



The Mouth ORGAN

The Houston Dental Practice Patient Newsletter

Winter/Spring 2015

A Magnificent Triumph



Above: Mr Houston, Dr Steven Hinchliffe, Mrs Julie Hinchliffe.

We are absolutely delighted to inform our patients that during 2014, Dr. Steven Hinchliffe the lead clinician from the Somerset Dental Implants department at the Weston-super-Mare practice was selected as Britain's "Dentist of the Year" at the "Dental Awards" sponsored by "The Probe" magazine.

These long-running Awards are presented during a stylish black-tie ceremony at "The Royal Lancaster Hotel" in London.

Dr. Hinchliffe's triumph from a select and very high-profile shortlist of other very well-known figures from within the profession is wonderful recognition for his dedicated care on behalf of his patients, his on-going commitment to his career development and the acquisition of new skills. He is a worthy recipient of this honour which has been bestowed upon him and the practice is proud to have him as a renowned colleague.

Everyone within the Houston Group is very pleased that such a popular and well-respected colleague has been recognised in this way. It is a long overdue affirmation of his high-standing within the dental profession.

His wife Julie was present at the ceremony to share the pleasure of his win. Also attending the event was our very popular Associate, Dr. Andrew Wilson who was selected as a finalist in the category of "Young Dentist of the Year".

Whilst regrettably Dr. Wilson was not chosen as the winner of his category his was a magnificent achievement as simply to be selected was outstanding since he was considerably younger and less-experienced than the other finalists. We feel certain that given his career progression to date, Dr. Wilson will soon have his own "moment in the spotlight".

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PRACTICE NEWS



A 'Nailed On' Addition

We are delighted to announce the purchase of the very well-regarded dental practice formerly known as "M.G. Dental Care" situated at 12 Clevedon Road in Nailsea. The relatively small predominantly private practice will be incorporated into our group as from April.

We will expand the facilities to include a second surgery to increase capacity. Our popular colleague, Dr. Joanne Russ will relocate from Weston-super-Mare to join the former owner Dr. Michael Gregory (Who will remain as a very valuable member of our clinical team.) as the clinicians providing care at the site.

Managerial responsibilities will be assumed by one of our long-serving senior support staff, Mrs. Lizzie Barrett who will move from our Ham Green branch practice.

Should any of Dr. Russ' patients wish to follow her to Nailsea to remain under her care please inform the practice and we will be pleased to facilitate this.
(The practice has an on-site car park and both surgeries are at ground level.)

Dr. Gregory is a highly respected practitioner with a part-time teaching role at Bristol Dental Hospital. His area of particular interest is dentures and he will provide specialist referral sessions in Weston in this particular discipline for any interested patients. We look forward to working with the staff at Nailsea to introduce our new patient base to the extensive services provided by the Houston Group.

The New Grendon Lodge

We hope that our patients at the Grendon Lodge practice in Clevedon are benefiting from the enlarged building and expanded facilities.

We have been able to provide a ground floor surgery for the first time which is easily accessible through the new level, disabled friendly reception. Hopefully, the new modern design is found to be pleasing and appropriate for a clinical environment.

During 2015 we hope to open an additional surgery on the first floor to increase the availability of appointments for new patients.
Please watch this space!

Hygiene Matters

We are very pleased to introduce a new member of staff to our patients who attend the Dental Hygienist departments across the group.

Miss Rachel Wallace has joined us during late 2014 and now works part-time at all three of our practices.

Although actually being a dual-qualified Dental Therapist and Dental Hygienist we will currently only be utilising her Hygienist skills on behalf of our patients.

We know that Rachel has already proved to be a very popular addition to our clinical team and since she appears to relish the drive across the Severn Bridge from her home in Wales we hope to benefit from her professional services more and more.

This may be particularly relevant as one of our current Hygienists, Miss Emma Oldfield who works at our Ham green and Clevedon practices will soon commence her maternity leave.

We were pleased for Emma when she informed us of her pregnancy and wish her well in her new motherhood role.

A True Vocation

Once again Mrs. Houston in Weston-super-Mare and Dr. Matthew Garton at Ham Green will be reprising their roles as Vocational Trainers and professional mentors on behalf of the South West Dental Deanery to a newly qualified colleague.

