a difficult dental seats to fill. Having clinicians who focus on providing quality preventive care is critically important to myself and John so recruitment took a little longer than we may have liked to find the right person. This has temporarily affected our ability to offer joint appointments with both dentist and hygienist which we know many of our patients value but we have been delighted to welcome Dental Therapist Sara Merabet to the practice who will be working alongside Jill and Marieanne. Sara has recently relocated her work life to Edinburgh and is settling in to the Craigentenny team. We will feature some of our newer team members in our next newsletter.

New Arrivals

We are pleased to extend our congratulations to Callum and his wife Jen on their recent arrival of baby James. After a short break for some paternal leave Callum is back at work all be it, on occasions looking a little weary!

In a similar vein Dentist Jo Cubitt has just started her maternity leave and we hope she is enjoying a few weeks of relative peace and quiet before life changes dramatically for her.

New Dentist Joins Team

We are fortunate to be joined by dentist Odhran McNicholl who will initially be providing maternity cover for Jo Cubitt but then remaining with the practice as a long term team member after Jo returns.

This is part of our longer term plan to help bring waiting times back down to more manageable levels and we will introduce Odhran to you in a future newsletter

Telephony and E-mail Updates

As part of our renovations our reception team have inherited an enlarged space that is designed for the way we work in 2023 rather than 2004 when we first moved to the current location. Part of this has been a change of provider and an upgrade to our telephone and e-mail system. It is too easy a pun to miss to say that we have had a few teething problems but hopefully these are now smoothed out and normal service should be resumed.



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