



INVESTOR IN PEOPLE



BOW LANE
DENTAL GROUP



AUTUMN NEWSLETTER 2011

NO.1 FOR JAMES

James grabbed the number one slot as the most influential person in dentistry this year. Thanks for all your votes we are very proud.

He has recently published a book called **BRUSH** which went to the number 1 spot on Amazon. ALL the profits of this book go to the charity Dentaaid to help build a dental clinic in Cambodia, in Bantheay Meanchey Province in North West Cambodia. This is a very poor rural area lacking in schools, hospitals and access to clean water, we really can make a difference to oral health there.

All of the funds donated here will go towards the fulfilling of the project in Cambodia

<http://www.justgiving.com/James-Goolnik-Brush>



FIVE REASONS TO... FLOSS YOUR TEETH



- 1. It can reduce your risk of having a stroke.**
New research has found that tooth loss, caused by gum disease, can increase the risk of a stroke later in life.
- 2. Flossing is the best way to prevent gum disease.**
Micro-organisms associated with gum disease have been found in calcified deposits in arteries, meaning oral bacteria clogging up the arteries could also lead to heart disease.
- 3. Gum disease on its own can be painful.**
This causes bleeding and inflammation of the gums. If untreated, it can lead to the gums to pull away from the teeth and eventually tooth loss.
- 4. Removing the food and plaque between teeth helps to prevent bad breath.**
Brushing alone can't remove all the plaque.
- 5. It will save you money.**
Regular flossers are less likely to have oral problems, meaning they need fewer procedures.

FREE FLOSS AND TOOTHBRUSH WITH EVERY HYGIENE APPOINTMENT IN OCTOBER. NOW YOU HAVE NO EXCUSE!

HOW DEEP ARE YOUR POCKETS?

During your dental check up, your dentist will measure how deep the spaces are between your teeth and gums. This space is called a 'pocket', and all patients are screened this way.

If a pocket measurement is greater than 3mm, then this could be one of the signs of gum disease, and it is certainly one situation where a high score is never better.

We already know how important it is to thoroughly brush and floss in order to prevent the build up of bacterial plaque. Failure to do this will lead to deeper pockets forming, bad breathe and may in turn eventually lead to loosing your tooth.



There is no need to feel you are wasting time at Bow Lane. If the mood takes you we are now offering you free Wi-fi in our Patient lounge. Please ask the front desk team for your access code.



CONGRATUALIONS

Ruth our Receptionist left in June to have her baby. Mya Victoria Kissos Tyler was born on 1st July weighing 3.1kg

BOW LANE BLOG!

If you have time, please take a look at our blog. We will be posting interesting facts about our team and the odd offer!
www.bowlanedental.com/articles

NATALIE



Natalie has joined the Bow Lane team, as our Customer relations manager, and will help us to continue to deliver a smooth service to all our patients.

About Natalie Roberts

Natalie Joined our team in April 2011. She is a Registered Dental Nurse with a background in administration.

Here is everything you need to know about Natalie...

Favourite movie:
Grease

Favourite author:
Tasmina Perry

Favourite sport:
Shopping

Desert island essentials:
Baby wipes and mascara

Perfect way to spend a day:
Chilling out with the hubby and our 3 cheeky children

Natalie's thought for the day:
Laugh when you can, apologise when you should, love deeply, forgive quickly and smile often!

THE WAY TO A HEALTHY AND RELAXED LIFESTYLE

Bikram Yoga is a style of yoga developed by Bikram Choudhury and which consists of a series of 26 postures (asanas) carried out in a heated room.

The studio is kept at a temperature of approximately 105°F (40°C). The heat warms up your body allowing you to stretch into the postures (asanas) in a safer environment. The heat also promotes sweating which in turn flushes toxins from the body. Practising Bikram Yoga has a number of benefits – It is a total mind and body workout, helps relieve injuries, assists in weight loss, reduces blood pressure, improves posture, eases back pain, detoxes and relaxes the body and mind. Bikram Yoga appeals to all ages and abilities

Hot Bikram Yoga was founded by **Olga Allon** and on 5th November 2011 she is launching the London Bridge studio – the largest Hot Bikram Yoga studio yet located in the heart of the city, 10 minutes walk from Bow Lane and next to London Bridge Tube station.

The studio also has a chill out area to enjoy a juice after class



SPECIAL OFFER
30 days of Yoga for £30

THIS SHOULD PUT A GRIN ON YOUR FACE....

A GREAT SMILE IS THE BEST WAY OF ATTRACTING THE OPPOSITE SEX.

“Good teeth and a big white smile is the one thing, above all else, that the UK highlights as the most important physical attribute when meeting someone from the opposite sex for the first time.”

In fact, it beats a toned body or beautiful eyes in the dating stakes, according to a new study.

Four out of 10 adults rated white teeth and a healthy smile – displayed by celebrities such as Cheryl Cole and David Beckham – as the most important physical attribute.

One in four said physique was the first thing that attracted them when they met someone of the opposite sex, and only 12 per cent thought eyes were most important. Hair played a large part in instant attraction for one in 10 of the 3,000 men and women who were surveyed.

A potential partner's dress sense mattered to just 9 per cent.

The results of the study showed there's far more to looking good than having sculpted biceps and a perfect six-pack. So, If you would like to attract the opposite sex, book in a visit to Bow lane to start you on that journey!



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LONDON DENTAL PRACTICE OF THE YEAR

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

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You can now find us on:

amazon.co.uk

Your team Dentists

James Goolnik BDS MSc
Ilan Preiss BchD
Zaki Kanaan BDS DipDSed MSc
Sandra Garcia Martin BDS

Orthodontist

Asif Chatoo BSc BDS FDS RCS
MCLinDent MRD RCS

Endodontist

Sameena Choudhry
BDS MFDS RCS (Edin)

Periodontist

Federico Tinti DDS MSc

Hygienists

Christine Arran EDH
Sarah Urquhart EDH
Emma Whitford EDH

Head Receptionist

Danielle White

Customer Relations Manager

Natalie Roberts

Patient Care

Co-Ordinator
Lindsay Bellringer

Practice Manager

Lucy King

Dental Nurses

Vivienne Scrivener
Paige Collum
Tania Costello
Lisa Duncan