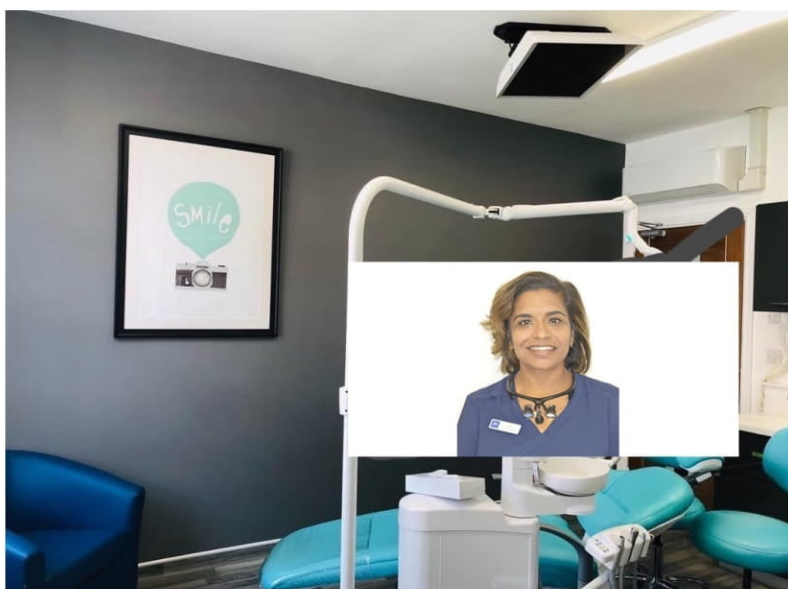


NEWSLETTER

KEEPING YOU UPDATED



OCT. 2021, ISSUE 2



NEW AND EXCITING CHANGES AT HURST DENTAL PRACTICE

DR. ANU JAWAHAR PRINCIPAL DENTAL SURGEON

We are really pleased to announce lots of exciting new changes at Hurst Dental Practice. We are delighted to introduce our new team members who are all looking forward to meeting you. As ever we continue to improve our practice and ensure we have a wonderful team to treat and care for you. This is one of our top priorities.

Anu has been super busy building a new team and of course doing what she does best... Dental Implants. We offer COMPLIMENTARY consultations for Teeth Whitening, Dental Implants and Invisalign.

We are of course remaining within the current guidelines to protect you and our team and kindly ask that masks are still worn in the practice and also that you keep us updated with any medical changes.



WE ARE EXCITED TO ANNOUNCE THAT WE ARE AN INVISALIGN PROVIDER

- Invisalign is the most widely used and popular invisible brace, with over 3 million people worldwide benefiting from this teeth straightening treatment
- The Invisalign aligners are virtually invisible so people won't be able to notice that you are undergoing teeth straightening and can live life as normal
- They can easily be removed for eating, brushing or during any special occasions
- Invisalign braces are personal custom-made aligners and are very comfortable
- Appointments are quick and short
- You will notice teeth movement and enjoy a straighter smile even before the treatment has finished

CALL OUR FRIENDLY TEAM NOW TO BOOK A FREE CONSULTATION



NEW TEAM MEMBERS



PLAMENA KOUTZAROVA PRACTICE MANAGER



PLAMENA HAS BEEN WORKING IN DENTISTRY FOR OVER 13 YEARS AS A SPECIALIST DENTAL NURSE WORKING WITH AN IMPLANTOLOGIST AND AN ENDODONTIST. SHE HAS BEEN PART OF OUR EXTENDED NURSING TEAM FOR THE LAST FEW YEARS AND IS NOW BRINGING HER EXPERIENCE TO HER NEW ROLE AS PRACTICE MANAGER. PLAMENA LIVES IN HOVE AND IN HER SPARE TIME SHE ENJOYS YOGA, LONG COUNTRY WALKS AND ENJOYING THE BEAUTIFUL SUSSEX COUNTRYSIDE.

DAISY HOAD DENTIST



DAISY QUALIFIED AS A DENTIST FROM THE UNIVERSITY OF MANCHESTER AND SHE MOVED ON TO OBTAIN A POST-GRADUATE CERTIFICATE IN PRIMARY DENTAL CARE FROM THE UNIVERSITY OF KENT. SHE'S WORKED AS A DENTIST IN CRAWLEY AND WORTHING BEFORE JOINING US IN 2021. SHE PRIDES HERSELF IN HELPING CHILDREN AND THOSE WITH DENTAL ANXIETY. SHE CAN ALSO OFFER INVISALIGN ORTHODONTIC CLEAR BRACES AS PART OF A COMPREHENSIVE DENTAL TREATMENT PLAN. IN HER SPARE TIME, DAISY PLAYS NETBALL AND RUNS A WOMEN'S POP CHOIR IN BRIGHTON.

