



BOW LANE
DENTAL GROUP



smile

YOUR NEWSLETTER FROM BOW LANE

We welcome your feedback

We like to hear if we are doing well, or if you think we can improve. Please ask Sarah on Reception for our feedback forms or send us an e-mail with your comments to reception@bowlanedental.com.

Homeopathy

We are always striving to find new ways and techniques to keep our clients as comfortable as possible throughout their treatment with us. Homeopathy has been proven to help relieve common oral problems such as ulcers, dental abscesses, toothache, surgical trauma and reducing anxiety, as well as for teething in children.

Homeopathy is a form of treatment first discovered by the German physician Samuel Hahnemann (1755-1843). He discovered that an illness could be treated with minute doses of drugs that in a healthy person would produce symptoms like those of the disease. For example, raw onions can cause puffy and watery eyes in a healthy person, so a remedy prepared from onion, *Allium Cepa*, could be used to treat patients experiencing these symptoms. The name Homeopathy comes from the Greek 'homoios' (similar) and 'pathos' (suffering), which expresses its basic principle 'the curing of likes by likes'. As a result, homeopathy encourages the body's own natural healing responses. Homeopathy cannot replace dentistry, but is a useful adjunct to conventional dentistry and may be used effectively in the place of orthodox treatments, which may have unpleasant side effects. In modern practice homeopathy and conventional medicine are not in conflict, but complementary; in most instances they may be used together.

One of our dentists, Zaki Kanaan, has undergone a training programme at the Royal London Homeopathic Hospital, which has led to him gaining a Licentiate of The Faculty of Homeopathy (LFHom).

We have been using homeopathic remedies for the past six months at Bow Lane, especially as an adjunct to surgery. The clinical results, as well as feedback have been very positive. If you would like to discuss any aspect of homeopathy, please do not hesitate to contact Zaki, or book in to see him for a consultation.



Triathlon Update

James has now completed four triathlons; the last one being the London Olympic Distance Triathlon in a time of 2hrs 37 mins. He has managed to raise £2,600 for the 'Facing The World' charity.

Renovations

We hope you were not too inconvenienced by our renovations on the third floor. This extra space had enabled us to build two state-of-the-art treatment rooms and provide a luxurious new staff room. All these additions will make the practice run more smoothly and allow more flexibility with booking times for our patients. Thank you for your understanding and we look forward to introducing you to our new facilities.

60-second interview

...with our Receptionist Sarah Quirke.

Age: **28** Star Sign: **Leo**

Marital Status:

Married to Neil for last 2 years

Most Strange Job:

Child Catcher (worked in Child Care)

Favourite holiday:

6 weeks spent in Africa

Three things to take on a desert island:

Book, tub of ice cream and a hot guy fanning me with a palm leaf

Favourite thing about working at Bow Lane:

The shops, and of course the great stairs

What would you like to do if you weren't having so much fun with the Bow Lane team? **Training dolphins**

What drives you mad? **Rude drivers and rude people on the train!**



Competition Time

In our last competition,

Belinda Jefferson had the closest estimate of how many patients were registered at Bow Lane Dental Group on 1st January 2007. She won a free home tooth whitening kit.

Thank you to all who entered.

Many Thanks

One of our Dentists, Ilan Priess, completed a 75 kilometre bike ride through the streets of London and managed to raise £10,000 for the GM Trust which does research into muscular Dystrophy. Many thanks to our patients who sponsored him.

Congratulations! and Welcome

We would also like to congratulate Hygienist Vicky Wilson on getting married. She is moving to Dubai, but will be coming back to Bow Lane in two years' time.

Because of Vicky leaving, plus our growing practice, we would like to introduce two new Hygienists who have joined the Bow Lane team: Jane Needs and Sharon Duthie. We are now able to offer late appointments at 5pm for your convenience.

Private Dentistry Awards 2007

We are pleased to have been short listed for two categories in the Private Dentistry Awards 2007: 'Best Marketing' and 'Best Smile Makeover'.

Does your partner's snoring drive you crazy?

Snoring is caused by a partial closure of your airway during sleep due to relaxation of the muscles in your neck. The soft tissue then vibrates to cause the sound of snoring.

There is also a condition known as Obstructive Sleep Apnoea (OSA), (different from regular snoring) where a person stops breathing while asleep, which can be 50 to 60 times per hour. These interruptions occur when the airway narrows so much that it closes. The closure of the airway causes breathing to stop, which reduces oxygen levels, and then the brain reacts by releasing adrenaline which causes partial awakening of the snorer.

The snorer will often have a bad night's sleep, but the repeated falls in oxygen are linked to the development of high blood pressure, heart disease and diabetes.

A screening process would determine if you are a regular snorer or suffer from OSA.

The treatment involves taking a mould of your teeth and constructing a special guard to wear at night that prevents the lower jaw from dropping back during sleep allowing easier breathing and no noise to wake up your partner.

Please ask your dentist for more information and we will be happy to help.



Opening hours

Monday – Friday 8.30am to 5.30pm
Appointments can be made outside these hours by request.

Telephone 020 7236 3600

Emergency 07811 355900

2a Bow Lane, London EC4M 9EE

www.bowlanedental.com

Email: reception@bowlanedental.com

Your team

Dentists

Orthodontist

Endodontist

Periodontist

Hygienists

Receptionists

Practice Manager

Dental Nurses

James Goolnik BDS MSc • Ilan Preiss BchD • Zaki Kanaan BDS DipDSed MSc

Asif Chatoor BSc BDS FDS RCS MSc MOrth.RCS

Omid Sobhani BDS MSc

Constantine Ong BDS MFDS RCS MClInDent MRD RCS

Christine Arran EDH • Caitriona McCarthy EDH • Jane Needs EDH

Sharon Duthie EDH

Sarah Quirke • Dee Greenaway

Lucy King

Vivienne Scrivener • Veena Garara • Hannah Casboulton • Natalie Clarke