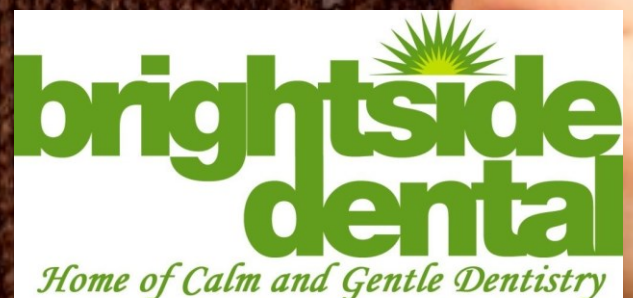


October 2022

# The Brightside of Life

Smile of the Month

Practice & Community  
News

  
*Home of Calm and Gentle Dentistry*

## Practice & Community News



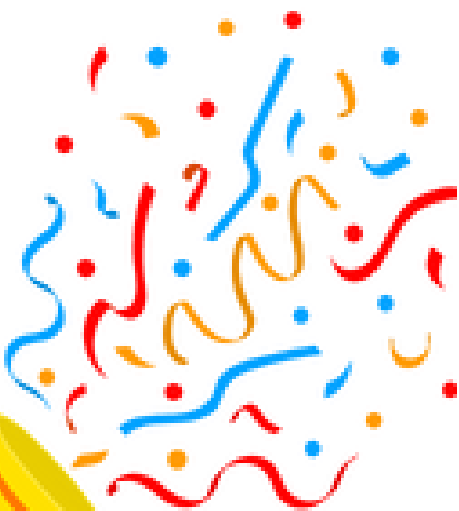
### It's Paarth's 5-year anniversary!

Huge thanks and congratulations go to Dr Paarth Darbar who is celebrating five years with us this month.

Since graduating in 2016, Paarth has worked to extend his dentistry skills, including completing an orthodontic course to become an accredited Smile Tru provider. He has developed a particular interest in cosmetic dentistry and facial aesthetics.

When he's not providing excellent dental care to our patients, you'll find him keeping active playing sports, including badminton and cricket.

Thank you, Paarth, for all that you do for our patients and for being a friendly and contributive member of the team.



## Geoff's beekeeping story

Geoff Hood is a very longstanding patient of Brightside Dental and we are very grateful for regular gifts of his amazing honey!

We recently asked Geoff how he came to be a beekeeper. This is what he told us:

"My first encounter with a beekeeper was at my small village school near Markyate in Hertfordshire, where those children who could read were allowed to help the caretaker to look after his bees while my mother, who was the teacher, taught the rest of the children to read.

When I took early retirement 15 years ago, that knowledge I gained at school helped me with my first beehives.

I have an apiary in Arnos Park with Lucy, who is also a Brightside patient, and another larger apiary in West Finchley.

I am Deputy Chair of Barnet & District Beekeepers Association and every week in summer I run the Association's training apiary where I train 20 beekeepers.

I have a beekeeping qualification that enables me to assess the proficiency of beekeepers who want to keep bees on allotments, which takes me all round the southeast.

The more enjoyable part is showing bees to schools with a talk on pollination and giving lectures to other beekeeping associations.

Early summer can be hectic collecting swarms from other hives all over north London. I don't currently sell honey via a retail shop. I sell most of it from my door in 33 Winton Avenue N11 (behind Sunshine Garden Centre), or local events such as Arnos Park Christmas Fayre.

Beekeeping is a lovely hobby, but it does have drawbacks as I have to take holiday before April or after August, because summer is all beekeeping 24/7"



THANK YOU FOR RECOMMENDING US!

Romana Kopecka

Jennifer Fraser

Ikran Nurie

Stilyan Atanasov



Smile of the Month

## Brightside Smile of the Month – October 2022

**BEFORE**



**AFTER**



*Dr Ketan Shah*

**brightside  
dental**  
*Home of Calm and Gentle Dentistry*

Liam first visited Brightside Dental in 2021, after being recommended by a friend who had cosmetic dental treatment with us.