Mrs. Houston will be assigned Dr. Jessye Sutton and Dr. Garton has been allocated Dr. Laura Collins. Both of these new colleagues are recent graduates from Bristol University.

We hope that they enjoy their respective years with us and find benefit from the experience of working within the group and learning about general practice from two such respected teachers.

PRACTICE NEWS

(Re)Location, (Re)Location, (Re)Location Laying a Foundation

During December of 2014 we closed the former practice building at 125 Milton Road which had housed Dr. John Cantwell and Dr. Beverley Dewey for many years.

Due to the age, condition and conformation of the building we regrettably found that it did not readily lend itself to the needs of the 21st. Century dental practice and could not realistically or economically be converted to comprehensively comply with the current best-practice regulations and protocols which surgeries must adhere to. Faced with this dilemma we decided that the most appropriate solution to the demands of legal compliance was to relocate Dr. Cantwell to the "Smile & Face @ Houston's" building at 172 Milton Road and move Dr. Dewey into a ground-floor surgery within our main practice building at 164-166 Milton Road.

The respective moves took place over the course of a rather hectic weekend in early December! Both colleagues and their support staff are now well settled-in to their new locations. Consequently, throughout 2015 we look forward to welcoming their patients to "across the road" and hope that they approve of the newly built facilities in which they will now be treated. The usual "familiar faces" will still be here to greet you amongst all of the change.

A Qualified Success

Recently a number of our staff members have gained extra qualifications.

Thus we have great pride in acknowledging the success of:

Dr. Niamh Coffey who achieved M.F.G.D.P.

Dr. Matthew Garton who gained his Certificate in Restorative Dentistry from Tipton Training.

Dr. Laurence Folland who achieved M.F.D.S., R.C.P.S. (Glasgow)

Dr. Steven Hinchliffe who gained both a Diploma in Implant Dentistry from Bristol University and a Certificate in Conscious Dental Sedation.

Mr. Sankar Ananth and Mr. Jagtar Dhanda, our two Oral Surgeons also gained the Certificate in Conscious Dental Sedation.

Dr. James Rocha achieved his Diploma in Endodontic Practice from U.C.L.

Congratulations to Miss Aleksandra Hajduk the Senior Nurse at our Ham Green practice, who gained the prestigious Certificate in Dental Implant Nursing she has also gained the Certificate in Conscious Dental Sedation.

Miss Sarah Markwell, Miss Erin Miller and Miss Nikita Rogers, Mrs. Larisa Watkins all passed their respective Oral Health Educator examinations.

Miss Kelly Richards has completed a course in Impression Taking.

Mrs. Sarah Howell gained the Certificate in Conscious Dental Sedation.

Three of our Weston based trainee dental Nurses, Miss Emma Farley, Mrs. Lisa Richards and Miss Sophie Springall all preserved their in-house Tutors record by gaining Part 1 of their Certificate in Dental Nursing. "Good luck" with Part 2 ladies! "Well done" everybody!

Congratulations to all of these colleagues on their commendable achievements. We are delighted that all of your hard work and dedication paid such handsome dividends. Our patients will certainly benefit from all of these additional skills becoming available within the group.

At the time of going to press our Senior Nurse, Mrs. Sarah White and her colleague Mrs. Chloe Dixon are waiting to receive their examination results for the Certificate in Dental Sedation Nursing. "Fingers crossed" ladies. We hope that all has gone well.

In recent years our group of practices has enjoyed the role of mentoring new graduates as they assimilate into general practice. The trainees who have completed their year with us have been complimentary about the experience.

As such, a number of our senior practitioners have generously put themselves forward for consideration by the South West Dental Deanery as Trainers in 2015.

We are very grateful for their gesture of support and hope that the South West Dental Deanery's selection panel agree that such experienced practitioners would have much to offer new graduates.

Thus, it is "fingers crossed" regarding the interviews for Dr. Neelum Beake, Dr. John Cantwell, Dr. Richard Ford, Dr. Ceri Houston and Dr. Kiran Naik.

A Seating Plan

Patients who attend for treatment with our clinicians working within the Weston Dental Referral Centre building at 160 Milton Road will now benefit from a new waiting room.

Specifically created to cope with the demand caused by five full-time surgeries now operating at this address, it has been converted from the former office of our on-site Dental Laboratory. This large room will provide spacious seating remote from the previously mixed reception and waiting area at the front of the building.

