



TrafalgarTalk

Welcome the second edition of our Trafalgar newsletter, our aim is to keep you up to date with the latest news from within our network of dental practices and the dental community.

Welcome to Trafalgar

SCA Trafalgar dental services has seven dental practices across Hampshire and Dorset. We currently have around 80,000 dental patients receiving NHS and private dental treatment through our network of surgeries. Trafalgar is extremely passionate about changing lives and helping thousands of people improve their oral health and hygiene.

We would like to take this opportunity to thank you for being one of our valued patients and we look forward to treating you within the practice.

Social networking

For the latest news, Please follow us on twitter —@trafalgardental



The Care Quality Commission (CQC) regulate, inspect and review our practices to ensure that we deliver safe, effective, compassionate and high quality care to our patients.

Six of our practices have now had their inspections and each site met all standards.

You can view the full reports by visiting the CQC website www.cqc.org.uk



Mouth cancer

Did you know that visiting the dentist could save your life?

The reason is simple – part of our examination process is to check for signs of oral (mouth) cancer and early diagnosis can make all the difference between life and death.

Around 4,400 new cases of mouth cancer are diagnosed in the UK each year, and these figures are on the increase. Early diagnosis can improve your chances of survival from 50% to nearer 90%.

Those aged over 40 are most at risk, especially if they smoke. Drinking alcohol is also a contributory factor and if you smoke and drink to excess at the same time you are up to 30 times more likely to develop the disease.

Early symptoms include mouth ulcers that do not heal, white or red patches, or any other unusual changes in your mouth. If you notice any of these, it is important to get them checked out as soon as possible.

During your regular examination we always look for signs of anything suspicious in your mouth and throat. If we do spot any potential problems, we will advise you immediately and refer you to see an oral surgeon.

General Dental Council

protecting patients, regulating the dental team

The General Dental Council is the organisation which regulates dentists and dental care professionals in the United Kingdom. Trafalgar Dental Services adheres to the GDC's scope of practice at all times to ensure that we comply with current standards and regulations. You can view the GDC's scope of practice and search the professional registers on the GDC website — www.gdc-uk.org

Go smoke free!

Thousands of people have quit smoking with the help of the NHS smoke free campaign and so can you!

www.nhs.uk/



when it's less urgent than 999

Should you have a dental emergency outside of our normal working hours, please remember to contact

111

Your Oral Health

When you think of poor oral health, what comes to mind? Yellow teeth, with every other one missing and a breath that even air freshener couldn't mask? That's an extreme, but the point is this – poor oral health does not necessarily mean just those symptoms.

You wouldn't ignore a bleeding hand, but many people ignore bleeding gums. It's one of the first and most obvious signs of gum disease, which, if left untreated, can cause a whole range of problems.

Regular visits to the dentist, as often as they recommend, can help to nip these things in the bud. If you do ignore it, there are repercussions that go further than your mouth. Research suggests there is a link between poor oral health and these nasties: **Dementia, Heart attacks, Strokes, Complications during pregnancy, Male sexual health problems.**

Not too many people even know these links exist. National Smile Month research revealed on average four out of every five people in the UK do not think poor oral health is related to some of these conditions. When more than 2,000 people were questioned, 83 per cent did not recognise that poor oral health could be linked to pneumonia, while 82 per cent were not aware of its connection with colon cancer. A similar number of people (79 per cent) did not think strokes and poor oral health were linked, and a whopping 90 per cent of people put dementia in the same category. Only heart problems registered with those questioned, as 40 per cent thought they could be brought on by poor oral health.

And the statistics do not make for better reading when it came to gender-specific conditions either. Two in every three women do not believe poor oral health can result in pregnancy complications, and more than four in five men (83 per cent) fail to recognise that erectile dysfunction can be caused by poor oral health.

National Smile Month is your chance to find out how you can prevent these conditions from affecting you. The campaign's three key messages are the 'bread and butter' principles for developing good oral health.

