

# The Brightside of Life

December 2020



# Practice Updates



This has been a very much unplanned and unexpected year for all of us. As for many people, we have had significant challenges in the practice as well as personally. I would like to give a huge thank you to our patients who have supported us and put your faith and trust in us during these trying times and for our team members who have worked harder than ever to ensure we can dentistry to a high standard and safely for our patients, despite having to adapt to working under ever changing regulations and very uncomfortable PPE.

Wishing you a happy holiday season and best wishes for the New Year, along with being in good health and staying safe for you and your loved ones.

We look forward to seeing you again at Brightside in 2021.

For opening hours over the Christmas break, please visit:

<https://www.bright-sidedental.co.uk/find-dentists-bounds-green.html>

Ketan

# Share The Gift Of A Smile



Instead of a gift to be forgotten this Christmas why not give a gift card, so our loved ones or friends can finally get the dental work they've been wanting or needing.

You can purchase a gift card online on our Instagram: @brightsideden11 by pressing on the GIFT CARD button to pick the voucher or by accessing the link:

<https://giftup.app/place-order/c28f9d15-5774-4acb-8ad5-933a06a86751?platform=Hosted>

We are very proud of our team to have reached 200 google reviews with a rating of 4.8. Our whole team are dedicated to providing high quality service in a friendly and safe environment for our patients. Many people find our practice based on reviews placed by our current patients who share their experience with us.

We would love for you to take the time to add to our reviews and help us on the way to 300!

<https://www.grade.us/brightsidedental/>



# Veganism and Dental Health

There are increasing numbers of people becoming vegetarian or vegan for varying reasons. Historically it was generally based around religious beliefs but for many now it's a lifestyle choice to be more healthy and to help protect the environment.



People generally know what's bad for their teeth – things like sweets, chocolate and fizzy drinks. There are foods that help protect the teeth which are full of vitamins such as calcium and phosphorous, however these foods generally contain meat and dairy.

So what does this mean for a vegan diet? Vegan diets mean removing dairy and can reduce protein, which contain key vitamins for healthy bones and teeth.

When substituting food groups, it can mean an increased intake of sugars, carbohydrates, fruit and vegetables which can be damaging to the teeth leading to dental decay, erosion and gum disease.

If you are vegan, or considering the switch please bear in mind the importance of a balanced diet and also that you may need some supplements to ensure your vitamin and nutrients are at good levels.

This isn't a reason to give up! It is still possible to follow the vegan diet while also taking care of your teeth and overall health. Staying in good health while on a plant-based diet is all about eating a well-balanced diet with all of the vitamins and nutrients that your body needs, avoiding acidic and sugary foods (even if they are vegan-friendly), and keeping up with brushing and flossing routine. Lastly, and most importantly, visit your dentists for regular check ups.

When you choose to adopt any kind of diet, it's important to consult your dentist, doctor, and nutritionist who can help you make the right decisions for your body.

Brightside's Practice Manager Elena has chosen to become vegan for a month in support of Cancer Research UK. If you would like to support this great cause follow the link :

<https://fundraise.cancerresearchuk.org/page/elenas-veg-pledge-7>

If you would like any advice or help on diet and its impact on your dental health, do let us know.

# Quotes, Jokes, and Tips



## Coconuts

ARE NATURAL ANTI-BACTERIAL FOOD AND CAN HELP REDUCE THE RISK OF DEVELOPING GUM DISEASE AND CAVITIES.



## Dinosaurs

GREW NEW TEETH WHEN ONE WAS LOST OR BROKEN



Make a smile your signature accessory.

BEFORE...



AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

BENJAMIN FRANKLIN



AFTER



# Brightside Smile Of The Month – December 2020



**Before**

**After**



Jayden initially visited Brightside Dental because he was unhappy with his crooked lower front teeth and also with the colour of his teeth.

We discussed various treatment options with Jayden. The planning and treatment was more complicated because he had braces when younger but only for his upper teeth. This meant the upper teeth were still quite straight but we had very limited space to move the lower teeth.

It was agreed to remove one lower incisor in order to help create space and Jayden undertook Invisalign teeth straightening with Dr Ketan Shah.

Once the teeth were straightened, we carried out a course of teeth whitening and composite bonding treatment to restore the chipped lower front teeth.



Jayden Leaver

★★★★★ 2 hours ago

My Invisalign treatment through Brightside Dental has been nothing short of exceptional, given the challenges that the clinic has overcome during the last year. The level of service, communication and the quality of the results have all been outstanding, which is a huge testament to Ketan as he was still available through email, even when the practice was shut. The combined efforts of Brightside Dental and Invisalign have given me the confidence I wanted in my smile.

Treatment time was 17 months, which was significantly longer than planned due to Covid-19, however Jayden was very patient and now has the smile he always wanted.

A big benefit with Invisalign treatment during these uncertain times is we can monitor the treatment remotely which means less appointments needed in the practice and also treatment can often continue even during lockdown.

If you would like to find out more how we could help improve your smile, please contact us on 020 8884401.



# What Our Clients Say About Us



**Leslie Bryant**

1 review

★★★★★ 3 weeks ago

Had a treatment with Dr Darbar after not going to the dentist for 14 years. Therefore, was I quite nervous. However, I didnt feel a thing and was greatly relieved. The Doctor and his assistant were very professional and reassuring. I feel I wont be as nervous if I need any treatment in the future



**keith mait**

1 review

★★★★★ 4 days ago

I had extensive treatment today. To be honest I hate dentist and to my regret haven't been to the dentist in a good many years. From the moment I arrived until i left I was treated with total professionalism and understanding. For a good many reasons I had sedation , which worked a treat. For people like me who have the same aversion to dentist I would seriously consider using Brightside Dental.



**Adil Azad**

1 review

★★★★★ 2 weeks ago

Great dental practice with a amazing team, they put you at ease and their level of professionalism and expertise in what they do are second to none. I would highly recommend!



**Jayden Leaver**

★★★★★ 2 hours ago

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**Sellenna Harding**

3 reviews

★★★★★ a day ago

Lovely environment. Great customer service. Very knowledgeable dentists who keeps you well informed about your treatment and costs. No longer scared to go to the dentist! Excellent service for me and my family.

## Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 88884401 or For More Patient Stories, Visit Us:

[www.BrightsideDental.co.uk](http://www.BrightsideDental.co.uk)