



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.

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!

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.



National Smile Month 11th May - 11th June

As always we will be supporting the British Dental Health Foundation annual **National Smile Month**. This BDHF awareness month promotes three key messages:

- 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**

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.

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

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 £20.00/month

Plan includes 2 x mini hygiene visits/year

Silver Membership £24.00/month

Plan includes 2 x full hygiene visits /year

Gold Membership £ 36.00/month

Plan includes 4 x full hygiene visits/year

Children's Membership

Age 0-5 years £ 3.50/month

Age 6-16 years £5.00/month

Both plans include 1 children's hygiene visit/year

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.