



FEBRUARY 2023

# Newsletter



VOLUME 2

## Newsletter Highlights

Introducing Dr Abe

What to expect at your Basic Examination

Our new website!  
[www.theoclinics.com](http://www.theoclinics.com)

## Dear Friends of The O Clinic

While celebrating Dentist Day on the 6th of March, we thought it fitting to celebrate the new dentist that has recently joined our team.

**Dr Abe** (or Braam, as his birth certificate reads) hails from Pretoria, South Africa. Together with his wife and teenage son, they moved to the UK a couple of years ago and has now joined The O Clinic full-time.

"As a kid there was only one thing I wanted to be - a game ranger. The things we dream of when we're small!

In the end, I spent a decade working in hospital based services at Sabie Hospital - the most beautiful province in the north east of South Africa. Sabie (pronounced Sa-bee) is a rural town and resources were often scarce. It was, however, very rewarding to be able to help those in need and truly make a difference. I was also able to gain experience in a wide range of dental activities, as options for referral were minimal at best."

We are so proud to have Dr Abe on our team! Not only did he pass his Overseas Registration Exams recently (a feat in itself given the aftermath of the pandemic), he also graduated in the **Top 10 students** in his class and received the prize for the **best student** in clinical maxillofacial surgery at the graduation ceremony!

### What is the best skill you bring to the practice?

"The ability to strive for constant improvement in skills and techniques another."

### What do you enjoy most about your industry?

"Dentistry is constantly changing and evolving with new opportunities and innovations. This sets the tone for constant improvement and ensures that dental practice is both stimulating and engaging. Opportunities to learn and grow are always available, and since working with GP, I've discovered so many additional areas of development that I could still explore."

### What is your favourite thing about the dental industry?

"Simply put: Smiles!  
And the reward of having a patient still come and see you, even if it is only to say hello, years after you last treated them."

Dr Abe will be enrolling in his Masters Degree soon, and we wish him the best of luck!



# BE PROUD OF YOUR MOUTH



World Oral  
Health Day  
20 March

Good oral health leads  
to a lifetime of smiles



Visit  
The O-clinics  
in March!



@worldoralhealthday#MouthProud #WOHD23

GlobalGlobal  
SupportersPartners



Non-Profit  
Partner



## World Oral Health Day 20 March 2023

It's an unfortunate fact, but billions of people around the world are affected by oral diseases every year. Oral diseases are often common to seniors with dementia. Over 3.5 billion people reported having an oral disease in 2016 alone.

Oral health is often taken for granted but is an essential component of health, both mental and physical, that must be protected.

Let's start with the basics. You may not realise that oral health affects your ability to:

- breathe,
- speak,
- smile,
- smell,
- taste,
- touch,
- chew,
- swallow, and
- show facial expressions without pain, discomfort, or disease.

Conditions that occur as a result of poor oral health can get even more serious. For example, there's a link between diabetes and oral health, as well as oral health and heart disease. And it all starts with breathing. If you're interested to know more, watch this space!

### What to expect at The O Clinic: Basic Examination

Prevention is better than cure and regular visits to Dr GP or Dr Abe and our hygienist, Hannah, is important so that any potential problems with your gum and tooth health can be spotted early on.

For many of our regular patients the regular examination appointment also means a chance for the clinician to evaluate

- tooth health screening,
- gum health screening,
- jaw movement and dynamics,
- health of lymphatic glands,
- saliva glands screening,
- and oral cancer screening,
- tongue diagnostics screening,
- tooth wear screening,
- cracks on teeth, and
- stability of your bite.

During this appointment, an update of your medical history and or drug intake or changes will also be discussed as there are any other health related problems. Our patient's health is much more than just teeth and gums and we will take time to discuss or related issues such as:

- snoring,
- head & neck aches,
- as well as problems related to misaligned jaws, and
- poor mastication & nutrition of food.

In the following months we will share more about our philosophy of

PREVENTION  
EDUCATION  
MINIMUM INTERVENTION

Simply put, at The O Clinic, extraction is the last option!



