



The Mouth ORGAN

The Houston Dental Practice Patient Newsletter

Spring 2009

The Best in the West!

We are delighted to inform our patients that our very popular colleague, Dr Steven Hinchliffe, the lead clinician of WADC was chosen as the Best Young Dentist in 2008, for the South West and Wales region in the 'Dentistry Awards'.

The annual competition was sponsored by a professional magazine entitled 'Dentistry'. The glittering black tie ceremony was held at a restored Art Deco conference venue in Leicester.

The title is awarded to the best professional under 35 years of age based upon career achievements, professional development and contribution to their practice. We are grateful that the judges recognised Dr Hinchliffe's dedication to his patients care and his career progression.

Congratulations to Dr Hinchliffe on his very well deserved achievement.



Exam Success!

Our respected Dental Surgeons Dr Ziad Ali and Dr Noushad Rahim have recently been successful in gaining a Postgraduate qualification, Membership of the Joint Dental Faculties, Dr Ali has also gained the Membership of the Faculty of General Dental Practitioners. Congratulations to both gentlemen on gaining these memberships, which require considerable commitment and effort.

One of our nursing staff, Miss Ashleigh Prior, who works with Dr Gautama, recently gained her National Diploma in Dental Nursing. Well done Ashleigh, we are glad your studies paid dividends.

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PRACTICE NEWS

Welcome...

We are very pleased to introduce our new Dental Surgeon, Dr Samantha Ellis, a former classmate of our existing associate Dr Ali at Bristol University.

She joins us from a practice in Wells but has had spells at practices in Cornwall and in the Army Dental Corps.

Dr Ellis takes over the care of Dr Whyte's patients.

We are delighted to have recruited such an experienced colleague and wish her well in her new position.

Also joining the support staff to cope with our recent expansion, are three new receptionists.

Mrs. Deirdre Creese who will work on the main reception desk for Dr Ellis. Dee's distinctive Scottish accent will readily identify her to patients!

Joining her is Mrs Teresa Kellock, who will look after Dr Venter's patients. Teresa follows her daughter in to the dental profession (however she works for another practice!)

Completing our new arrivals is Mrs Carolyn Campbell who has emigrated from South Africa. Carolyn will work on the front desk for Dr Rahim and we are sure patients will benefit from her pleasant manner.

Additionally, our nursing staff will be supplemented by a new recruit.

Mrs Rachel Burton, who is a patient of the practice 'changes sides' and resumes her dental nursing role after a career break.

We look forward to working with all of these new ladies and benefiting from their talents and experience.

We wish them well in their new roles.

Top left: Mrs Rachel Burton, top right: Mrs Carolyn Campbell, below left: Mrs Deirdre Creese, below right: Mrs Teresa Kellock



A Change is as Good as a Rest

After many years in the main practice building, Dr Ali will be moving to a newly constructed surgery in our state of the art facility, Weston Aesthetic Dental Centre at 160 Milton Road.

This will be his nurse Ellen's first change of room after almost thirty years of service with the practice!

We hope they both enjoy their wonderful new location. Mrs Carol Calcutt will take over reception duties for their patients.

Dr Rocha and his nurse Sarah will take over residency in the large ground floor surgery vacated by Dr Ali at 164 Milton Road.

PRACTICE NEWS

Forensic Investigation

Mr Houston's long serving nurse Jane, has recently commenced a course of study in forensic dentistry. (There must be a joke in there somewhere about it being dead interesting!)

Upcoming exam

Our hygiene centre nurse Miss Karen Beveridge will sit her National Diploma of Dental Nursing examination in May.

Good luck Karen - we hope all of your studying will stand you in good stead.

Six of the Best!

We are pleased to report that six of our front desk staff have recently gained a BTEC qualification in their specialist receptionist roles.

As such, it is 'well done' to Mrs Carol Calcutt, Mrs Fay Edwards, Mrs Helen Evans, Mrs Lynda Karlsson, Mrs Michaela Lawton and Miss Amber Macaulay (pictured below and below right).

Congratulations to all of the ladies, your hard work was well worth it.

Their colleague Mrs Nicky Lewis has recently commenced the same course. Good luck with your studies Nicky.



