



Continued

Kois Center Mentor

The Kois Center is an advanced graduate program for practicing dentists, consisting of a comprehensive nine-course curriculum covering the latest advances in aesthetic occlusion, implant and restorative dentistry. The teaching is built on John Kois' mission statement: "Enabling motivated dentists to achieve extraordinary levels, expanding both knowledge and application skills in restorative dentistry."

Richard has always been passionate about dentistry. He is proud to be among this group, both as a student and as an instructor. "Becoming a Mentor has been a great experience for me both personally and professionally!" explains Richard. "Being a part of the Kois Center

and attending the Kois Center's Annual Symposium helps to stay up to date with the latest technology and techniques".

Richard became a Kois Center Graduate in 2012. To quote Dr John C. Kois, DMD, MSD, "Graduates have made a serious commitment to this rigorous curriculum – sacrificing time away from their families, home and their practices – challenging themselves to be the best. To achieve this goal has required questioning of traditional standards and assessment of strongly held beliefs under the light of published evidence."

We are delighted with Richard's achievement as it helps our patients always benefit from excellent care.

Melissa & Liam's wedding

Many congratulations to our dental nurse, Melissa and her new husband, Liam! Birtsmorton Court provided a stunning setting for their celebrations on 26th August 2015. It was a very special day and the happy couple even surprised their guests with fireworks over the moat. We wish them every happiness for their future.



New downstairs treatment room

By having a successful preventive approach to dental care, we have become increasingly popular and needed another room to care for patients. We have recently completed work on a lovely new treatment room overlooking the garden. It provides a second downstairs room for people who can't manage the stairs, and the team now love working in there!

Latest news updates

Our receptionist Melanie does a great job of posting the latest news about EDHT and dental health on Facebook and Twitter, please take a look! There's more to read in our blogs on our website www.eveshamdental.co.uk in the 'Latest News' section.



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

Opening Hours:

Monday	8.30am - 7.00pm
Tuesday	8.30am - 7.00pm
Wednesday	8.30am - 7.00pm
Thursday	8.30am - 7.00pm
Friday	8.30am - 5.30pm
Saturday	8.30am - 1.00pm



evesham dental health team

smile matters

Issue 25

Kois Center Mentor

We are very proud to announce that Richard has achieved the distinguished status of Mentor at the Kois Center in Seattle, USA.

A Mentor is a Kois Center Graduate who displays a thorough working knowledge and is thereby able to offer help to current students.

There are only 4 Kois Center Mentors in the UK, indicating what a considerable accomplishment and honour it is to be a Kois Mentor.



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Unbelievably in the UK nearly half of all 8 year olds have visible signs of decay on their teeth

This fact from the British Dental Health Foundation is quite startling but also something that with the correct measures can be prevented.



- It is important to supervise your child's brushing until they are at least seven.
- Ensure your children brush twice a day for two minutes with fluoride toothpaste.
- Don't give them drinks containing sugars, including fruit juices, between meals. Give them water or milk instead. For babies, don't add sugar to their drinks, or to foods when you introduce them to solids.
- Limit sugary and acidic foods to mealtimes; constant snacking can lead to tooth decay – it is how often, as opposed to how much, sugar is in the diet.
- Regular visits to the dental team are vital to spot potential problems early on and to instil a positive attitude towards preventative dental care.

Please get in touch or speak to us next time you visit if you have any questions about the best ways to care for your children's teeth.



Top tip

Clean your tongue. A major cause of bad breath can actually come from bacteria building up on your tongue.

Mouth Cancer Action

Mouth cancer takes the lives of more than 2,000 people each year in the UK. Mouth Cancer Action is a charity campaign which aims to raise awareness of mouth cancer and make a difference by saving thousands of lives through early detection and prevention.

In the UK, more than 6,700 people were diagnosed with mouth cancer last year. The disease has grown by a third in the last decade – and remains one of very few

cancers which are predicted to increase further in the coming years – that's why **Mouth Cancer Action is so important. ...if in doubt, get checked out!**

If you are worried about anything unusual that you see in your mouth, if you have a mouth ulcer which does not heal within three weeks, or if you notice any discomfort or other changes, please make an appointment with us so we can check it out for you.

For more information on mouth cancer visit www.mouthcancer.org

Smile psychology

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.

Smiling has hormonal and physiological consequences which make us feel better and want to smile more. Darwin stated that 'smiling is the outward manifestation of happiness and serves to begin to connect us to others'. Smiling is universal and infectious – it not only makes you feel better but also makes others respond more positively to you.

Smiling can even help you to stay looking young – it uses far less muscles to smile than it does to frown (43 muscles to frown; 17 to smile), which means you're less likely to acquire ageing frown lines!

If you are self conscious about your smile for any reason, please speak to us. We'll be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly simple and affordable.



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Did you know?

One of the strongest muscles in the body is the tongue.

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