We hope that our patients enjoy the consequently more relaxing and less crowded environment, whilst they are waiting to attend their appointments.

The designer has used our existing palate (No pun intended!) of colours from within the building as her inspiration. We trust that patients like the appearance of and benefit from this new facility.

PRACTICE NEWS

Managing Change

During 2015 four members of our support staff will commence the highly respected year-long course requiring intensive study to achieve the Certificate in Dental Practice Management.

As such, our best wishes go to Mrs. Fay Edwards, Practice Manager at Ham Green. Mrs. Lynda Karlsson the Practice Manager at Grendon Lodge in Clevedon and their two Weston-super-Mare based colleagues, Nurse Mrs Emma Edwards and Receptionist Miss Rachel Lomax.

We admire your dedication in commencing this prolonged course of study in tandem with your day to day roles.

Well Deserved Retirement

In late 2104 our very popular, long-serving Receptionist from the Weston-super-Mare practice, Miss Maureen Thorpe retired after many years loyal service. We were extremely grateful to her for all of her efforts as the practice expanded and she undertook new and challenging posts. However, she really could not stand to be away and thus she now kindly returns to help integrate new reception staff!

We are grateful to Maureen for her invaluable help in this new role.

Laboratory Experiment

Our in-house dental laboratory H2W, currently housed on Mansfield Avenue urgently requires additional space for expansion as it seeks to grow in order to meet the demands of its' growing client base and offer additional services.

Similarly, the practice itself has long-sought extra room in which to create a dedicated post-graduate teaching facility as for too long we have been somewhat hampered by a lack of space to accommodate our growing staff and have been prevented from hosting certain events due to the size restrictions of our current lecture theatre.

A potential solution has tentatively presented itself from the possible conversion of the used car sales facility opposite our Milton Road site in Weston-super-Mare.

This quite large site has been offered to us upon the imminent retirement of the current owner and would lend itself well to the creation of a stunning new building which could house both a considerably larger, state-of-the-art dental laboratory and an approximately 50 seat auditorium.

We have submitted our scheme for Planning Permission and hope that it will be well-received by both the Council and local residents.

Given the opposition we have encountered in recent years to our previous expansion proposals we are keeping our fingers well and truly "crossed".

We hope to achieve a positive outcome to our application as we believe it would be a valuable asset to both the practice and the town creating a multi-purpose facility benefiting our staff and patients plus creating new employment opportunities for local people.



Oscar Bravo

In November 2014 Mr. Houston once again took to the stage in his long-running role as the Chairman of the Judges and Compere of the Private Dentistry Awards. This was his fourteenth consecutive year in the joint post, this year hosting the Awards at the Park Lane Hilton Hotel in London.

The lavish black-tie event was a sell-out with 700 guests enjoying a ceremony which is widely regarded as the most prestigious in the dental calendar. Indeed they are widely referred to as the dental "Oscars". As Mr. Houston lacks the matinee idol looks for such events, it must be his sense of humour which ensures he receives the repeat bookings!

Extra Special(ist)

We are proud to have recruited the professional services of Dr. Paul Begley B.D.S., F.R.D., R.C.P.S., M.Sc. on behalf of our patients.

Dr. Begley qualified in 1980 from the University of Liverpool and has developed his career to incorporate a particular interest in root canal work and restoring badly damaged and broken-down dentitions. He has gained numerous highly-regarded qualifications during his career and relocates to us from a prestigious practice in London.

His Specialist skills will be a real asset to our clinical services and we feel certain that his caring manner will ensure his popularity with patients referred to him from their General Practitioner.



Do you wish there was an alternative to your removable dentures?

Well now there is...

Somerset Dental Implant Centre is now able to offer a full set of “fixed in” teeth supported by four dental implants.

This technique, often known as teeth in a day, replaces your existing full upper or lower dentures with a set of fully fixed in teeth on the same day as your implants are fitted.

This means that you leave the practice with a fantastic smile and the confidence that only a non – removable set of teeth provides.

Am I suitable for this treatment?