Role Change

Our very experienced nurse and radiographer, Mrs Emma Edwards, has recently returned to her favoured job description in surgery after a spell on reception.

Emma will work with Dr Snelling.

Dr Langham

In April we hope to welcome back our respected colleague, Dr Langham to the staff after his compassionate leave during the previous six months.

Thank you to his patients for their patience and understanding whilst being treated by other practitioners during this difficult period.

Three Cheers!

Our Senior Nurse, Mrs Sarah Ford, who works with Dr Whyte has announced the wonderful news that she is expecting triplets.

We wish Sarah well with what promises to be another full-time job once the babies are born!



PRACTICE NEWS

Veneers

A veneer is a very thin porcelain facing used to cover the fronts of teeth rather like false nails, to improve their long term appearance. Originally developed in the 1930s for Hollywood 'Movie Stars' and applied temporarily with denture fixatives.

Today adhesives developed on the space programme are used to permanently secure the veneer in place. Recent advances in porcelain technology make them extremely durable and a long-term solution to many cosmetic imperfections.

Cosmetic Veneers are hand modelled and tailored for the individual to replicate the natural teeth in colour, shape and texture. Skill is required to produce a Veneer which is fine enough yet strong enough to sit unobtrusively on the tooth below. We employ only the best technical skills and most advanced materials. Attention to detail is imperative so that the final result looks completely natural.

Method

Minimal preparation takes place by cleaning and shaping the surface tooth enamel, an impression is then taken of the mouth. The impression is used by the dental technician to create a plaster cast on which the veneer can be modelled. At the next appointment about ten days later the dentist will 'try in' the veneer to check the shape and fit. If the dentist and client are happy with the overall effect the correct shade of cement will be selected and the veneer will be secured in place.

Number of Appointments: Usually 2

Completion of Treatment: 14 days

Advantages: Client can select final colour. Minimal reduction of tooth enamel. Do not stain

Disadvantages: Some tooth enamel must be removed

Life Expectancy: Up to 15 years with good hygiene

Example Uses: To cover chipped or discoloured teeth or improve alignment of crooked teeth

Care: Brush and floss daily as usual. Regular 6-monthly check-ups and hygiene visits.

Locum Cover

Whilst Dr Venter is absent on her maternity leave the care of her patients will pass to two very experienced and well-known part-time locum practitioners. Dr Susan Manasses who provided cover for Dr Venter's previous maternity absence will return from her own maternity leave for three days each week.

She will be complimented two days a week by Dr Richard Pyke. Dr Pyke owned the Boulevard Practice in Weston for many years before taking early retirement. We are grateful to him for coming out of retirement to help us. Our patients will be in good hands with two such experienced professionals to continue their care.

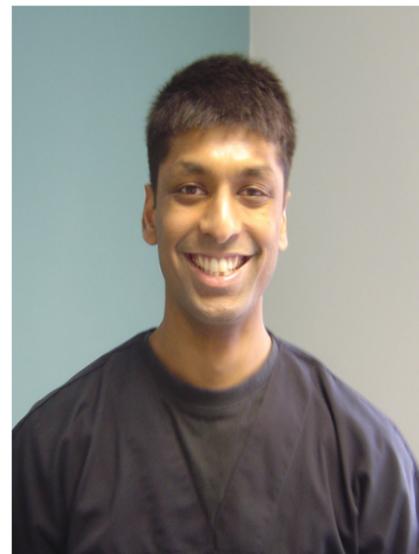
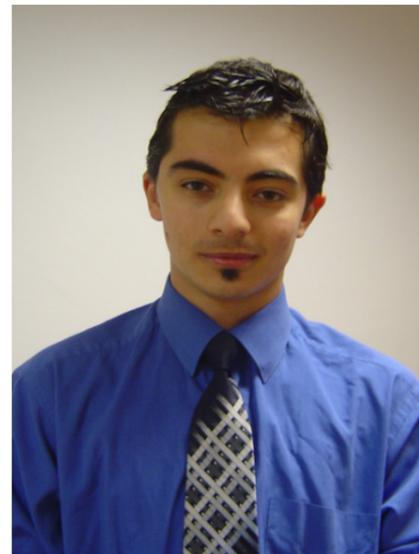
Our popular Associate Dr Louisa Piek will also have her own second maternity break this year. Whilst she has her well-deserved seven months away, her patients will be cared for by Dr Pasapula (right).

