

St Anne's Check Up Newsletter



St Anne's House
DENTAL PRACTICE COOKHAM

So what's new...

To meet the growing demand, we are pleased to announce an additional Dentist to our team – **Dr Rohan Verma** – a local lad, who **went to school in Maidenhead** and lives nearby. Many of you will have met him already, as **Rohan joined us in September 2018** and is here every Tuesday and Friday.

We **listened to your feedback** and have been looking for helpful ways at making dentistry more affordable to you. So, we've created a new, **tailored dental Pre-Payment Plan** - focused on prevention. This will run alongside a 0% finance plan for more expensive treatments, for those situations when interventional treatment is necessary, thus allowing you to **spread the costs over the course of a year (at no extra charge)**.

Our focus is to always avoid the need for too much dental treatment, by encouraging good habits and reinforcing tailored advice. With these new membership plans, there will be a range of solutions to enable you to **spread the costs of your annual dental checks and hygiene visits over a 12-month period (with additional benefits)**. Your dentist will be able to discuss this with you and suggest a plan that suits you best at your next dental check-up.... **please ask for more details**.

Going Paperless

We have decided as a practice **to do our bit for the environment and try to reduce our waste**. This is why we have moved **90% paperless since May 2019** by implementing a new programme on our dental software which enables patients to **update their records electronically and sign necessary consent forms via an iPad**. This **information is then securely stored with their records** with no need to print or scan, hence not only saving paper, but ensuring information is secure and private to that patient's file only. We have also found it **frees up more time at reception** for the front of house team to be **able to spend more time on giving you an even more personalised service**. Furthermore, as we all become more conscious of our effects on our planet, **we continue to recycle everything we can**. We plan to explore more renewable materials and minimise waste as much as possible. We will update you with new developments, on this, throughout the year.

Cookham News

One of our very own patients has put together a book about the history of Cookham (in pictures). I'm sure you'll agree, we're very fortunate to be part of the community in Cookham and have all asked at some point about its evolution over the years.

Now you can find out for yourself. **Search: 'The Cookhams' by Chrissy Rosenthal and Ann Danks.**



Your Personal Information

We take your data very seriously and have made a concerted effort to protect your personal information and **comply with all the latest regulations**, so you have confidence that **everything is stored safely and confidentially**. All staff are trained to maintain your confidentiality and have signed agreements with the practice. They undergo annual training to keep up with the latest changes.



Thank You

Your feedback continues to help us grow and improve, and as such.... we are delighted to announce, we recently achieved **100 x 5* Reviews on Google**. This is something we are very proud of and is down to the dedication and caring nature of the whole team. We continue to listen, and our in-house Patient Co-ordinator - Michele Hutton is always on-hand, should you have any queries. Michele is at the practice most days between 8am-2pm.

www.cookhamdentist.co.uk



Become a Member of St. Anne's House from £9.99 per month

Please take a look at our website for more details www.cookhamdentist.co.uk or speak to a member of our reception team.

Pets Corner Everyone seems to love animals at St Anne's House – patients and staff alike. They are always a favourite topic of conversation at reception, so we wanted to introduce you to **Michele's** lovely dog – **Bertie**; although at times, I'm sure she feels she has 3 dogs, as she often has to dog-sit her son and daughter's respective pooches. **Bertie is a Cavapoo** - which is cross between a King Charles Cavalier and a Poodle - whilst only a little chappie he has a **huge personality and an appetite to go with it!** Last year within the space of 2 weeks he managed to get on the hob (luckily it wasn't on!) by clambering on a chair, then table and jumped across to the hob and ate a corn-beef hash, 6 sausages and 2 buns – the worse thing was – we were left with no dinner that night!!! A week later he managed to **eat a bright pink 'Trolls Cake'** – a strict diet followed - and needless to say everything is now put away (and locked) when we're not there!



Defibrillator Next time you walk by, please take a look through our front window – **St. Anne's House has a Defibrillator!** This is an 'electric shock machine', designed to **re-start someone's heart when they suffer a heart attack**. Its use is time critical and has been proven to increase a patient's chances of survival. We are pleased to announce this machine is **made available to the local community** should anyone need to use it and our **staff are trained annually**, as part of their First Aid and Basic Life Support commitment (see our website for details).