JADE MACDONALD DENTAL HYGIENIST



JADE STARTED HER DENTAL CAREER AS A DENTAL NURSE, WORKING AT A CHILDREN'S DENTAL HOSPITAL IN LONDON. SHE GRADUATED FROM THE EASTMAN DENTAL INSTITUTE IN 2000 AND HAS GAINED OVER 20 YEARS EXPERIENCE IN A VARIETY OF SETTINGS, WORKING IN LONDON AND EAST SUSSEX. SHE IS A VERY PASSIONATE ABOUT PREVENTATIVE DENTAL CARE. AWAY FROM THE DENTAL CHAIR, SHE LOVES BEING OUTDOORS, WALKING HER COCKAPOO PUPPY BONNIE AND SPENDING TIME WITH HER HUSBAND AND 2 SONS, AS A FAMILY THEY ENJOY CAMPING AND OUTDOOR ACTIVITIES. SHE SPENDS LOTS OF TIME AT THE SIDE OF A RUGBY PITCH ON SUNDAY MORNINGS, WATCHING HER SONS PLAY COME RAIN OR SHINE. JADE ALSO HAS A KEEN INTEREST IN ALTERNATIVE THERAPIES AND IS QUALIFIED IN REFLEXOLOGY, REIKI 1 AND INDIAN HEAD MASSAGE.

DANIEL JOHNSTONE DENTAL RECEPTIONIST



DANIEL GREW UP IN HASSOCKS. HE LEFT COLLEGE IN 2014 STUDYING POLITICS, MEDIA, COMMUNICATIONS AND CULTURE. HE LOVES MEETING NEW PEOPLE AND HELPING THEM TO THE BEST OF HIS ABILITY. HIS HOBBIES ARE FOOTBALL, TENNIS AND TRAVEL. HE ALSO HAS A PASSION FOR THE VIDEO GAME INDUSTRY.

ALEX LEE DENTAL HYGIENIST



ALEX IS A QUALIFIED DENTAL HYGIENIST, GRADUATING FROM THE EASTMAN DENTAL HOSPITAL IN LONDON WHERE SHE WAS AWARDED THE PRIZE OF CLINICAL EXCELLENCE FROM HER TUTORS. SINCE QUALIFYING, SHE HAS WORKED IN GENERAL PRACTICE ACROSS SUSSEX AND LONDON. IN HER SPARE TIME, ALEX HAS A WIDE RANGE OF INTERESTS AND HOBBIES INCLUDING TRAVELLING, SCUBA DIVING, CYCLING AND PADDLE BOARDING.

EMMA FITCH DENTAL RECEPTIONIST



EMMA HAS WORKED WITHIN THE NHS FOR THE PAST 7 YEARS. SHE HAS EXPERIENCE AS A TEAM LEADER. EMMA IS A QUALIFIED HEALTHCARE ASSISTANT AND HAS WORKED PREVIOUSLY WITHIN A BUSY ORAL MAXILLOFACIAL DEPARTMENT. SHE ENJOYS WORKING IN THE THE DENTAL INDUSTRY, WHERE SHE HOPES TO FURTHER EXPAND HER KNOWLEDGE AND SKILLS. IN HER SPARE TIME, SHE ENJOYS SPENDING TIME WITH HER FAMILY, FRIENDS AND MOST IMPORTANTLY, HER HORSE.

The practice provides dental care and advice to the highest standards, delivered painlessly and in a calm and friendly atmosphere. Anu Jawahar and her caring team will ensure you are in good hands. Please do get in touch... we would love to hear from you!



@hurstdentalpractice



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www.hurstdentalpractice.co.uk



Do you suffer from headaches, earache, jaw joint problems or facial muscle ache?

You could be suffering from symptoms of teeth grinding and clenching, known medically as bruxism. Most cases of bruxism occur unconsciously whilst sleeping and are associated with lifestyle factors such as stress and anxiety or high use of substances such as tobacco, alcohol and caffeine. Our Dentists can check for signs of bruxism on the teeth: abnormal tooth wear, teeth continually fracturing and shiny wear facets are all signs of bruxism. If you are concerned that you may suffer with bruxism, speak to Anu, Daisy or Davinia, who can assist you in treating your symptoms and preventing tooth damage.

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KEEPING YOU SAFE... CPR TRAINING FOR THE HURST DENTAL TEAM

THANK YOU SUSSEX FIRST AID TRAINING

We have completed our annual CPR and First Aid Training with local company Sussex First Aid based in Burgess Hill, who are wonderful at ensuring we are fully training in the unlikely event of a Medical Emergency. We have a Defibrillator in the practice and all trained on how and when to use it.

Joining our training were specialists Dr. A. J. Chaudhary & Dr Emma Ray-Chaudhary it was lovely to have them join us.

We ensure that our team have the best training in order to deliver the best care and to keep you safe. If you have any questions about how we do this please do get in touch with Plamena who will be happy to answer any concerns.



WHICH COMES FIRST, BRUSHING OR FLOSSING?

New research has shown interdental cleaning before brushing is the best way to clean our teeth effectively. The study found that flossing loosens bacteria and food debris from between the teeth, which allows brushing to be much more successful at removing plaque. Those that use floss or interdental brushes to clean before brushing were left with a much cleaner mouth than those who did it afterwards.

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation says: "While brushing twice a day with fluoride toothpaste is absolutely essential for a good oral health routine, this study shows that interdental cleaning also has a big part to play when it comes to keeping our teeth and gums healthy.

"Brushing alone only cleans three of the five surfaces of our teeth, so cleaning between them before we pick up our toothbrush is hugely beneficial. It helps to prevent gum disease by removing plaque from areas the toothbrush alone cannot reach.



78 High Street, Hurstpierpoint, West Sussex BN6 9RQ

OPENING HOURS

Mon - Thurs

8:30 - 17:00

Friday

8:30 - 16:00

Sat - Sun

Closed