Dr Pasapula graduated from Mr Houston's old University in Dundee. This is the first time we have had another graduate from what is the UK's smallest Dental School join us.

Temporary Colleague

We have recently been helped with our care provision for NHS patients by the temporary recruitment of a professional colleague Dr. Ahmad Nounu (below), a recent graduate from Bristol University.

Although Dr Nounu will leave in the summer to pursue the next stage of his career development, we are grateful for his help in the interim.



PRACTICE NEWS

X-ray Vision

Dr Hinchliffe's nurse Sarah, will soon begin her postgraduate course in dental radiography.

This valuable skill will allow her to take x-rays of patients, which will be particularly helpful to the implant referral patients from our Weston Aesthetic Dental Centre.

Heartfelt Thanks

Our colleague Dr Ali would like to thank all those patients who kindly supported him with sponsorship for his recent humanitarian work in Nepal.

He was touched by the strong show of support from the people of Weston, for those disadvantaged patients in the remote region. Thank you.

Practice Private Care Plan

We are very grateful to all of our patients who have subscribed to our monthly private dental care scheme.

You will note that as a gesture of our appreciation for your support, we have not increased your charges this year. We hope that this may help in these difficult economic times and we look forward to continuing to provide quality care for you.

A 'Professional' Engagement

We have pleasure in announcing the engagement of our popular Associate Dr Helen Biddle. All best wishes to Dr Biddle and her fiancée for their future happiness together.

Baby Boomers

We are delighted to announce that the following members of staff have recently had their babies.

Dr Annie Venter has had a boy, Nicholas, born in December.

Dr Hinchliffe's long serving receptionist, Mrs Carol Vardaki had a girl, Sophia May, delivered in January.

Also in January, Miss Anneka Wright who works as Dr Snelling's nurse had a girl, Olivia Grace. We are pleased to report that all mothers and babies are doing well.

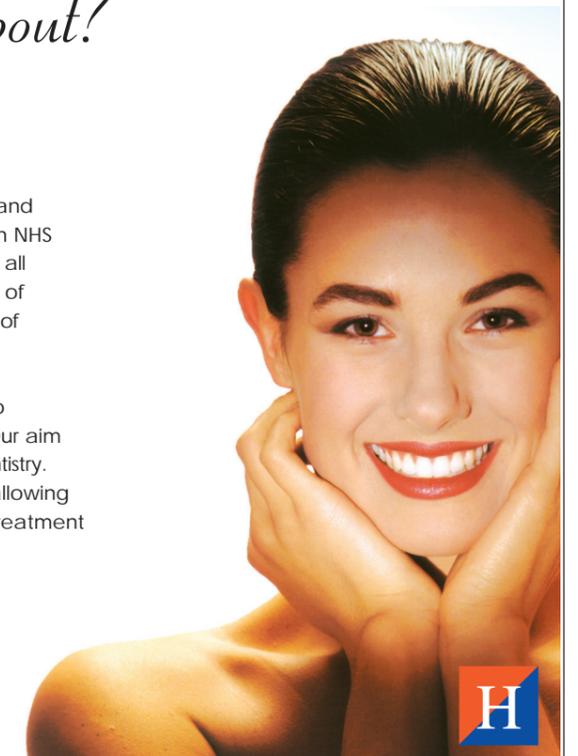
*Want something to smile about?
...come to Houstons*

Due to continued expansion we are pleased to be able to offer friends and family of patients at the practice, the opportunity to register as either an NHS or Private patient. Our architect designed state of the art surgeries are all fully equipped with the most modern technology and we have a team of Dental Hygienists and Oral Health Educators to aid in the maintenance of your oral condition.

At Houston & Associates, our philosophy is based upon a dedication to enhancing your confidence and improvement of your dental health. Our aim is to achieve and maintain good dental health through preventive dentistry. This means providing you with informed choices and relevant advice allowing you to care for your teeth and so reduce the requirement for dental treatment in the future.

