



MARCH 2023

Newsletter



VOLUME 3

Newsletter Highlights

Introducing Hannah Dover

Preparing for your dental hygiene visit

Little known dental facts

Dear Friends of The O Clinic

In 1905, dental assistant Irene Newman was trained to clean teeth. She became the first dental hygienist. Since then, we have all realised the value of these colleagues of ours!

And as the second week of April is celebrated as Dental Hygienist week, we thought it fitting to introduce our very own Dental Hygienist/Therapist, Hannah Dover.

Hannah was born in Oxford into a family of four - mom, dad and a younger brother. Her interest in dentistry first happened when she had to have 2 teeth extracted 9 years ago.

Hannah began her dental career as a trainee Dental Nurse in late 2015 and gained her Level 3 Diploma in Dental Nursing from Bournemouth and Poole College. Whilst working at a specialist Periodontal practice, Hannah applied for and was accepted onto the University of Portsmouth's Dental Development Programme, a short course for qualified Dental Nurses and Dental Technicians. After successfully passing the exams, Hannah progressed onto the Dental Hygiene and Dental Therapy course in September 2019 and graduated with First Class Honours in July 2022.

In her spare time, Hannah loves travelling. The most interesting thing she has ever done in her life, is to travel solo around the world, visiting eight different countries!

And if she should ever be stranded on a desert island, you will not find her without a blanket, her water bottle and a toothbrush.

Your career aspirations

"Looking at the next three years, I would like to work in a Maxillofacial department (relating to the jaw and face), and undertake a Master's Degree."

Best life tip ever received

"Still waiting for that one... 😊"

Best dental tip ever received

"Prevention is better than cure!"

Hannah is available at our Poole Clinic once a week, so do not wait too long to make that appointment!





On our Home Page at www.theoclinics.com, you will see the quote: "Find a reason to smile every day."

The act of smiling is infectious. When we observe someone else smiling, it becomes difficult to resist the urge to smile ourselves.

A study conducted in Sweden revealed that it is challenging to maintain a serious facial expression when in the presence of people who are smiling. This is because the sight of a smile activates our mirror neurons, causing us to mirror the expression by suppressing our facial muscles and producing a smile of our own. This phenomenon is scientifically proven, and the saying "you smile, I smile" has finally been proven to be true!

Not only is smiling contagious, but it also carries numerous health benefits. Smiling has been shown to reduce anxiety, lower blood pressure, and decrease heart rate. The mere act of smiling can trigger a sense of happiness in our brains equivalent to consuming 2,000 chocolate bars or receiving £16,000. Therefore, happiness can be achieved without indulging in chocolate or cash; a simple smile can suffice.

Here at The O Clinic, we not only want to give you your smile back, or brighten your smile, or widen your smile.

At The O Clinic, we want to give you a reason to smile.

If we have already done that, would you mind leaving a short review here? Simply scan the QR code below, and leave your thoughts...



Preparing for your Dental Hygiene appointment at The O Clinic

Although it may seem unnecessary, preparing your teeth before seeing a dental hygienist is highly recommended.

But, do you know why?

To prepare for any dental appointment, it's essential to brush and floss your teeth and use mouthwash beforehand. This ensures that the dental hygienist doesn't have to spend precious time removing debris from your teeth before performing a professional cleaning.



At the start of your dental appointment, your dental hygienist will review your medical and dental history, including any **medications** you are taking. It's recommended that you bring a list of your regular prescriptions.

Your hygienist will also ask about your **dental routine**, including the type of toothbrush and cleaning aids you use, how often you brush your teeth, and at what time of day.

Your diet will also be discussed, and you shouldn't feel embarrassed to be truthful, as your hygienist is there to **provide advice** rather than judge.

The next step is the examination, during which your hygienist will **check your gums** for irregularities, bleeding, or signs of gum disease. They will measure the gap between your teeth and gums to detect signs of **receding gums**, which can indicate periodontal disease.

The hygienist will also assess **where the largest buildup of plaque and tartar is** and examine your tooth enamel for signs of health before proceeding to the professional cleaning.

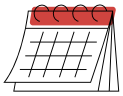
Scaling, the process of removing plaque and tartar buildup, is an essential part of the dental hygienist appointment, as even with diligent brushing, certain areas of the teeth are difficult to clean. This removes the buildup of bacteria and helps **prevent tooth decay**.