Liam knew what he wanted to change about his smile. His front teeth had become worn and discoloured over time. This left him unhappy with the colour of his teeth and the spaces between them.

Following a consultation with Dr Ketan Shah and a discussion on the available treatment options, Liam chose to have Invisalign clear aligner treatment to align his teeth and close the spaces.

The treatment went very smoothly and only took 10 visits to the practice in total from fitting of the aligners, over a period of under a year.

Less appointments were needed in the practice as we used Dental Monitoring, using advanced A.I. technology, to keep a weekly review on the progress of his treatment remotely. This suited Liam very well as he works outside of London and appointments that were required were pre-planned to fit around his schedule.

Liam's treatment consisted of:

- Invisalign teeth straightening
- Teeth whitening
- Composite bonding of the front teeth
- Retainers to prevent unwanted movement of the teeth

Liam has achieved the smile he always wanted in a very conservative manner with no damage to his teeth and is now all set for his upcoming wedding.

Watch Liam share his experience of the process and how he feels about his new smile, or visit <https://www.youtube.com/watch?v=AKmB0a7SRdY> :



If you would like to know more about how we could help improve your smile, you can phone the practice at 020 88884401 or email:

[info@brightsidedental.co.uk](mailto:info@brightsidedental.co.uk).

## Dr Ketan Shah

Practice Principal

BDS (Lond) 2000, MFGDP(UK) 2003

Ketan graduated from Guy's Dental Hospital in 2000. He worked at the practice as an associate since 2004 and took over ownership in 2010. He regularly attends courses and training to further his skills and knowledge, to improve the patient experience. Ketan has carried out advanced training in orthodontics and has been providing both fixed braces and Invisalign for over 12 years. He is experienced with dental sedation and is a Dental Phobia Certified Dentist.





# QUOTES, JOKES, AND TIPS



"To be inspirational you don't have to save lives or win medals. I often draw strength from meeting ordinary people doing extraordinary things: volunteers, carers, community organisers and good neighbours; unsung heroes whose quiet dedication makes them special. They are an inspiration to those who know them."

*QUEEN ELIZABETH II*

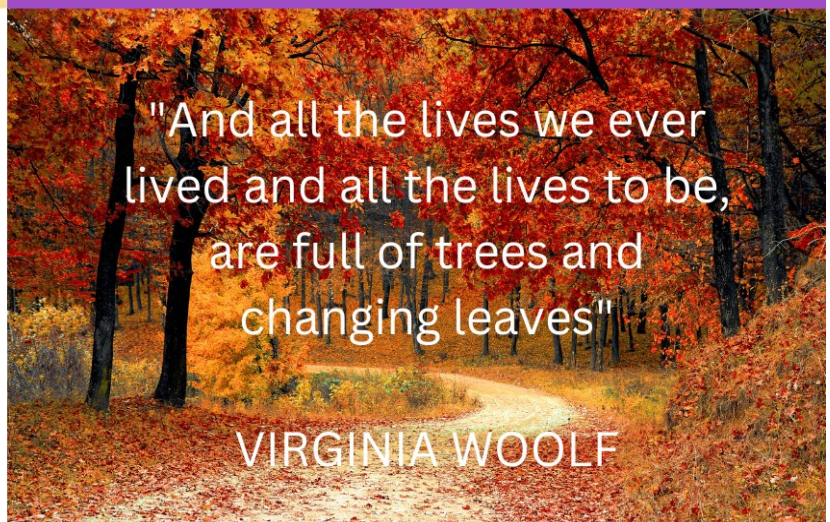
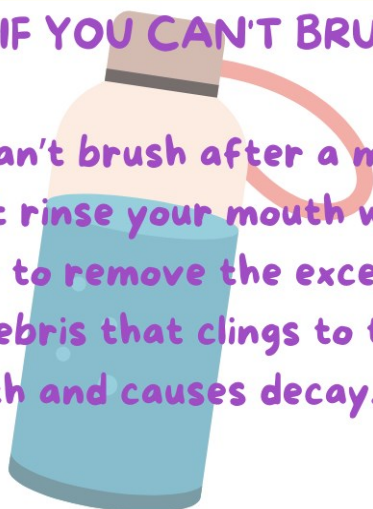