To book an appointment please telephone 01934 622824/623784

DA & C Houston & Associates 160-166 Milton Road, Weston-super-Mare, Somerset BS23 2YG



PRACTICE NEWS

Changing Sides Trainee Role

We are very pleased to welcome a new receptionist to our Weston Aesthetic Dental Centre.

Mrs. Elaine Napier joins us after a long career in the financial sector. As a long-standing patient of Dr. Hinchliffe's it is perhaps fitting that she will be assigned to his appointment book.

We hope that she enjoys the swap from one side of the reception desk to the other!



In an attempt to provide training opportunities to local young people we have recruited Miss Vicky Davis as our new trainee dental nurse.

Vicky has family connections to the profession with an Uncle being a Dental Surgeon.

She joins us having gained a BTEC qualification from Weston College. We hope that she enjoys her new opportunity.

About Face

Patients in our Dental Hygiene facility will benefit from the services of a newly recruited part-time nurse, Miss Leanne Macnab.

Leanne will join her former colleague Miss Sue Allard in providing support for the hygienists. She joins us from Cadbury House Spa where she had a long and distinguished career as a senior therapist.

Perhaps our patients will enjoy some of her professional pampering skills in a new development for our services in years to come!

Marathon Man

Despite the unfortunate dental connotations from the famous film of the same title, the practice does proudly boast our very own "Marathon Man".

Away from his day job, our highly respected and very experienced Senior Associate, Dr. Alastair Cruse is a talented long-distance runner.

Despite having previously completed a considerable number of marathons, in the pinnacle of his career to date Dr. Cruse will compete in this year's London Marathon.

His chosen charity is Georgie's Fund, for research and treatment of neuroblastomas in children. Any patient who would like to kindly support his efforts on behalf of this good cause can do so via www.justgiving.com/alastaircruse

We all wish him well for Sunday 26th. April and hope that all of the dedicated training miles make the run go well. Good luck!

Polling Day

A high-circulation fortnightly dental publication entitled 'Dentistry' has conducted a poll of its readership to determine the most influential people affecting the dental profession in each of the last three years.

Mr. Houston's position has varied from a high of second, to a low of fourteenth, - however he has always polled ahead of the Prime Minister of the day each time!

The 2009 results will be published in late March.

PRACTICE NEWS

Brought to Book

A high profile and respected dental publisher has approached our joint practice principal Mr. Houston to produce a series of articles on cosmetic dentistry and facial aesthetic medicine (Using Botox and dermal fillers) throughout the next year. These are well known to be his areas of specialist interest within the profession. Approximately twelve articles will be required on the basis of one per month. It is then proposed that the complete series will be produced as a text book for practitioners.

As such, Mr. Houston seeks patients interested in undergoing such work to be featured in the articles. Patient confidentiality and anonymity will be ensured but consent to use clinical photographs will be required. The photographs (right) show the incredible results which can be achieved from this type of treatment.

Whilst such treatments are quite expensive, discounts will be offered to suitable cases selected for use. Free consultations will be offered in order to find appropriate cases. Any interested patients should please ask at reception for further details.

...and welcome back!

We are very pleased to welcome back two ladies to our support staff who have had previous spells of employment with the practice.

Mrs Jill Coombs (pictured below left) was one of the original five ladies who were with the practice when we opened nineteen years ago. Having brought up her family, Jill now rejoins us part-time in her original Receptionists role.

Also returning to the hygiene building's staff as a nurse, is Miss Sue Allard (below right). Having had a maternity break and sometime in the health and fitness industry, we are pleased to have Sue return.

Both ladies bring a wealth of experience back to the practice and we are looking forward to working with them again.



A Luncheon Reservation

Mr Houston has been asked to reprise his role as chief judge and compere of the Private Dentistry magazine awards. The awards, which will be in their ninth year, are considered as the 'Dental Oscars' within the profession.

The ceremony for 600 guests will be held in the luxurious ballroom of the 5* Park Lane Intercontinental Hotel again this year. Mr Houston will co-host the awards with the MP for Mole Valley, Sir Paul Beresford who is a former Dental Surgeon.