Following scaling, **polishing** smooths the surface of your teeth, reducing the area where bacteria can cling to and build up, and also **eliminates stains**.



At the end of your visit, our hygienist will then provide advice on how to maintain healthy teeth and gums, including dietary changes if necessary.

Contact us today at 01202 - 601007 to schedule an appointment with Hannah!
Our Fee Guide can be found under ABOUT US on the website at www.theoclinics.com



Dental Hygienist Week, April 2023

Little-Known Dental Facts

Coconuts are a natural anti-bacterial food and can help reduce the risk of developing gum disease and cavities.

48% of young adults have untagged themselves from a photo on Facebook **because of their smile.**

It was customary during the middle ages to **kiss a donkey** if you had a toothache.

Tooth enamel is the hardest structure in the human body.

The average human being produces **378,000 litres of saliva** during their lifetime.

Tooth decay is the **second most common** disease, second only to the common cold.

People prefer **blue** toothbrushes to red ones.

Replacing a toothbrush after illnesses **helps prevent** the potential for re-infection.

61% of adults are attracted to somebody by their **smile** alone.

Kids miss 51 million school hours a year due to **dental related** illnesses.

The human tongue is as unique as a fingerprint. **No two people** have the same tongue print.

The average woman **smiles** 62 time a day. The average man? Only 8 times.

A snail's mouth is no larger than the head of a pin, yet it can contain over **25,000** teeth.

In 1994, a West Virginia prison inmate braided **dental floss** into a rope, scaled the wall, and escaped!

59% of people would rather have a dental appointment than sit next to someone who is **talking on a cell phone.**

The **lifespan** of a taste bud is about 10 days.

60% of people don't know that a **sore jaw**, when combined with chest pain, can signal a heart attack - especially in women.

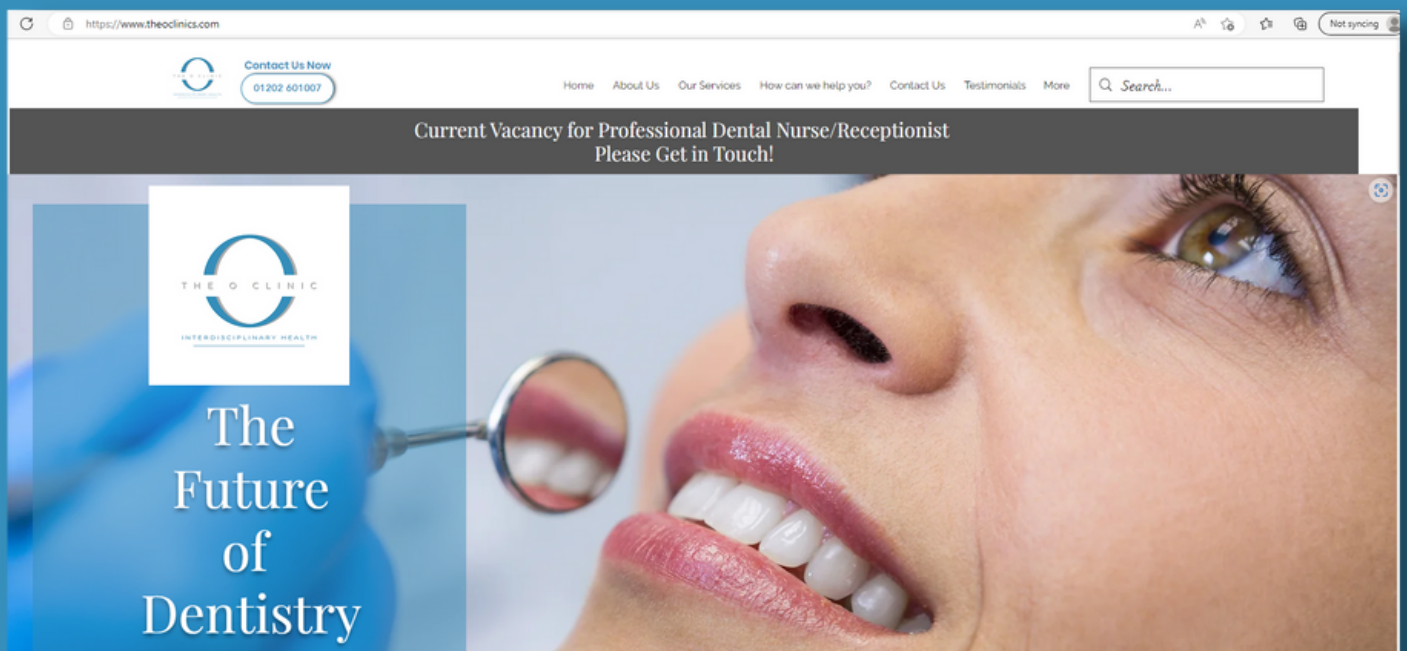
90% of system diseases have **oral** manifestations..