Brush for two minutes twice a day using a fluoride toothpaste

Cut down on how often you have sugary foods and drinks

Visit the dentist regularly, as often as they recommend.

Let's be honest, they're quite simple to follow, but so many people STILL don't do these basic things. Some adults brush for less than two minutes a day! Some even do it for less than ONE minute! That's why National Smile Month's role in improving oral health is so important. It gives everybody the opportunity to explore their current oral health routine and do something that will improve it. It doesn't matter if your teeth are in pristine condition or if you have poor oral health, National Smile Month is for everyone.

To find out more, please visit: www.nationalsmilemonth.org



What is a Dental Hygienist/Therapist?

Dental hygienists and dental therapists can work in all sectors of dentistry.

They have both clinical and health promotional responsibilities. Clinically they help to treat and prevent periodontal (gum) disease by scaling and polishing teeth, applying prophylactic and antimicrobial materials, they take dental radiographs (x-rays) and undertake monitoring and screening procedures.

Dental therapists can also treat the adult and child dentition (teeth) with routine restorations, placement of preformed crowns, and pulp treatments and extractions on deciduous teeth (baby or milk teeth).

Dental hygienists and therapists are also permitted to apply topical fluorides and fissure sealants in order to reduce dental caries (tooth decay).

Their health promotion role includes motivating and encouraging individuals and groups in oral health practices, including oral hygiene and dietary advice.

Following qualification, dental hygienists and therapists can work in many settings - NHS/Independent general practice, specialist periodontal or orthodontic practice, hospital (staff hygienists, staff therapists, tutors/lecturer, and specialist departments e.g. special needs), education, research, health promotion and community as well as working abroad.

If you wish to visit one of our dental hygienists/ therapists or if you have any queries, please speak to your Dentist or a member of the team.



A day in the life.....Working at SCA Trafalgar

Full name: Rianne Welford

Job title: Full time dental nurse at our dental practice in Totton.

Length of service within SCA Trafalgar: Three years.

Favourite aspects of the role: I get to work with patients , this helps to build my confidence when communicating and meeting members of the public. I also enjoy the variation of my job from appointment to appointment and from day to day. I like the fact that I am always learning new things and am able to study.

What do you like most about working for SCA Trafalgar? Working with my colleagues. We work well as a team and always help each other out, and I know that I can go to any of them for advice or help at anytime. They assisted me throughout my training and gaining my dental nurse qualification.

Career aspirations: In the future I aim to work in the Maxillofacial (Oral surgery) department when I have gained more dental qualifications and experience.

“My daily Job role includes assisting the Dentist in all aspects of patient care and also support other members of the dental team. I mainly work in surgery assisting the Dentist but can often work on reception and participate in administrative duties too”.

Employee of the month!



We think that it is important to recognise the hard work and dedication that our staff provide and we hold monthly and annual staff awards to reflect on this. If you would like to be part of staff appreciation, please speak to the dental practice manager.

Please see our website for all winners—
www.scagroup.co.uk

Please provide us with your feedback.....

We would like to take this opportunity to say thank you to all of our patients who have kindly taken the time to give us some lovely compliments which are very valued. If you would like to give us some feedback or have any suggestions, then you can do so via the following ways:

- ⇒ Leave us a comment or suggestion on our **practice comments pages** or in our **suggestion box**
- ⇒ Fill out a **patient satisfaction survey** at the practice, these are available for children too!
- ⇒ Leave feedback on our profile on the **NHS choices website** - www.nhs.uk
- ⇒ add a comment to **our SCA website** www.scagroup.co.uk/customer-comments
- ⇒ See reception for details on being part of our **Trafalgar patient forums**. Next meeting will be held on 10.04.14.

Your comments and suggestions provide valuable feedback, we are then able to ensure that we are continuing to improve on delivering an excellent service to our patients.