Get to know your Dentist Meet Rohan Verma!

In this edition we invite you to see the other sides to **Rohan**: I was delighted to have become a member of the team at St Anne's House last September. After graduating from Bristol University, I have spent my formative years in a diverse range of practices in Surrey, Buckinghamshire, and Central London. In particular, I take great pride in the fact that I was responsible for treating members of our armed forces, as part of the Ministry of Defence.

Why did you want to be a dentist?

From a young age I knew I wanted a career focussed on improving people's health and so explored both dentistry and medicine. I had a lot of dental treatment in my teens, and through this I experienced, first-hand, the benefits of having a caring dentist, who was able to break down my barriers, explain my treatment in a manner I could understand and help me navigate my fears while putting me at ease. From then onwards my choice of career was a simple one.



Do you have any hidden talents?

I'm not sure if it's a talent, but at the weekend you can **catch me in the kitchen**. I love trialling new recipes for my family and friends. If anyone is interested, I'd be **happy to share my low-fat, low-sugar, apple crumble** recipe!

Memorable experiences?

These are a few of my highlights: **achieving my karate blackbelt** - aged 10. Being **picked to tour Australia with my school** 1st XV Rugby team. **Speaking at the Hexagon Theatre** in Reading, **as Head of School**. **Skydiving in Mombasa** to see in the new year (2018). Seeing my sister get married in Harry Potter's home, Alnwick Castle.

Who are the special people in your life?

My family - they are my rocks, my support, my role models and my confidants. I am, who I am thanks to them. More recently, my partner Sophia;

she too is a dentist, so I get to think about teeth 24/7, even when I'm home! But in all sincerity, she brings out the best in me and inspires me to strive to be better.

What are your highlights of being a dentist?

Without any doubt, this has to be **helping my patients overcome their anxieties** and concerns, while helping them achieve a more confident smile. The immediate reaction of a patient after we have transformed their health and smile is priceless! It's the **main reason I am dentist. ... and the lows?** I wouldn't say there are lows in particular. For sure many challenges can occur in the dental field, especially since I am **constantly striving to achieve perfection**. Fortunately, I have an amazing and **supportive dental team behind me** which help me achieve these results. I have also learnt, that **to deliver the best clinical work, constantly learning and developing is key**. For this reason, I am always looking to up-skill and further my knowledge.

What is your favourite procedure?

This is definitely **'Composite Bonding'**, in particular, to help **restore the patient's ideal smile**. This is an incredible tool as the patient can (in one visit) have the size and shape of their teeth transformed to recreate a **natural and beautiful result in a safe and reversible manner**. I love this, as it requires an **artistic eye** and allows **my creative side to come out**.



What would you have been if not a dentist?

If I wasn't a dentist, I would have **pursued a career with languages**, perhaps in foreign relations. From a young age I studied

French and Spanish (and loved it). It came very naturally to me and was always something I wanted to pursue. If all goes to plan, **I hope to keep this dream alive** and one day, **work a few months a year in Latin America doing voluntary dental work**. This would be my ideal goal.

How do you like to unwind?

Like with any job, dentistry comes with its pressures. I turn to a few things which really help me remain centred and relaxed. I have always been very active, **playing rugby** at school and university level and **competing nationally in karate**.

After leaving university, I found **competitive body-building**. The discipline involved has **improved my time management**, as well as **mental and physical strength** (I really do love it). My greatest success to date is **placing 2nd in the United Kingdom**.



What is your favourite holiday destination?

There's still a lifetime to explore but thus far, has to be **Mexico**. The food, the culture



and the language all resonate with me. I honestly feel at home whenever I go there.

What is your favourite book?

I am a 90's baby so it goes without saying the **Harry Potter series** has a special place in my heart. I also love the **Phillip Pullman 'His Dark Materials' series**: an amazing read with so many complex layers to the books. I would definitely recommend them.