

Spring 2018

JADE DENTAL PRACTICE

Always Smiling!

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National Smile Month 14th May - 14th June 2018



National Smile Month is the UK's largest and longest-running campaign to promote good oral health. Together, with thousands of individuals and organisations, National Smile Month highlights three key messages, all of which go a long way in helping us develop and maintain a healthy mouth.

They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your Dentist and Hygienist regularly, as often as they recommend

The aim of National Smile Month is to ultimately improve the UK's oral health. Organised by oral health charity, the Oral Health Foundation, the campaign hopes to raise awareness of important health issues, and make a positive difference to the oral health of millions.

But National Smile Month isn't just about education and stressing the importance of a healthy mouth - the key to the success of the campaign is that we have lots of fun doing it! For more details visit: <http://www.nationalsmilemonth.org/>

Fun Facts - Smiling

- Smiling boosts your immune system
- Smiles relieve stress by releasing endorphins
- It is easier to smile than frown
- It takes 5 to 53 muscles to smile
- Babies are born with the ability to smile
- There are 19 different types of smile



The moral of this story? **GET SMILING...**

Of all the things you wear today, your smile is the most important!





With the holiday season approaching, are you covered for emergency dental treatment away from home?

Jade Maintenance Plan

We offer an in-house plan which allows you to budget for all routine and essential dental treatment, with rates from as low as £15.25 per month. This plan includes the cost of two dental health examinations per year (including x-rays), two hygiene maintenance appointments plus a 10% discount on any **essential** treatment.

Code Dental Plan

For complete peace of mind, our Code Plan with rates from as low as £19.08 per month includes two dental health examinations per year (including x-rays), two hygiene maintenance appointments and the full cost of any **essential** treatment. The only additional cost would be any laboratory fees incurred or for any elective cosmetic treatment.

Both plans have additional benefits such as provision of emergency dental treatment (home or abroad), emergency out-of-hours recall fee, accidental injury cover and hospital cash benefit.

For more details contact our Reception Team.

60 Second Interview

At Jade Dental Practice we like our patients to get to know us a little better, so in this issue we find out a bit more about **Susan, our Practice Administrator.**

If you could be reincarnated, what would you come back as? **'A well-loved cat'**

What 3 things would you take onto a desert island? **'Moisturiser, tweezers and a toothbrush!'**

What is your favourite food? **'Italian'**

Who is your dream boat man? **'Steve McQueen'**

Which film can you watch time and time again? **'The Green Mile'**

What's your favourite thing about working at Jade Dental Practice? **'Working with a friendly professional team'**



Enjoy the May Bank Holidays!



Providing Excellence in Family and Cosmetic Dentistry
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