## WHAT STAINS YOUR TEETH?

Three factors that contribute to your teeth becoming discoloured are chromogens, tannins, and acids. These are found in common foods and drinks like coffee, red wine, chocolate and sweets with dyes. These can stain the enamel or make it weaker, allowing for stains to set in more easily.

## RINSE IF YOU CAN'T BRUSH

If you can't brush after a meal, at least rinse your mouth with water to remove the excess food debris that clings to the teeth and causes decay.



"And all the lives we ever lived and all the lives to be, are full of trees and changing leaves"

*VIRGINIA WOOLF*

# Celebrating Halloween

The word **witch** comes from the Old English 'wicce', meaning 'wise woman'. In fact, **wiccans** were highly respected people at the time!



The fear of Halloween is known as **samhainophobia**



## HOW TO FIGHT BACK AGAINST THE EFFECT OF SWEET HALLOWEEN TREATS

Aside from avoiding the more harmful sweets in favor of dark chocolate, there are other ways we can combat the effects sweet Halloween treats have on our teeth:

- Don't give harmful oral bacteria an all-day buffet! If you're planning on eating a lot of treats, it's better to eat it all in one sitting than spreading it out across an entire day. This way, your saliva will have a chance to neutralise the acids and wash away leftover sugar.
- Drink water after enjoying your treats. It will help rinse out the sugar sticking to your teeth.
- Wait half an hour after eating treats, then brush your teeth! Good brushing and flossing habits are essential to protecting your teeth from the effects of sugary sweets.

WHY DO SKELETONS HAVE LOW SELF ESTEEM? THEY HAVE NO BODY TO LOVE!

The original name of Count Dracula in Bram Stoker's famous book was **Count Wampyer!**



## What our patients say about us

You can share your feedback on your experience at Brightside Dental [here](#), or go to:

[www.bright-sidedental.co.uk/testimonials](http://www.bright-sidedental.co.uk/testimonials)

J

Jane O'Donovan



★★★★★

All the staff at Brightside are kind, professional and gentle. I would recommend them to everyone and particularly people who are nervous about visiting the dentist or hygienist.

K

Kamal Amanullah



★★★★★

Very polite and courteous staff. Very clean environment. Latest technology. Knowledgeable and caring Dentist and hygienist. Keep you informed through each step. My wife and I and both our daughters have been with them since 2019 and have nothing but praise for all the staff, Dentists and Hygienist. They are all a credit to the profession. Long may it continue.

D

Deirdre Ryan



★★★★★

I had a porcelain inlay done at Brightside in N11 2TP and am very happy indeed with the outcome. I was full of fear and dread but Ketan explained everything to me and made sure I was comfortable at all times during the treatment. The result is amazing, much better than I was expecting. He used very modern and advanced equipment and got a wonderful outcome, with which I'm absolutely delighted. This dental clinic is very well run, friendly and super efficient. Thank you Brightside.

C

Caroline Hadfield



★★★★★

On behalf of my Dad, Joseph.  
He was treated by Dr Ketan Shah today and came away with high praise for his Professionalism, facilities and kindness.  
Thank you for the 1st Class service Dr Shah and your team.

FOR MORE INFORMATION ON CALM AND GENTLE DENTISTRY

[www.bright-sidedental.co.uk](http://www.bright-sidedental.co.uk) | [info@bright-sidedental.co.uk](mailto:info@bright-sidedental.co.uk) | 020 88884401