

May 2022

# The Brightside of Life

Catch up with our Practice and  
Community News

Introducing  
National Smile Month

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



# Practice News

## Team Member of the Month

A big congratulations to our Dental Nurse Lana, who is our latest Team Member of The Month.

Lana works really hard to make patients feel comfortable and we love having her as part of our team!



## Further team success!

We wanted to share this lovely photo of our Dental Nurse Simona, with her certificate following successful completion of her Dental Radiography course. Well done Simona!



Our Dental Nurse Karolina has passed her Dental Implant Nursing course – Congratulations Karolina!



## Community News

Local Bowes Park Folk Club (BPFC) has now resumed live events!

All neighbourhood musicians, singers and music loves are being encouraged to come and sing or play during the Club's Open Mic Night on Thursday 12<sup>th</sup> May.

More information on [BPFC's Facebook page](#)



# Smile of the Month

## Brightside Smile of the Month – May 2022

BEFORE

AFTER



*Dr Ketan Shah*

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

George used to be a regular at Brightside but hadn't seen us for a number of years. He attended as he had become increasingly unhappy with his smile.

Following a consultation with Dr Ketan Shah and a discussion on the available treatment options, George chose to have Invisalign clear aligner treatment, to straighten his crooked teeth and improve his smile.

The Invisalign treatment went very smoothly, however George had an unexpected and unrelated dental problem part way through treatment which added some additional time to the process. His treatment still only took seven visits in total, over a period of 15 months.

Less appointments were needed in the practice as we used Dental Monitoring, using advanced A.I. technology, to keep a weekly check on treatment progress remotely.

George's treatment consisted of:

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

We were able to help give George the smile he has always wanted in a comfortable manner, without any significant impact on his work or lifestyle.

George shares his experience of the process and how he feels about his new smile:



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.

Thank you for recommending us...

Asha Osman

Sharon Smith

Noeleen Comiskey

Claudia Darku

Monika Kurinkova

Lawrence Steel

Anjana Stephens

Evan Sternativo

Mariam Jalloh







# QUOTES, JOKES, AND TIPS



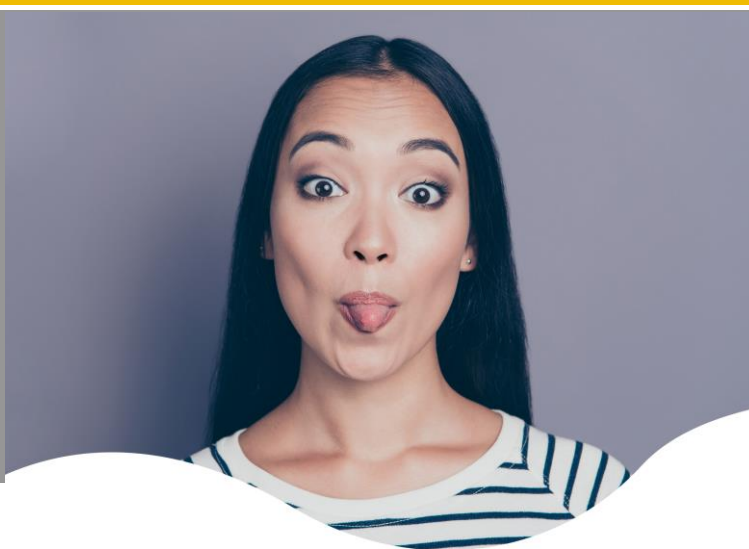
Why should you NEVER brush your teeth  
with your left hand?

A toothbrush works WAY better!



“SPRING IS  
NATURE’S WAY  
OF SAYING,  
‘LET’S PARTY.’”

*- Robin Williams*



## Top tips for dental wellbeing:

Gently brush your tongue and  
then rinse to remove bacteria.



What do false teeth have  
in common with stars?

They only come out at  
night!

**What did the tooth say to the dentist before going on holiday?**

*“Make sure to fill me in when I get back!”*



## How will you join in?

*The Oral Health Foundation is an independent UK charity dedicated to improving oral health and well-being across the world.*

*The charity's annual National Smile Month runs from 16 May to 16 June 2022.*

The Oral Health Foundation has provided oral health support and help to anybody who needs it for almost 50 years. It advocates that everybody deserves a healthy smile and reminds us that a person's oral health is a crucial part of their overall wellbeing.

A significant part of the charity's annual programme is National Smile Month which helps some of the most vulnerable members of our society. This campaign raises awareness of the benefits of having good oral health and promotes the value of a healthy smile.

The National Smile Month key messages for great oral health are:

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

Despite many improvements in oral health over the last 40 years, inequalities continue to be a burden for countless individuals. The Oral Health Foundation is asking individuals to help the charity reach groups where oral disease is far too common.

You can support this year's campaign in two ways:

1. By helping others achieve better oral health by sharing the key messages above
2. By pledging your support and [subscribing to the Oral Health Foundation](#) to receive campaign updates, including new resources and information on associated events and activities.



## What our patients say about us

Share your feedback on your experience at Brightside Dental [here](#)



**Pele Zachariah**



★★★★★

I could not recommend Ketan highly enough!

I've been coming to Brightside dental for over 15 years and I've just (today!) finished my Invisalign treatment. It genuinely could not have been a smoother ride.

Huge thanks to the whole team at Brightside for the fantastic customer service and dental care!



**Kosta Choutov**



★★★★★

The best dentist in North London! Customer service and after care is outstanding!



**rochelle a**



★★★★★

I loved the professionalism, very polite, I had been seen by a lovely dentist her and her assistant was just brilliant friendly! My extraction was quick and I loved the way they are perfect ppl thank you



**noble rich :ossei berkoh:**



★★★★★

The staff are excellent! Reception was polite.

Good music 🎵 playing whilst in the waiting area 😊

My dentist oral surgeon Vanetia & her assistant Lana / maybe incorrect spelling 😊; Were great..

👁️ was scheduled for 2 extractions , Vanetia and her assistant took good care for me.

Extractions was complete within 10 minutes.

Professional work 🍪🍪🍪🌟🌟🌟

Salute Brightside Dental & thier staff, Vanetia & Lana for thier honourable work 🌟🌟🌟🌟🌟🌟🌟🌟🌟🌟