## www.theoclinics.com

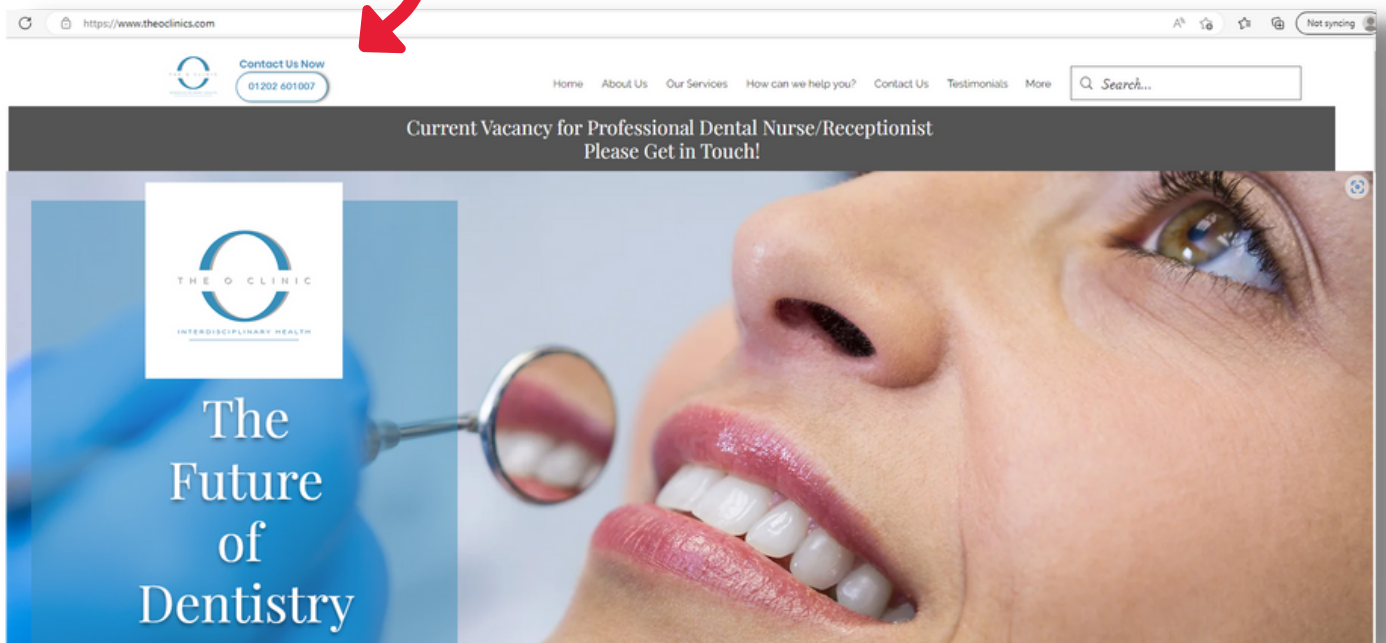
Our new website is now live!

Here you can learn more about the services we offer, our team and our fees.

Look out for the [MAKE AN APPOINTMENT →](#) button, that will take you directly to your personal email program.

We've already typed the subject I WANT TO MAKE AN APPOINTMENT in there for you!

The aim is to answer these booking requests with 2 working days. If you need an urgent booking, however please look for this button at the top of your screen.



Our **Facebook Page** will now once again be managed too, and we look forward to sharing some interesting blog posts on dental health and how it can improve your total wellbeing in ways you would never have imagined...!





[www.theoclinics.com](http://www.theoclinics.com)

We thought it may be fun to ask our patients which welcome picture you would pick for our website. The design with the most votes, will feature as our Home Page as from 1 April 2023. And this is no April Fool's joke!

Simply reply on this email with the number of your choice, or vote on our Facebook Page...

Option 1



Option 2



Option 3



Option 4



Option 5



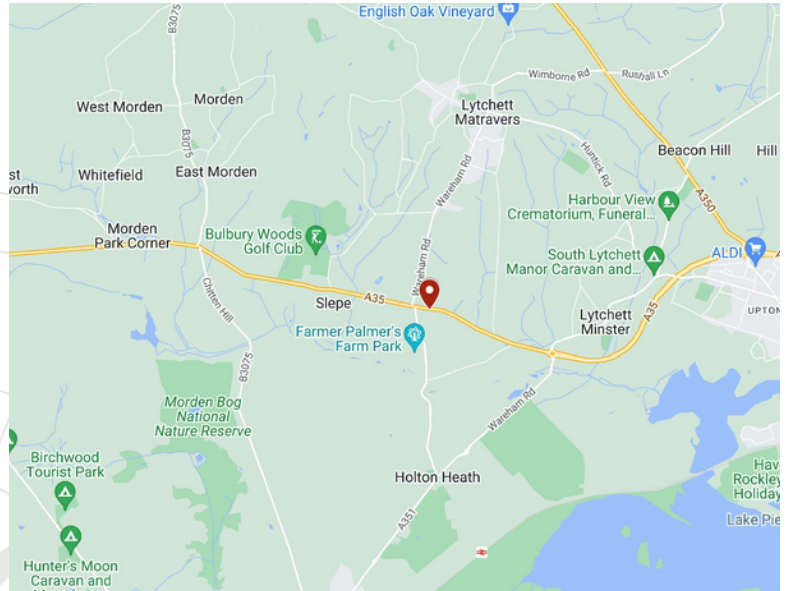
FIND A  
REASON TO  
SMILE  
EVERY DAY

# Where To Find Us

## The O Clinic Poole

1 Axiom Centre  
Dorchester Road  
Lytchett Matravers  
Poole  
Dorset  
BH16 6FE

☎ 01202 601007  
✉ poole@the-olab.com



## The O Clinic Walton-on-Thames

29 Hersham Road  
Walton-on-Thames  
KT12 1LF

☎ 020 8156 5154 (Wednesdays only)  
✉ london@the-olab.com



## Clinic Hours

### POOLE

1 Axiom Centre, Dorchester Road,  
Lytchett Matravers,  
Poole, BH16 6FE

Monday - Friday  
09h00 - 17h30

### WALTON-ON-THAMES

29 Hersham Rd, Walton-on-Thames,  
London,  
KT12 1LF

Wednesday  
10h00 - 17h30

