



A & H Update

No. 12 Issue 1 Winter 2022



Welcome to this issue of A & H Update

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

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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 2022

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**.

No Smoking Day 9th March 2022 The day you start to stop

The British Heart Foundation is running its annual No Smoking Day on 9th March. Visit www.bhf.org.uk for more information and support with stopping smoking. 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.

A & H Bitesize

•We are very pleased to announce that we have **awarded accreditation to the British Dental Associations Good Practice Scheme** for the 21st consecutive year. The scheme is a **quality assurance** program for dental practices for which well over a hundred quality standards Need to be met. **Thank you** to all our staff who consistently work hard to improve our service.

Join our Practice Membership Scheme Improve your dental health and spread the cost of routine care

Prices and Benefits from January 2022

All plans include two six monthly dental health checks per year and 10% off most treatment items. Support from an emergency assistance scheme in case of an dental accident or emergency anywhere in the world & redundancy protection towards plan membership fees.

Our three levels of cover for adults are:

Bronze Membership £17.75/month

Plan includes 2 x mini hygiene visits/year

Silver Membership £21.50/month

Plan includes 2 x full hygiene visits /year

Gold Membership £ 33.00/month

Plan includes 4 x full hygiene visits/year

Children's Membership from £3.00/month

Joining is quick and easy – please ask reception

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.