Dental Implants

A dental implant is an artificial tooth root (commonly made of titanium metal) placed into your jaw, which can support a replacement tooth, bridge unit or denture. They are often more conservative treatment options than more traditional dental techniques, as they do not rely upon adjacent teeth for support.

In suitable patients, implants can be used in conjunction with various combinations of natural teeth, crowns, bridges and partial or complete dentures to restore a healthy, stable and efficiently functioning dentition.

Dental implants will allow you to speak and eat with more confidence and comfort. They are fixed, stable and secure. Thus, overcoming patient concerns over loose dentures. Comfort and aesthetics are prime reasons for choosing the implant option as they can look and feel like your own teeth. They also integrate into the structure of your jaw so preventing loss of the bone after a tooth is lost.

Even if you have lost a significant amount of bone before considering an implant, it may still be possible to place one by means of an initial bone graft.

The ideal candidate for an implant will be in good general and dental health. The best cases will be patients with well-maintained mouths free from periodontal (gum) disease.

Placement of an implant requires a small operation. This can be carried out under local anaesthesia, perhaps with sedation if you are slightly apprehensive. Once inserted, the implants must be allowed a period to integrate with the bone of your jaw. This normally takes at least three months in the lower jaw and six months in the upper jaw.

During this time, the implants are usually left buried under the gum. Often aesthetically pleasing temporary restorations may be placed over the region. Later, a short operation allows the implant to be exposed before being used to support the new crown, bridge or denture.

Treatment is normally far less painful and traumatic than imagined. Modern techniques ensure that the insertion of the implant can be carried out relatively quickly and without undue discomfort.

Naturally, any surgical operation carries a slight risk of complications arising. However, these can be minimised by careful attention to detail by a skilled and experienced operator.

The success rates for dental implants are very high and they are considered an excellent option for replacing missing teeth.

Our highly competent and experienced, specialist practitioners would be pleased to offer you an initial consultation to discuss your particular case.

PRACTICE OPENING HOURS

Monday to Friday 9.00 - 12.45
2.00 - 5.30

THE STAFF

Partners:

Dr. David A. Houston B.D.S.
Dr. Ceri Houston B.D.S.

Senior Associate:

Dr. Alastair J. Cruse B.D.S., L.D.S, R.C.S.

Associates:

Dr. Steven J. Hinchliffe B.D.S.

Dr. Robert Snelling B.D.S.

Dr. Ziad Ali B.D.S., M.F.G.D.P., M.J.D.F.

Dr. Ghali Zuhur-Adi B.Sc., B.D.S., F.D.S., R.C.S

Dr. Annaleen Venter B.Ch.D.,D.P.D.S

Dr. Louisa Piek B.Ch.D.,D.P.D.S

Dr. Samantha Ellis B.Sc., B.D.S.

Dr. Lisa M. M. Law B.D.S

Dr. James Rocha B.D.S

Dr. David C.J. Langham B.D.S

Dr. Helen Biddle B.D.S

Dr. Samir Guatama B.D.S

Dr. M. Noushad Rahim B.D.S., M.D.S.,
M.F.G.D.P.(UK) M.J.D.F

Locums:

Dr. Ahmad Nounu B.D.S.

Dr. Sridhar Pasapula B.M.Sc., B.D.S.

Visiting Specialists:

Mr. Jagtar Dhanda M.B.B.S, B.D.S, B.Sc(Hons)
M.F.D.S.R.C.S(Eng)

Dr. Sankar Ananth B.D.S, D.F.O.(U.Herts),
M.F.D.S, R.C.S. (Eng.) M.B.B.Ch (Wales)

Dr. Sajina K. Chandran B.D.S., F.D.S.R.C.S.
(London)

Hygienists:

Mrs Andrea L. Jeffrey E.D.H., Dip. DH.

Mrs Bernice Maenzanise E.D.H., Dip. DH.

Miss Kelly Redford E.D.H., Dip. DH.

Miss Gemma Portis E.D.H., Dip. DH.

Miss Gillian Foster E.D.H., Dip. DH.