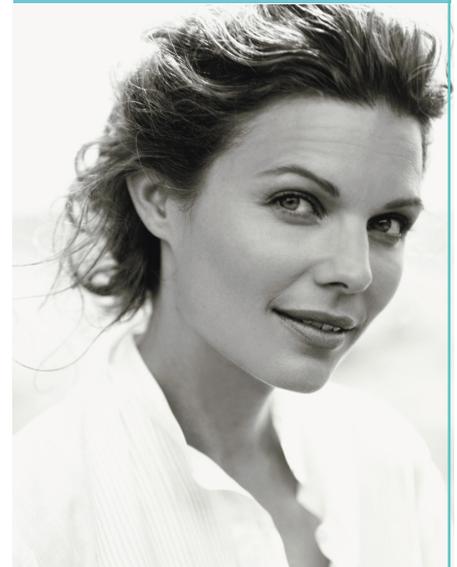
The majority of patients can be treated using this exciting new option.

As all cases tend to be unique, an initial consultation will be required prior to a final decision.

Please ask a member of staff if you would like to arrange a free of charge consultation with an implant team clinician.

Do you suffer from any of the following?

- Loose ill fitting dentures?
- Sore gums from rubbing dentures?
- Food trapping under dentures?
- Lipping?
- Embarrassing Denture Movement?



How does this treatment work?

THE TREATMENT PROCESS:

- Impressions are taken of your mouth and sent to the laboratory for diagnostic and planning purposes.
- A try-in version of the new teeth is assessed. (Similar to a denture try-in).
- The implants are placed during a morning appointment. (Sedation is available for nervous patients)
- The new fixed in teeth are fitted the same day, (usually one hour after the implants are placed)
- You leave the practice with a fully fixed in set of teeth.

Please ask a member of staff for a no obligation consultation

PRACTICE NEWS

Expanding Our Clinicians

Due to the continued growth of the Group we have recruited additional Dental Surgeons to enlarge our roster of clinicians. As a result, we are delighted to introduce the following new professional colleagues:

Dr. Conor Carroll: Dr. Carroll is another of our new Dental Surgeons from the Republic of Ireland that we have pleasure in profiling for our patients. He is the epitome of the conscientious young professional whose personality and charming accent have quickly won him many raving fans amongst those patients entrusted to his diligent care. We are very pleased to have recruited him.

Dr. Miriam Crowley: Dr. Crowley is a multi-talented lady being both an award-winning clinician and a former Olympic Hockey player for Ireland. She has quickly proved herself to be an invaluable addition to our clinical staff with her hard-working attitude and pleasant personality. We hope that she settles in well with us here in the UK.

Dr. Thomas John Horgan: Dr. Horgan is the last but by no means the least of our new colleagues from Ireland. Having been described to us by his former University Dean as “one of the finest students of his generation” we feel certain that he will make the transition into UK general practice smoothly and become a considerable asset to the practice.

Dr. Sonya Qureshi: Dr. Qureshi is a very experienced practitioner who qualified from Plymouth University having done dentistry as a third Degree! (She already boasted the impressive tally of a B.Sc. and an M.Sc. to her name.) Having spent the last few years in the North-West she will join the practice in March 2105. We look forward to working with her.

Dr. Julian Sharples: Dr. Sharples graduated from the University of Sheffield and comes from a dental family with his father being a (now retired) Dental Surgeon. Having worked for the last few years in Devon, he has recently joined the Weston clinicians and has proved himself to be very popular with his new patients. He has a particular interest in cosmetic dentistry. We wish him well in his new role with us.

Dr Hannah Sumbly: We are pleased to introduce a new colleague, Dr. Hannah Sumbly BDS, MJDF who will join the practice in April, moving north from a practice in Exeter.

Dr. Sumbly is a cheerful and enthusiastic practitioner who was recommended to us by her friend our popular Dentist, Dr. Andrew Wilson with whom she was at University in Bristol. She has quickly developed her career since qualification already gaining the well-respected MJDF last year. We look forward to working with her and hope that she relishes the relocation back to this area.



Top; Dr. Miriam Crowley, Dr. Conor Carroll and Dr. Thomas Horgan.

Above: Dr. Julian Sharples.

PRACTICE NEWS

Supporting Roles

The same expansion of the group which has caused the increased number of dental surgeons to be recruited has obviously necessitated the enlargement of our support staff to match.

Consequently, the following ladies will become familiar faces to our patients in the months to come. We welcome them all to their new roles and hope that they enjoy the exciting new challenges their positions present.