Dental Jokes

Why do you forget a tooth, as soon as the dentist pulls it out?
Because it goes right out of your head

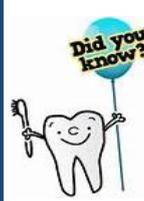
Why did the termite eat a sofa and two chairs?
It had a suite tooth

What helps keep your teeth together?
Toothpaste




Did you know.....?
Like our fingerprints... everyone's tongue print is different!

It takes 5—53 muscles to smile!



Do you know that SCA Group provide other services?

Careers in Care

Do you know someone who would make a great care worker? Maybe a family member, neighbour or friend?

We need people who care and want to help others

We provide all the training and previous experience is not necessary. We also offer Apprenticeships in Care for school leavers who are looking for a career in health and social care.

Please pass on our number if you know someone who would be interested to find out more.

Thank you

Call us on 023 8051 6026

www.scagroup.co.uk/jobs

scacare
supporting better lives



A centre for health and wellbeing in Lyndhurst
for
people living in the New Forest.

exercise classes for all including those with long term
health conditions / gym / clubs / day care / activities /
carer support / physiotherapists / and much much
more!



Do you need a bit of extra help? Maybe a bit of extra
housework, or an extra call once or twice a week?

We can help. SCA Care can deliver extra help on a private basis, at a very
competitive rate.

**Call your local office now for a quote.
We'd love to help!**

02380 516034



Dial a Ride

Southampton

A transport service for persons unable to use
existing public transport due to a disability.
Fares apply.

Booking is essential. Before booking you must complete a
membership application form.

Call us for a form or download from our website.

www.scagroup.co.uk/transport/dial-a-ride

**Dial-a-Ride Monthly Outings to
Haskins and Hedge End now also
available!**

**Do you need an SCA Advocate to help
you sort out a problem?**

We can help with a range of issues including care
issues, power of attorney, complaints,
benefits, residential care and much more.....

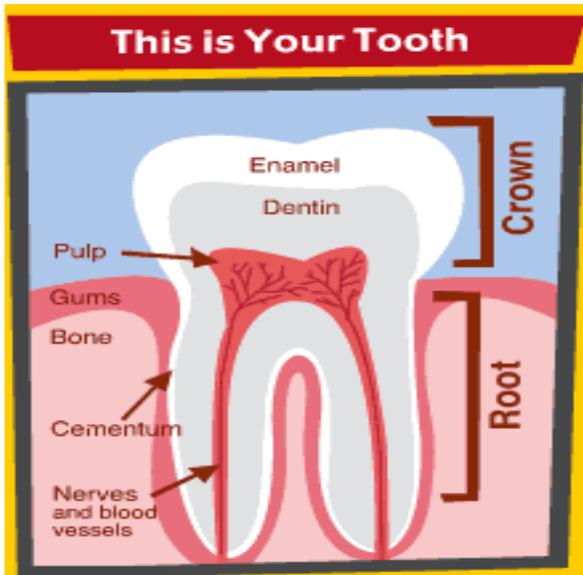
Call us if you'd like to find out more

077 3995 1715

Trafalgar Chatter



This section is especially for the little people that visit the practice



Have you ever wondered what your teeth are made of?

Enamel: the tough, shiny, white outer surface of the tooth

Dentine: the hard tissue found under the enamel of the tooth. Dentine is harder than bone!

Pulp: the soft center of the tooth. The pulp contains blood vessels and nerves.

Cementum - a layer of tough, yellowish, bone-like tissue that covers the root of a tooth. It helps hold the tooth in the socket.

ALL ABOUT YOUR TEETH

Teeth are important for three reasons:

1. Eating
2. Talking
3. Smiling

You get two sets of teeth in your life:

1. Baby (milk) teeth (20 teeth)
2. Permanent (adult) teeth (32 teeth)

Your gums and jaw bones support your teeth.

