



Charity News - A big thank you to everyone who kindly donated!

Thanks to your help in 2012 we raised a grand total of **£728.11** (plus gift aid) for charity!

In May some members of the Priory Dental Care team entered the Downham Market Lions Club Mega Quiz winning first prize of **£200.00**, which we donated to the **East Anglia's Children's Hospices (EACH)** in Quidenham, Norfolk.



In October some of the team donned their bunny ears, fairy lights and glow sticks and joined in the **Cancer Research UK 'Race For Life Twilight' 5k** at the Norwich Showground, raising **£462.00** (plus gift aid).

And throughout the year we raised **£66.11** for **Dentaid** from patients kindly giving their loose change, or donating 20p for toothpaste samples, to the collection box in reception.

As ever, we will continue with our fundraising efforts in 2013 and we will keep you updated with all forthcoming charity events.

← Jenny, Jessica, Tina and Marie at the Race for Life Twilight 5k

New oral healthcare product - TePe Gingival Gel -

Due to the popularity of TePe Fluoride Gel, we have introduced TePe's newest product, TePe Gingival Gel.

TePe Gel's are specially designed for use with interdental brushes to clean between your teeth. The space between your teeth is a high risk area for gum problems and tooth decay to develop.

TePe Gingival Gel contains chlorhexidine and fluoride so it protects against both plaque and gum inflammation as well as tooth decay.

Please ask a member of the practice team for information on any of our oral healthcare products.



Special Offer - £10 reward!

We are taking on new private patients, and what better than a recommendation from you, our valued patients!

If you have a friend who would be interested in joining our practice, please cut out this coupon, filling in your name and contact number in the space below, and pass it on for your chance to receive **£10** worth of **gift vouchers** redeemable against any of **our oral healthcare products**. Your friend will also be rewarded with a **15% discount** off their initial examination fee (normal cost £65.00), saving them **£9.75** on their first visit.

When your friend presents this coupon at their first appointment, we will contact you so you can collect your £10 voucher.

For further information, terms and conditions please speak to one of our friendly receptionists who will be happy to help. This offer is only valid using an official patient referral coupon. Terms and conditions apply. Offer ends on 31st December 2013.

Name:

Contact Tel:

Did you know more people loose their teeth to gum disease than tooth decay?

Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. It has two stages; 'gingivitis' and 'periodontitis'. It can occur at any age, but it is most common in adults.

Gum disease is caused by plaque, which is a soft, sticky film of bacteria that forms on the surface of the teeth. To prevent gum disease, you need to remove all the plaque from your teeth everyday by brushing and interdental cleaning. If not removed, plaque deposits harden to become calculus (tartar) which can only be removed by a dentist or hygienist. If plaque and calculus is allowed to build up, it irritates the gums, causing inflammation (gingivitis). Left untreated, gingivitis can progress to periodontitis, which is irreversible damage to the fibres and bone supporting the teeth. With the loss of support, the teeth become loose, fall out or have to be extracted.

Unfortunately gum disease tends to progress slowly and painlessly so you may not be aware of the damage being done. One of the first signs of gum disease is blood on the toothbrush or in the rinsing water when you clean your teeth.

Prevention is always better than cure so regular dental hygiene advice, treatment and support is vital for maintaining a healthy mouth.