Mrs. Odelle Ashman	a Weston Receptionist
Miss Emilie Cooper	a highly experienced and qualified Dental Nurse based in Weston
Miss Helen Coyle	a Weston Receptionist
Mrs. Julie Holder	a Weston Receptionist
Miss Harriet Hoskins	an additional Barista for the Weston practice café
Miss Naomi Hudson	a former medical receptionist from Weston Hospital now joining her sister Jolene our popular Hygienist as a new member of our reception team
Mrs. Lisa Johnson	an experienced Dental Receptionist transferring to Weston from an orthodontic practice
Ms. Rose Kiely	an experienced medical receptionist turning to dentistry at Weston instead
Miss Charlotte Lewis	recently qualified Dental Nurse joining the Ham Green team
Miss Josie Malone	a qualified and very experienced Dental Nurse joining the Weston staff
Miss Gabriele Middle	a new receptionist at Weston with previous dental experience
Miss Angel Nieters	a well-qualified, highly experienced Dental Nurse working for us at both the Ham Green and Clevedon practices
Miss Chloe Phelan	a Weston Receptionist
Miss Carriann Ridgment	the former Senior Nurse of a large Bridgwater practice now a valuable addition to the nursing staff at Weston
Mrs. Nadine Tattersall	a former Dental Nurse now changing roles to become a Weston Receptionist
Miss Ellie Thomas	a Weston based trainee Dental Nurse
Miss Madison Thomas	the sister of the above lady 'keeping it in the family' by doing the same role – primarily at the Clevedon practice

Special Delivery

During 2014 a number of our staff became proud mothers.

Our popular, long-serving Dental Surgeon Dr. Susan Manasses had her second baby, a girl named Eloise and in a departure from our norm has not returned to work at Weston-super-Mare but rather has chosen to relocate to our Clevedon practice where she now provides care on Thursdays and Fridays. (*Should any of her former Weston patients wish to remain under her care and request appointments with Dr. Manasses at Grendon Lodge the practice would be pleased to facilitate this.*)

Dr. Manasses has joined another dentist at Grendon Lodge who recently became a mother for the first time, - Dr. Neelum Beake who, we are pleased to inform her patients had a son named Sebastian. We anticipate Dr. Beake returning to the Clevedon practice in the summer of 2015.

From the Ham Green practice our Nurse Mrs. Jenny Golder gave birth to her first child a son, Teddy. At Weston, Nurses Sarah Markwell had a daughter named Florence, whilst Victoria Long became a mother for the first time to her son Ted.

We have been pleased to welcome Sarah and Vicky back to work already. (– Could not bear to stay away ladies?) It has been a considerable help to have two such experienced Nurses return to work so promptly. Their Receptionist colleague from Weston-super-Mare, Mrs. Emma Speller had her first baby, a boy whom she called Jack.

Wedding Belle

Our congratulations go to Miss Jemma Purnell who nurses for Dr. Wilson on the occasion of her marriage in 2104.

Many of our staff joined her on her special day as she celebrated her marriage to fiancée Martin. We all wish them well in their life together.



THE HOUSTON GROUP

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The Cosmetic Use of Dermal Fillers

Facial lines such as crow's feet, glabellar lines and lines at the corners of the mouth start to appear in the early thirties, then increase and become really visible in the late thirties. The deeper, nasiolabial folds (lines running from corner of mouth to outer edge of nostril), start to appear more in the late forties and become more prominent in the fifties, as do vertical lines leading to the upper lip (known as smokers lines). Unfortunately for sun worshippers all this happens much earlier.

What are dermal fillers?

Dermal fillers are one of the cornerstones of modern facial rejuvenation techniques. By far one of the most popular non-surgical treatments among patients who want to combat the signs of ageing, they are injected under the skin to help to restore the firmness and smoothness that is associated with youth. Facial rejuvenation using injection therapy is not a new treatment, in the 1890's doctors were taking fat from patient's bodies and injecting it back into their faces to plump up the skin. Although fat transferral treatments are still used today, patients are now moving away from such drastic measures and moving towards alternative treatments, which offer instant results, with less inconvenience to daily routine.

When can dermal fillers be used?

Dermal fillers come in a variety of viscosities to treat different indications. Thinner fillers can be used to eradicate lines from around the lips, the nasiolabial lines, glabellar lines, smile lines, crow's feet and forehead wrinkles and are injected more superficially than thicker fillers. Thicker fillers can be used to add volume to hollow cheeks and fill out deep acne or other scars and are injected deeper into the dermal layer of the skin. Fillers can also be used to enhance lips.

