

St Anne's Check Up New Year Newsletter



St Anne's House
DENTAL PRACTICE COOKHAM

Welcome to our newsletter informing you of what's been going on and what's new at St Anne's House.

So what's new

Work progresses to improve our premises – the wall is nearly rebuilt to get us back to where we started over a year ago! We hope you liked our **New Christmas Decorations** in December and **New Seasonal Red Amaryllis** to match. We have some lovely new mirrors ...and our staff photos have been updated.

We have also launched our **New Website** – take a look at www.cookhamdentist.co.uk – We hope you like it and will find it a very useful resource for updates about ways to improve your dental health. Keep a look out for monthly blogs.



Team updates

Welcome back to Julie Yeung after her shoulder operation – hopefully it has repaired the damage and she will be back to her circus training in the new year – we missed her!

Congratulations to Sylwia – one of our nurses – who has now **qualified as a dental hygienist** and will soon be leaving our team to work as a full time hygienist locally. Unfortunately, this means you will see her less of her at St. Anne's House, but we wish her well in her new career!



New Nurse – We have carried out a thorough nurse recruitment programme over the past 3 months. As a result, we are very glad to announce the addition of **Sarah Perrot**, who joins our team, with over 15 years' experience in

the profession, working in a range of practices with high standards of dental care. Many of you will get to meet her over the coming months.

Well done to Manjit, for completing the Boundary Walk on 2.10.16 – a 14 mile walk round the old boundary of Maidenhead – organised by Rotary and raising £800 for charity (Third World Eye and Dental treatment).

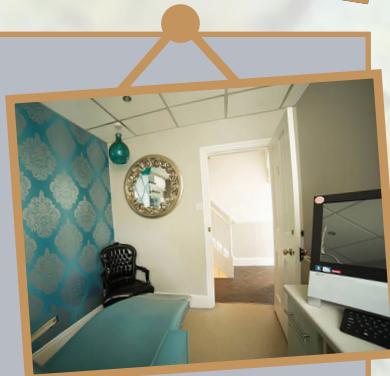
Lastly, **Lynne** on reception has a husband who suffers from Parkinson's Disease – apparently used stamps have a value to them, and so we are collecting stamps to pass on (worth nothing to us but can add to research funds so win win!) If any of **you have any used stamps** you would care to drop off at reception to **add to our contribution**, then we would be very grateful.



Updates

We have a new state of the art dental surgery being built upstairs. This is to meet our growing demand, as many of you know it is difficult to book an appointment as we are so busy. It is also a purpose built facility to provide dental implants, sedation, oral surgery in a calm environment. This is due to be ready for the 6th March, so watch this space.

Parking on the main road outside is now restricted to 2 hours, however we have **some private spaces** on the side-road **alongside our building**. Please call ahead if you have a long appointment, have difficulty walking or are disabled and we will make arrangements to reserve this for you - please ask at reception.



We now have 3 hygienists and have **increased the number of sessions** available, so you should find it easier to **get an appointment when you want**.

Diane: Mondays and Thursdays – 8am-2pm

Alex: Mondays 12.30-8pm and Tuesdays alternating 8am-4pm or 12pm-7.30pm

Rachel: Wednesdays 8am-5pm and Fridays 8am-2.30pm.
Saturday once a month 10am-1pm



Importance of Regular Check-Ups – Children

Children are growing constantly, therefore a lot changes with their teeth within a short time. Especially between the ages of 6-14, new and old teeth are changing-over every few months. Regular check-ups are key, so we can focus more on prevention, rather than the old 'Drill and

Fill' philosophy that used to be the case.

Evidence now shows that your children should be able to go through their whole lives without needing any interventional treatment, as long as they learn good habits from an early age. This is where we

come in, to provide tailored advice and helpful tips. Keep a look out on our website for helpful info, blogs and advice on diet and how to brush and maintain your teeth properly (www.cookhamdentist.co.uk)

Get to know your Dentist

We thought it may be fun to get to know a different side of your dentist – over the next 4 issues we will feature each of our dentists. First up is **Dr Asheesh Paul** – known to everyone as Ash! Ash is St Anne's Owner and Principal Dentist - he started at St. Anne's in 2013 and works in the downstairs surgery.

What made you decide to become a Dentist: I've always wanted to do this, for as long as I can remember. The first point was when I was 13; I found my own dentist to be very caring, charming, helpful and very artistic. He had a real rapport with his patients. That's when I decided, this is what I want to do.

What are the highlights: For me it is meeting a very nervous patient for the first time and seeing them transform over a few visits into a more relaxed and happy person. This only happens with trust in the dentist and the team, which we try to build from the very first visit.

What are the low lights: The job can be quite stressful, especially when someone is in severe pain which is at its worst point. You sympathise with the patient and want to help.

What is your favourite procedure: Implants because I find this requires a lot of skill and means tying in several different aspects of dentistry; from careful planning, to analysing complex 3D CT Scans, managing the position of the gums as well as healing to the surrounding bone and

liaising with other clinicians and technicians to create an optimal result.

What would you have been if not a dentist: That's easy.... a Pilot. Actually, I was seriously considering this at one point, I even had several lessons with the RAF Cadet Force through my school. I was fortunate enough to fly a 2 seater a



few times, a glider and even do a parachute jump. Overall, I found dentistry was more suited to me, but I'd still like to get a pilot's licence one day!

What do you do in your spare time: I run 2 businesses, so there isn't a huge amount of free time and I'm constantly trying to improve and learn more as a

clinician. However, I do love sport and every Saturday I captain my club hockey team, I play squash as much as possible. Anything active or fun and I'm keen. I love to go skiing and usually try to get away for a week or 2 a year (time permitting).

What is your favourite holiday destination: South Africa in particular Cape Town and the Garden Route. I have only been once, but I am looking forward to going again this year in March for my cousin's wedding in Stellenbosch, which should be extra special.

What is your favourite film last year: I love watching movies, so it's hard to pick one that stands out. In 2016 I would have to say, was 'ARRIVAL' with Amy Adams and Jeremy Renner. I was fortunate enough to go the premier at the Odeon Leicester Square, which was really fun.

What is your favourite book: I don't get a huge amount of time to read, but when I do it's usually focussed on self-improvement and achieving my goals. I recently read 'Winners: And How They Succeed' by Alastair Campbell and 'Getting Things Done' by David Allen.

What type of music do you like: A complete mixture actually, I like to keep it varied. Classical or Chill Out Instrumental is probably my favourite, as it helps me relax and also keep focussed when working. That's why I use SPOTIFY at work, so I never run out of music.

If there's anything you'd like to listen to, then please let us know at your next treatment session and we'd be glad to put it on.

