



A & H Update

No. 9 Issue 1 Winter 2019



Welcome to this issue of A & H Update

Our quarterly newsletter is designed to keep you updated with all our news.

Cosmetic Dentistry

With the start of a new year many people think of making changes to improve their health and/or appearance. If you are looking to keep your smile **healthy** and **looking fantastic** this year we are here to help.

Treatments to make your smile look and feel great range from simple hygiene appointments and **tooth whitening** to **white fillings, crowns, veneers** and **implants**. So if there is something about your smile that you have always wanted **changing** have a chat to us to find out more. From a small change to **denture alternatives** and full **cosmetic smile design** we are here to help.



British Heart Foundation National Heart Month February 2019

There are about 2.6 million people in the UK living with coronary heart disease. There is now a clear link between poor dental health and an increased risk of developing heart disease. Studies show that patients who **brush their teeth** twice a day and maintain **dental health** are far more likely to have a **healthy heart**.

Join our Practice Membership Scheme and start saving money now!

Standard Membership just £14.50 per month

- Includes FREE six monthly dental health checks and hygiene appointment.
- Also a 20% discount on many treatments

Enhanced Membership just £17.50 per month

- For patients requiring extended hygiene care.

Joining is quick and easy – just one form with your name, address, date of birth, and direct debit details and that's it, you're in!

A & H Bitesize

- We are very pleased to announce that we have been **awarded accreditation to the British Dental Associations Good Practice Scheme** for the 18th consecutive year. The scheme is a **quality assurance** program for dental practices which requires over a hundred quality standards to be met. **Thank you** to all our staff who consistently work hard to improve our service.
- A huge THANK YOU to all our patients who helped us make our **biggest donation** yet to Warwick foodbank this Christmas. Both staff and patients donated and the huge delivery was very gratefully received by the foodbank staff who do a fantastic job providing for local people.

No Smoking Day 13th March 2019 The day you start to stop

The British Heart Foundation is running its annual National No Smoking Day on 13th March. Visit www.bhf.org.uk for more information and support with stopping smoking.

Every smoker has their own reason for wanting to quit including improving their health. From a dental point of view the health of the mouth is drastically improved with quitting, a decrease in the risk of mouth cancer, **improved gum health**, **less staining** on the teeth and **fresh breath** to name but a few benefits.

Our Refer a Friend Scheme is proving popular. Let your friends know that you have your teeth cared for by A & H Dental Care and if they join our practice and mention your name we will send you £15 of High Street vouchers to say thank you!

Patient Corner - What do you think?

Patient views are important to us and help us to constantly improve our service. If you have any feedback about our practice please feel free to talk to any member of staff or post ideas on our Friends and Family Test forms in reception.