What are dermal fillers made from?

Dermal fillers are made from various kinds of natural and man-made or synthetic materials. There are a variety of fillers available on the market, both permanent and resorbable or non-permanent. Non-permanent fillers such as hyaluronic acid have emerged as the leading choice among both practitioners and patients. Hyaluronic acid is naturally occurring, found in all living organisms and is therefore highly biocompatible. It plays an important role for mechanical and transport purposes in the body, giving volume to the skin, shape to the eyes and elasticity to the joints. The use of hyaluronic acid has been well documented in areas such as eye surgery and orthopaedics and is the filler substance of choice because of its high safety record. A wide range of hyaluronic acid based products is available in the UK medical aesthetics market, the products/brands that we recommend to our patients include non-animal based Restylane®, and Hydracell®, two of the better-known brands.

How long will dermal fillers last?

The compatibility of these products with the dermis means that no pre-treatment skin test is required. They can last between 6 to 12 months, but duration differs from person to person and From one area of the face to the other. The only side effect of these fillers, which occurs once in every 2,000 patients, is a low grade allergy that amounts to redness/papules lasting for three to four weeks, which can usually be covered up with light make up. Some patients can get swelling for up to a week, but immediate application of ice usually reduces this effect. At the moment, these temporary fillers are the best ones. Although it would be good if a filler lasted two or three years, those that currently do can give you long-lasting problems including more severe allergic reactions.

PRACTICE OPENING HOURS:

Monday to Friday 8.30 - 5.30

THE STAFF

Partners:

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

Dr. Ceri Houston B.D.S.

Lead Clinician:

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

Senior Associate:

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

Associates:

Dr. Nikhil Amin B.D.S.

Dr. David Ashcroft B.D.S.

Dr. Neelum Beake B.D.S., M.F.D.S.

Dr. John Cantwell B.D.S.

Dr. Connor Carroll B.D.S.

Dr. Niamh Coffey B.D.S.

Dr. Miriam Crowley B.D.S.

Dr. Beverley Dewey L.D.S., R.C.S., D.P.D.S.

Dr. Laurence Folland B.D.S. (Hons) M.F.D.S., R.C.P.S

Dr. Richard Ford B.D.S.

Dr. Matthew Garton B.D.S., D.P.D.S.

Dr. Jamie Godsell B.Sc., B.D.S.

Dr. Michael Gregory B.D.S.

Dr. Samir Guatama B.D.S.

Dr. Thomas John Horgan B.D.S. (Hons)

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

Dr. Susan Manasses B.D.S.

Dr Kiran Naik B.Ch.D.,M.F.G.D.P (UK)

Dr. Sonya Qureshi B.D.S., B.Sc, M.Sc.

Dr. Sarah Richardson B.D.S., D.P.D.S.

Dr. James Rocha B.D.S. Dip. Endo (UCL)

Dr. Joanne Russ B.D.S.

Dr. Julian Sharples B.D.S.

Dr. Robert Snelling B.D.S.

Dr. Hannah Sumbly B.D.S, M.J.D.F.

Dr. Andrew Wilson B.D.S.

Visiting Specialists:

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

M.B.B.Ch (Wales)

Dr. Sankar Ananth B.D.S, D.F.O.(U.Herts), M.F.D.S.,

R.C.S. (Eng.) M.B.B.Ch (Wales), M.R.C.S., F.R.C.S.

(OMFS)

Mr. Jagtar Dhanda M.B.B.S., B.D.S., B.Sc (Hons)

M.F.D.S.R.C.S (Eng)

Dr. Paul Begley B.D.S, F.R.D, R.C.P.S, M.Sc.

Foundation Dentists:

Dr. Laura Collins B.D.S.

Dr. Jessye Sutton B.D.S.

Hygienists:

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

Miss Jolene Hudson E.D.H., Dip.DH

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

Miss Emma Oldfield E.D.H., Dip. DH.

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

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

Mrs Suzanne Threadgold E.D.H., Dip. DH. MSc.

Miss Rachel Wallace E.D.H., Dip. DH.



Weston Dental Referral Centre

Smile&Face* Body&Face*



Somerset Dental Implants