



The Brightside of Life

August 2018 Issue



Congratulations to Raquel who won a £50 cinema card from our National Smile Month Smiley Selfies contest.



Charity Of The Quarter

Each quarter at Brightside Dental we decide on a charitable cause that could benefit from the donations we make as a promise to our clients who have patiently waited to be seen for more than 10 minutes past their booked appointment time. Each time we are running late we make a donation to our chosen charity on their behalf.



Last quarter, we were able to raise £483.03 in support for the National Autistic Society.

This quarter we are supporting Rainbow Trust. Rainbow Trust supports families who have a child aged 0-18 years with a life threatening or terminal illness and need the bespoke support which they can offer. Today there are an estimated 49,000 children and young people in the UK living with a life limiting or life threatening condition who may require palliative care. Many of these children and their families are able to cope or are not in a 'crisis situation'. However, thousands of families have to face the very real possibility that their child may die and struggle to cope on a day to day basis.

Their support is hugely varied and depends on the needs of the family. Support may include all or some of the following, sibling support, home support, hospital support and bereavement support.

For further information about this charity please take a look at:

<https://rainbowtrust.org.uk/>

Breastfeeding and Your Baby's Teeth

First time parents are faced with a seemingly endless stream of questions, decisions, and unknowns about how to raise and care for their new baby. One of the big ones is whether to breastfeed or bottle-feed.



There are passionate proponents of both options, some claiming that breast milk is far superior to formula while others claim that there's little nutritional difference, so why not take advantage of the convenience of formula? Here are the effects of breastfeeding on a baby's oral health and development.

Key Breast Milk Nutrients

Breast milk provides the nutrients your baby needs to grow healthy and strong, such as:

- **proteins** like casein, which helps build strong jaw muscles,
- **fatty acids** crucial for brain development, and
- **vitamins** that are vital for dental development.

All of these nutrients are important factors in helping reduce tooth decay once those baby teeth make their debut. One nutrient that breast milk lacks, however, is vitamin D, an essential component in good oral health because it helps the body absorb calcium. Older children and adults get vitamin D from sunlight, but that can be risky for babies, so formula and supplements are safer sources.

Facial Development And Bite

Leaving aside the nutrients of breast milk versus formula, studies have shown that the actual act of breastfeeding is better for a growing baby's jaw and facial structure than bottle-feeding. Breastfeeding will help give your baby strong jaw muscles and healthy gums, which will decrease their chance of developing a malocclusion (bad bite) and requiring orthodontic treatment in their teens.

Breastfeeding And Tooth Decay

Most people think they only need to clean their baby's gums after bottle-feeding because formula milk can linger longer, leaving sugars to start causing decay, but it's just as important to clean the gums after breastfeeding. We

also advise you not to put your baby to bed with a formula or breast milk bottle, as this can lead to a form of tooth decay known as “bottle rot.”

How To Prevent Decay

Whether you decide to bottle-feed or breastfeed your baby, it’s important to begin the fight against tooth decay before the first tooth even shows up. Simply use a gentle washcloth or gauze to wipe away any leftover milk. Once the baby begins teething and you see their new teeth start popping up, you can start using a baby sized toothbrush with a grain of rice amount of toothpaste to clean their teeth!

World Breastfeeding Week (WBW) is an annual celebration which is being held every year from 1 to 7 August in more than 120 countries.

Being organized by WABA, WHO and UNICEF, *WBW* came up with the goal to promote exclusive breastfeeding for the first six months of life which yields tremendous health benefits, providing critical nutrients, protection from deadly diseases such as pneumonia and fostering growth and development for the first time in 1991.

This year, the slogan for World Breastfeeding Week is:
Breastfeeding:Foundation Of Life

Thank You For Your Referrals

*Ian Cremin, Tara Gundogdu,
Nisha Gajjar, Preeti Shah,
Anna Zerkidou, and Lara Kaminski*



What's On The Menu:

Nutty Chicken Satay Strips

Keep these nutty chicken satay strips in the fridge for a healthy choice when you're peckish. The chicken is served with cucumber and sweet chilli sauce.



