

SUMMER 2017

# JADE DENTAL PRACTICE

## Always Smiling!

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Welcome to our Practice newsletter. Our aim is to provide you with news and views from the Practice as well as featuring key dental procedures and information to help you improve your smile and dental health.



### Congratulations Paige!

After a year of hard work studying, our Dental Nurse Paige Harrison has been awarded a Level 5 Diploma in Leadership and Management. Join us in wishing Paige every success in her future career with the Practice.

### Thank you Suzy!

As part of their Year 4 Science Syllabus, our Hygienist Suzy Thomas gave a talk to children at Great Chart Primary School on 'How to look



after your Teeth'. We received a lovely thank you photo and poster that the children had signed with comments such as "The best thing I learnt was to brush your teeth before breakfast" and "Don't drink too many fizzy drinks".

### Join the Jade Maintenance Plan and save 10% on Treatment Fees!

- Plans from £14.85 per month
- 2 check-ups per year
- 2 Hygienist appointments per year
- 24 hour helpline for emergencies at home or abroad
- Worldwide supplementary dental injury and emergency insurance

### Jade day out at The Big Cat Sanctuary



### Mouth Cancer Awareness

**What is mouth cancer?** Most people have heard of cancer affecting parts of the body such as the lungs or breasts. However, cancer can also occur in the mouth, where the disease can affect the lips, tongue, cheeks and throat.

**What can cause mouth cancer?** Most cases of mouth cancer are linked to tobacco and alcohol. Over-exposure to sunlight can also increase the risk of cancer of the lips.

**What are the signs of mouth cancer?** Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips. Mouth cancer can appear as a painless mouth ulcer that does not heal normally. A white or red patch in the mouth can also develop into a cancer, as can any unusual lumps or swellings.

**How can mouth cancer be detected early?** Mouth cancer can often be spotted in its early stages by your dentist during your check-up. If mouth cancer is recognised early, then the chances of a cure are good. Remember, your dentist is able to see parts of your mouth that you cannot see easily yourself.

**How can I keep my mouth healthy?** It is important to visit your dentist regularly, even if you wear dentures. When brushing your teeth, look out for any changes in your mouth. When exposed to the sun, be sure to use a good protective sun cream, and put the correct type of barrier cream on your lips.

For more information visit [www.mouthcancer.org](http://www.mouthcancer.org)

Watch out for the Mouth Cancer Action Month in November on the Jade Dental Practice Facebook page.

