



DUNMURRY
DENTAL
PRACTICE

Newsletter

Need some inspiration to stop smoking in the New Year?

Gabriel started attending our smoking cessation clinic in August and quit in November.

Gabriel is absolutely delighted with the smoking cessation clinic provided at the Practice with Cancer Focus NI. He was a heavy smoker for 43 years and had numerous unsuccessful attempts to stop smoking in the past using various methods. He has now stopped smoking with the help of our clinic which he said was superior compared to previous support he was given. He wanted to stop for health reasons and to save money as he is now retired – saving over £300 a month.

Suzy from Cancer Focus Northern Ireland was excellent throughout. Giving one to one support over half an hour appointments. They discussed the reasons for smoking and stopping smoking, she was very encouraging and didn't pressure him. She led him through the process and helped him to try again after falling off the wagon twice. Evening appointments were convenient and Suzy was available by email and phone at any time. He is 100% sure that smoking is behind him.

Appointments are available in our evening clinic on Tuesdays – it's all free and easy to book and available to anyone. Ring us on 02890613322 or message us on Facebook.



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Denplan

At the heart of dental care

Essential care

We think that payment plans are the most effective way of paying for your private dental care. Keeping dentally fit isn't that expensive or that difficult and just seeing a dentist on a regular basis can make all the difference to the health of your teeth and gums. Most parts of our bodies can repair themselves (with time and treatment) – your teeth cannot! Once a tooth is damaged or even had restorative work carried out, they will always remain weak.

We offer Denplan Essentials (£12.92 per adult per month) which is a dental payment plan that covers the cost of all your preventive dental needs such as check-ups and hygiene visits plus a 10% off all routine dental treatment. We have always been convinced that payment plan patients are less likely to cancel their appointments and therefore less likely to need expensive and complex treatment later on.

There are other reasons for taking good care of your oral health. It's now widely recognised that there are links between our oral and overall health. Tooth decay and gum disease are linked in some way to whole-body conditions such as diabetes, heart attacks and strokes. These are not easily cured and home care for teeth and gums, diet and lifestyle all play a major role in keeping these conditions under control. Your dentist and/or hygienist can show you the most effective way of keeping your teeth clean. They can also advise you on what food and drinks are best avoided and those that can help keep your teeth in good condition.

Given that taking the preventive path to dentistry is by far the best approach we aim to encourage regular attendance and to provide our patients with the best means possible to see us as and when we recommend.

Cosmetic dentistry

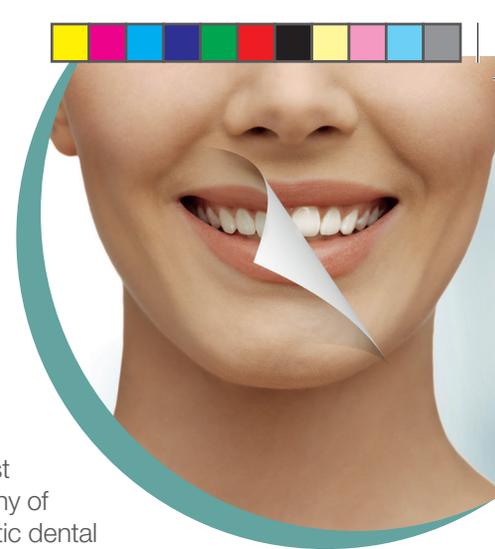
Now it's not just Hollywood actors and actresses that have A-list smiles. Increasingly, many of us are turning to cosmetic dental procedures like teeth whitening in pursuit of the perfect smile.

With teeth whitening available from many dentists, whitening treatment is fairly affordable for many people. With cosmetic and orthodontic treatments such as Six Month Smiles, lots of us are going a step further with what is now an acceptable part of looking good.

Your dentist is the best person to advise on carrying out these procedures, particularly as it is vital that your teeth are in sufficiently good condition before anything is done. Looking and feeling good about ourselves is important but should not be done at the risk of damaging healthy teeth. Veneers, for instance, remove some of the tooth tissue before they are glued on, so whitening could be a better alternative.

Regulations on aesthetic dentistry are constantly being reviewed and tightened, and like any invasive procedure should be well researched before being embarked on. Dentists are trained health care practitioners so are most suited to carry out cosmetic treatments.

Tooth whitening can lighten the shade of your natural teeth but before you commit to having treatment it's important that you're fully aware of what to expect and what the risks are.



Opening times

Monday	9am to 5.30pm
Tuesday	8.30am to 5.30pm and late night for private treatments to 7pm
Wednesday	9am to 5.30pm
Thursday	8.30am to 5.30pm and late night for private treatments to 7pm
Friday	9am to 4.30pm



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