Teeth are grouped into four types, each have a different function

1. Incisors: cut food
2. Canines: tear food
3. Pre molars: chew food
4. Molars: chew food

How to look after your teeth

1. Visit your dentist twice a year
2. Clean your teeth at least twice a day, for at least two minutes, after breakfast and before bed time
3. Eat a balanced diet not too high in sugary foods or drinks

Plaque

After eating, your teeth will be attacked by bacteria. These build up and coat your teeth in a white sticky substance known as plaque. Plaque feeds on the sugars produced by foods which in turn produces an acid which if not removed will dissolve the enamel and lead to tooth decay.

When will my adult teeth erupt?

Upper Teeth	Erupt
Central Incisor	7-8 Years
Lateral Incisor	8-9 Years
Canine (Cuspid)	11-12 Years
First Premolar (first bicuspid)	10-11 Years
Second Premolar (second bicuspid)	10-12 Years
First Molar	6-7 Years
Second Molar	12-13 Years
Third Molar (wisdom tooth)	17-21 Years
Lower Teeth	Erupt
Third Molar (wisdom tooth)	17-21 Years
Second Molar	11-13 Years
First Molar	6-7 Years
Second Premolar (second bicuspid)	11-12 Years
First Premolar (first bicuspid)	10-12 Years
Canine (Cuspid)	9-10 Years
Lateral Incisor	7-8 Years
Central Incisor	6-7 Years

What causes tooth decay?

Tooth decay is the result of an infection with certain types of bacteria that use sugars in food to make acids.

Over time, these acids can make a cavity (hole) in the tooth.

Did you know?



A snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth!

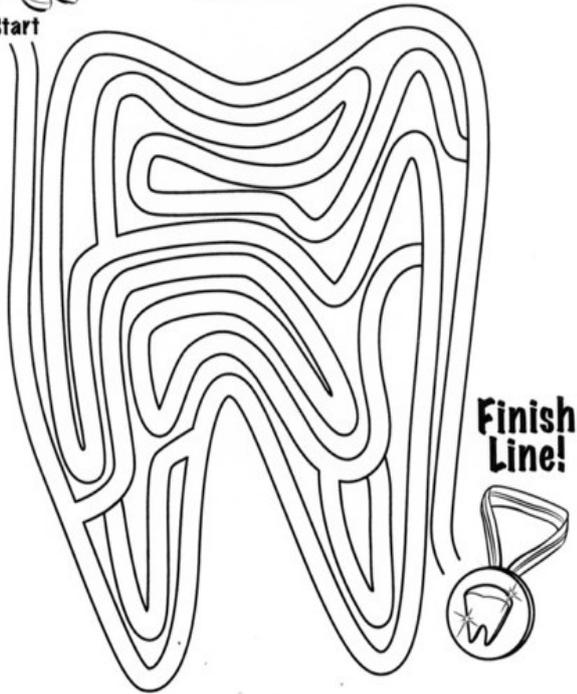
Fun & Games



Help Flossy and Den cross the finish line! You can get a Gold Medal Smile, too. Practice good oral health everyday!



Start



Finish Line!

