



A & H Update



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Welcome to this issue of A & H Update

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

Children's Dental Health

It is vital that **children** learn the importance of dental **health** from an early age so they have good habits for life. We offer age specific dental health sessions for children with our oral health team – hygienist Tanya and dental health educator Annie.

Brush time – for preschoolers

Mouth Craft – for primary children

Smart Smile – for high school age children

Children on our practice membership scheme can book one session per year **FREE** of charge. So book in and learn about teeth in a **fun** way!

A & H Bitesize

•**Google Reviews:** Please help us to grow our practice by reviewing us on Google. **5 star** ratings help us attract new patients meaning our practice thrives, thus allowing us to reinvest for the **benefit** of all our patients.

•Patients who join our Practice Membership Scheme receive a **10% discount** on most treatment items. Membership includes two Dental Health Checks and Hygiene visits per year. Monthly membership fees start at just £18.75 per month. Please see our membership leaflet in reception for full details.



National Smile Month
13th May - 13th June

As always we will be supporting the British Dental Health Foundation annual **National Smile Month**. This BDHF awareness month provides a great opportunity to learn more about dental health. The three key messages are:

- Brush your teeth** last thing at night at one other time each day with fluoride toothpaste.
- Cut down on sugary drinks and snacks
- Visit your **dentist regularly**, as often as they recommend



Missing a Tooth?

Dental implants are a great way to replace a missing tooth or teeth and also stabilise a denture. Ask at reception for a **FREE** Implant Chat with Adam to see if they can help you.

Help available to stop snoring

The British Snoring and Sleep Apnoea Association promotes awareness that nobody need suffer as a result of **snoring** since it is a **treatable condition**.

Visit their website at www.britishsnoring.co.uk or their facebook page if you would like further information on sleep disorders.

We currently offer sleep assessments and can also **custom build** simple **anti snoring devices** to be worn in the mouth. Please ask for details.



BRITISH SNORING &
SLEEP APNOEA ASSOCIATION

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.