Mosquitoes have 47 teeth.

And now you know.

www.theclinics.com

Thank you for everyone's input on our new website, and it's good to say that great minds think alike! The overwhelming response was that we had made the right decision in our initial front page design, and this will remain.

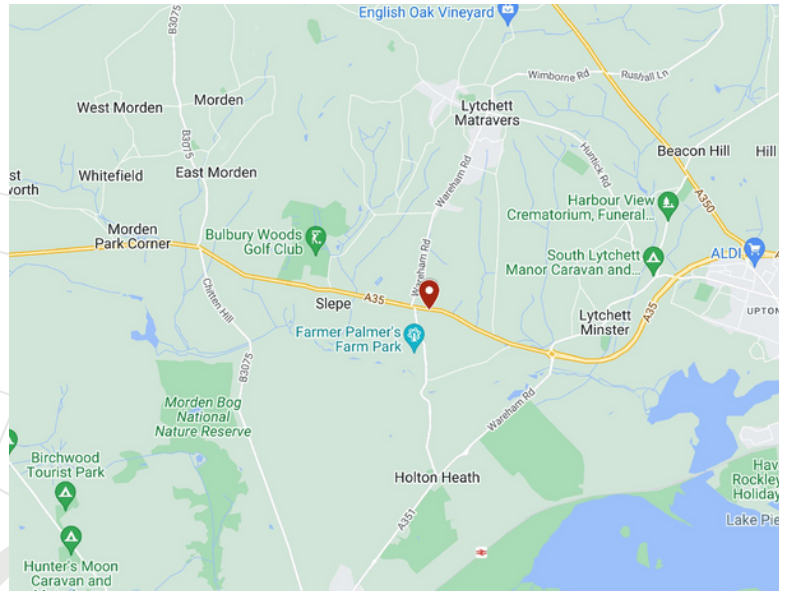


Where To Find Us

The O Clinic Poole

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

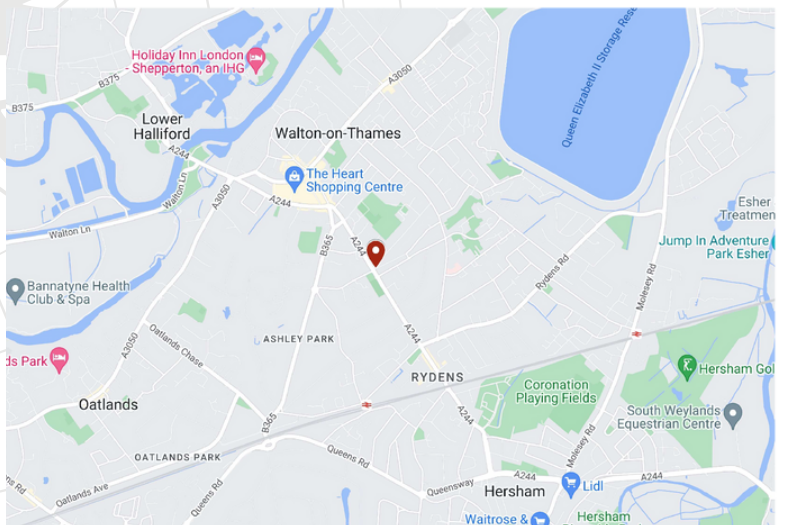
www.theoclinics.com
01202 601007
poole@the-olab.com



The O Clinic Walton-on-Thames

29 Hersham Road
Walton-on-Thames
KT12 1LF

www.theoclinics.com
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