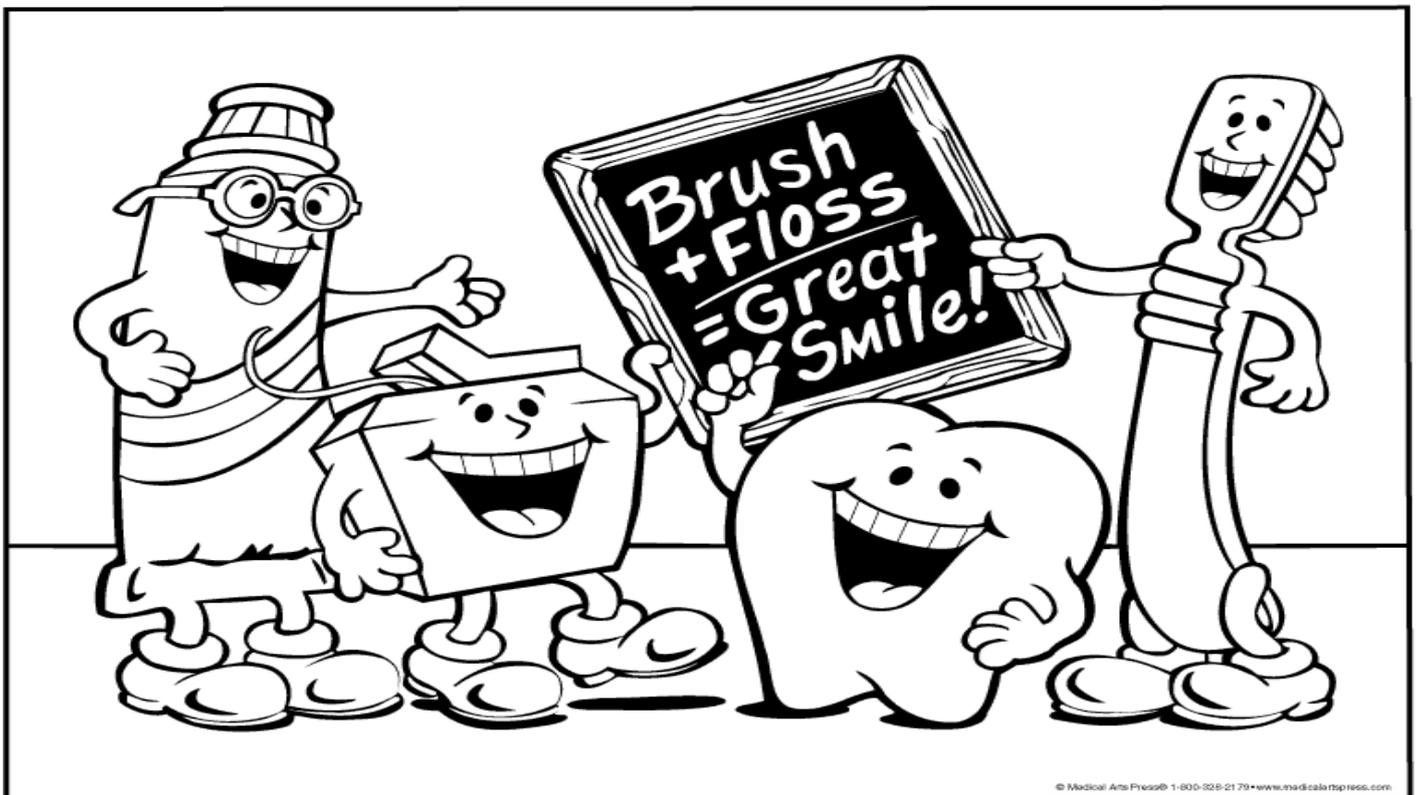
Can you find all of these dental words in the letters below? Look up, down, sideways, backwards, and diagonally.

floss	dentist	smile	enamel	chew	lip
toothpaste	molar	jaw	incisor	cuspid	gums
brush	decay	bite	cavity	checkup	mouth



M J O E
 J O T E
 M M L D M C S L S
 O J A E I A C E F T A E M
 G U D R C N B C H E C K U P M I L
 Y T I V A C I B R U S H A L A
 J S H P H Y I T S I T N E D L
 A M E S O M S E O E T P I
 W U A U F L O S S L P
 G S C T L R A

COLOUR ME IN!



Competition winners



In our last newsletter, we asked you to draw us a picture of you brushing your teeth! We had some excellent entries, well done to everyone that entered! All winners will receive a Trafalgar goody bag.

Please see our winners below:



Mary Painter, Age
9 from Swanage
Dental Practice



Molly Conroy, Age
8 from Holbury
Dental Practice



Kitty from Totton
Dental Practice

Please ask your receptionist for details on our latest competition

Jessica and Tom, our patients from Holbury Dental Practice have written an excellent poem for us to share with you all, well done! They will also receive a Trafalgar goody bag.

