

**Granta Dental Welcomes National Smile Month 15<sup>th</sup>  
May – 1<sup>st</sup> June 2017**

A smile. Possibly the most influential gesture we can make. When you smile, positive changes start to occur. The benefits are hard to disagree with, they're free, contagious and science shows that they help to reduce stress.

National smile month is a chance to look at our oral health and learn why having a healthy smile is so important. As part of national smile month, we have put together some top tips to keep your smile beaming.

- Finishing your meal with a small piece of cheese and avoiding snacking between meals will help neutralise the acids that cause decay
- Attend your routine appointments with your dentist and hygienist. During your examination your dentist will carry out a visual mouth cancer screening as well as advise you on the best care for your teeth and gums to not only treat, but prevent any problems before they start
- Let us know if you are nervous as we would like to make the experience as pleasant as possible for you

Learning to look after your teeth and mouth is important from an early age, that is why it is important to bring your child in early, as soon as their teeth start to appear. Our top tips for children;

- Disclosing tablets are fun to use and are a great way to show where the toothbrush is missing!
- Use a timer to check that your little one is brushing for the recommended amount of time



**Picture Perfect Smile**

Have you ever looked at a picture of yourself and wished you had that Hollywood smile? Orthodontic dentists have seen a rise in adults seeking dental treatment to improve their smile and you could be next, thanks to our specialist orthodontist Pedro Arteché. Pedro works alternate Wednesdays and is able to offer a wide range of state of the art tooth alignment treatments depending on your individual circumstances. So why not book an appointment for a consultation today

**Team News**

We are happy to be welcoming **Sintia Whatling** back to the team. She has been working with us since 2012 firstly as a Dental Nurse and now, having gained her qualification, as a Dentist. Sintia will be working on Thursdays and can offer you general dental appointments and hygiene treatment.

Welcome to **Stuart Bowen-Davies**, our newest member of the team. Stuart will be available to see you every Monday and Wednesdays on a fortnightly basis, offering general dental appointments as well as surgical treatment and implants

**Featured Product for Spring – Special Offer!**

Oral B 4000 oscillates, rotates and pulsates to remove and sweep plaque away. Pick up yours for just £59.99, usually £74.81 **a fantastic saving of £14.82!**