

Daniel's first year



It's now a year since Dr Daniel Yap joined Granta Dental. Daniel qualified as a dentist at the University of Sydney, Australia and worked in Melbourne at the Royal Dental Hospital and for several private practices for four years before moving to the UK. We took the opportunity of talking to him during the summer about his experiences so far.

What have you most enjoyed about the last year?

When I joined Granta Dental, I said my aim was to help my patients achieve a level of dental health with which I myself would be satisfied. I think the thing I've enjoyed most this year is being able to deliver on that aspiration because of the holistic approach which underpins all the team's activities. We treat our patients as individuals and we look for solutions which suit their specific needs – that's still sadly very unusual in the world of dentistry!

Can you describe your role in the Granta Dental team? As an all-rounder, my role is to act as the first port of call, dealing with any immediate problems and checking the patient's general health. Of course, I can then refer the patient on to the relevant specialist on the team for follow-up if necessary. It's great to be able to access those skills in-house.

Tell us about the most rewarding case you've worked on. One patient came to us with chronic jaw and dental pain, and a deep frustration at how her previous dentist had not been able to resolve the situation. By first taking time to listen to her concerns and then using leading-edge diagnostic technology, we were able to relieve her pain, treating areas of previously undiagnosed dental decay and an underlying dysfunction in her jaw muscles. Her case is a fantastic example of how our people skills and our investment in technology can work together to deliver spectacular results.

And what are your top tips for maintaining a healthy mouth? I try to get the message across that it's the small things that make a big difference – daily interdental cleaning, using an electric toothbrush, attending regular hygiene appointments. Get the basics right and the rest should follow!

Practice news



We are delighted to introduce our newest team member, endodontist Sharon Stern. Sharon graduated from the University of the Witwatersrand, South Africa in 1999 before moving to London. She has subsequently completed the Certificate in Restorative Dentistry at Eastman Dental Institute and is currently undertaking the MClIn Dent in Endodontics at Guys Hospital.



We are pleased to report we received confirmation over the summer that we have successfully renewed our status as a British Dental Association (BDA) Good Practice. The BDA Good Practice Scheme was launched in October 2001 and awards accreditation to practices which meet nationally agreed standards of good practice in a wide variety of areas, ranging from clinical issues to patient communications. We originally received the coveted award in 2002 and under the terms of the scheme have to be re-assessed every three years. This year's assessor was extremely complimentary about our commitment to meeting the high standards demanded by the scheme.

As part of our ongoing commitment to the team's continuing professional development, at the end of July we held a seminar on the uses of photo-activated disinfection (PAD) techniques. PAD is a simple procedure where we first use a non-toxic liquid dye to stain bacteria in tooth cavities or periodontal pockets, and then apply a diode laser light to kill the marked organisms. It offers a gentle but highly effective of eliminating bacterial infection without damaging the structure of the tooth. The technique was developed by Professor Gavin Pearson at Barts, and we were delighted that Professor Pearson was able to come to Cambridge to lead our training session.

Products of the month

There is a huge body of research, compiled over many years, which demonstrates the superior cleaning capabilities of electric toothbrushes over manual brushing. Our hygienists and therapists are keen to introduce our patients to these advantages, so this month we are comparing two electric brushes: the Oral B Professional Care 8000 (£36) and the Philips Sonicare FlexCare HX6982/03 (£86).



The Oral B is an entry-level product which nevertheless offers a considerable improvement on the cleaning effect achieved by manual brushing. With 40 000 pulsations a minute plus 8000 side-to-side movements, it removes twice as much plaque as a regular toothbrush. The pressure sensor stops you from pressing too hard and the audible timer helps you brush all quadrants of your mouth equally during the recommended brushing time of two minutes.



The Philips Sonicare is a top-of-the range model which, as the name suggests, uses sonic technology to achieve a very high degree of cleaning. It works by buzzing over your teeth at much higher speed than a normal electric toothbrush, not only brushing away the plaque but also creating waves of turbulence in the toothpaste and water in your mouth. Tiny bubbles form in the space between the toothbrush and the teeth, and these help to shift more plaque than brushing alone. You can actually feel an energetic sensation around your teeth as the pressure waves created by the brush do their work.

The Sonicare offers a wealth of features to enable you to personalise your brushing routine including 'Go Care' when time is short, and 'Max Care' for deep cleaning, plus cleaning modes for sensitive teeth and gum massage.

Both of these products are available to order from Reception. Please ask for a demonstration.

If a job's worth doing ...

This month Dr Peter Hutchison describes how a marathon programme of restorations has given him a smile he can be proud of:

"I can take a hint, and my wife was clearly hinting ... although I had always taken great care of my teeth, they were not in such good condition as other parts of my body. I was also becoming increasingly self-conscious of my smile. My previous dentist had been good, but she was not very keen on cosmetic work and it took an eternity to get an appointment. It was time for a change.

Moving to Granta Dental proved transformational. I was first struck by the professionalism – everything is state-of-the-art – and then by the perfectionism. I quickly gained total confidence, not just in the work which was being done, but in the knowledge it was meant to last. It did not take me long to realise I trusted Helen completely, and that I could therefore go for a major job. Helen produced a plan, leaving the decision on the rate of progress to me, and I opted for the maximum in the minimum time. In all, I had twenty-two teeth crowned – Helen never flinched. She is capable of working intensively and determinedly, and this suited me perfectly. A root canal needed attention on the way, and a tooth was saved that would probably have been lost had I not changed dentist.

Helen's support staff also reach the same high professional standards. I met her technician in the course of one visit, and was very impressed by his approach: my crowns are accurate to microns. And as I was getting ready to set off for my final session, I got a phone call from the surgery – Helen was running twenty minutes late, so would I like to delay my arrival? A nice touch.

I did not realise quite how much I had been embarrassed by the state of my teeth until everything was finished, and I gasped in disbelief when the mirror was placed in front of me. But the main advantage is my confidence that minimal attention will be needed for, hopefully, the rest of my life!"