Ingredients

2 tbsp chunky peanut butter (without palm oil or sugar)

1 garlic clove, finely grated

1 tsp Madras curry powder

few shakes soy sauce

2 tsp lime juice

2 skinless, chicken breast filets (about 300g) cut into thick strips

about 10cm cucumber, cut into fingers

sweet chilli sauce, to serve

Method

1. Heat oven to 200C, 180C fan, gas 4 and line a baking tray with non-stick paper.

2. Mix the peanut butter with the garlic, curry powder, soy sauce and lime in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency. Add the chicken strips, mix well then arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

3. Eat warm with the cucumber sticks and chilli sauce, or leave to cool then keep in the fridge for up to 2 days.



RECENT REVIEWS



J

Joyce Arnold

1 review

★★★★★ 3 weeks ago

So happy I found Brightside. I had a fear of dentists, and needed a lot of work after neglecting my teeth for a long time. No judgement here, just care and reassurance. The dental work has been excellent, and everyone friendly and totally understanding. If you're a nervous patient, this is the place to go.

C

Carolyn Golstein

1 review

★★★★★ 3 days ago

I have been coming to this surgery for over 15 years. I see Ketan. I would highly recommend the surgery for anyone looking for a very good dentist. I have had many problems in the past with my teeth but since seeing Ketan my teeth have been much improved. All the staff are very friendly. Carolyn, Romford Essex

E

Enzo Morreale

1 review

★★★★★ 3 days ago

No longer scared to go to the dentist,
Excellent treatment couldn't be happier had a lot of work done because of year's of not going dentist .
Fantastic from start to finish..
Will be recommend to all my family and friends

Team Outing at Go Ape

*Great fun and something we
would definitely
recommend.*



Welcome To Our New Team Members

I started working at Brightside Dental in May 2018. Brightside Dental is the perfect workplace to be starting my career as a trainee dental nurse, as I am willing to learn and progress. I am an enthusiastic person who likes to work hard and put everything into the role that I do. In my free time, I like listening to music, walking and travelling."

Sorina - Nurse



"I joined Brightside Dental in June 2018. I have been living in London since 2014 and have been working within the customer service area ever since. I was looking for a new challenge and then I found Brightside! The team is very helpful and have made me feel welcome. I am very eager to learn and gain experience and skills working as a receptionist. I love being able to work as the company's first face - receptionist. In my spare time, I stay active: I like to cycle, swim and spend time with my family."

Alvita - Receptionist



What Our Clients Say About Us...

“Best Care and Were Very Professional!”

I was very nervous going to the dentist to have my root Canal. With the experience and care at Brightside they gave me the best care and were very professional.

I would advise anyone going to have root canal treatment done not to worry and trust the dentists. I am now pain free and also can eat on both sides of my mouth which is such a relief.

It also doesn't take long and if anyone has the choice to have root canal or lose the tooth I advice on the root canal.

-Eamonn Goggin

“I'm Delighted with the Outcome”

For a number of years, I put up with an awful smile. My front teeth were crooked and one of them was discolouring and dead.

One of my friends had work done at the surgery and had such good results and decided to go ahead. I'm delighted with the outcome of the treatments and many people have remarked that it takes off me.

I like the way there is a lot of flexibility so I can fit in appointments around my job, there's always a lot of information given and it's very clear what the next steps are. I've been very hapy by the way I've been treated by the staff.

-Kathleen Cavin

“I've Seen A Total Transformation in How I Feel About My Teeth”

Have been terrified of the dentists for years due to some bad experiences in my youth.

Had Brightside recommended to me by a family member and I couldn't be happier.

Have seen a total transformation in how I feel about my teeth. Everyone in the practice is brilliant, puts you at ease and tells you exactly what is happening and why. I was skeptical about the 'pain-free' promise but it is absolutely true. I had several fillings and other work done and I didn't feel a thing. I'd recommend Brightsdie and Dr Shah to anyone, especially if you are scared of going to the dentists. After 5 minutes you'll wonder what you were ever scared of.

-Daniel Ryan

“My Treatment was Pain Free”

Ketan is an excellent dentist for phobics like me! He was very sympathetic towards any worries and fears you may have and every option and every stage of treatment is explained carefully. Also it was pain free!!!

-Sue Furby

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 3468 2080 or For More Patient Stories Visit Us:

www.BrightsideDental.co.uk