

**Newsletter Date: July 2015**

Volume 1, Issue 4

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## Useful Telephone Numbers

**South Molton Community Hospital** - 01769 572164  
**North Devon District Hospital** - 01271 322577  
**Boots Chemist** - 01769 572576  
**Day Lewis (formerly Curries) Chemist** - 01769 572528  
**Opticians – Mr. Donner** – 01769 572064  
**Opticians - Byrnes & Byrnes** - 01769 599670  
**Police** – 101  
**NHS Helpline** – 111  
**Care Direct** – 0345 155 1007  
**Citizens Advice Bureau** - 01769 572342  
**District Nurses** 01769 57310  
**Midwife (Messages)** - 01769 573101  
**Midwife (Clinic @ SMCH)** - 01769 579154  
**Health Visitor** - 01769 575176  
**Health Visitor Ansaphone** - 01769 575189  
**Samaritans** - 01271 374343  
**NEW Devon CCG** - 01769 575100  
**Volunteer Bureau (Car Transport)** - 01769 573167  
**Patient Transport** - 01271 314332

## COMINGS AND GOINGS...!

Dr Will Morgan will be leaving us to continue his training at North Devon District Hospital. We wish him well.

Also leaving the Health Centre is Dr Roger Sepping. He will continue his training in Australia and we wish him well too.

We welcome Dr Sioned Gwyn to the Practice. She will be joining us on Monday 10<sup>th</sup> August for 6 months. Dr Gwyn will be seeing patients under the supervision of Dr Rebecca Geary.

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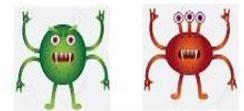
## MENINGITIS BOOSTER

All students who are attending College or University this September, whether for the first time or as a returning student, are recommended to have a booster vaccination at the Health Centre during this summer period.

The Meningitis strain of ACWY is the one that 16 – 24 year olds will come into particular contact with while mixing with new friends and associates from other parts of the country and possibly other parts of the world.

The vaccination is completely *free*, so please make use of it to protect yourself and others from the spread of the disease. Call the Health Centre on **01769 573101** to make an appointment with a practice nurse to have this vaccination.

Welcome to University



**1. How long have you worked at South Molton Health Centre?** Four months now

**2. What is your proudest achievement?** As I haven't had children, it would have to be when my husband and I bought our first house in March 1997

**3. What is your biggest regret?** Not getting to know my mother-in-law as well as I should have done before she passed away

**4. Which famous people, dead or alive, would you like to meet?** Am not really into famous people...struggling here (!). Princess Diana was always so genuine, kind and cared about others

**5. What are your pastimes/hobbies?** Lots of walking, including dog walking. Also socializing,

## Get to know the staff...!!!

This week's brave member of staff to face the questioning is **Disa Squire**.



Is it Meryl Streep or Disa Squire?!



'I Have A Dream' sung by Susan Boyle

gardening, generally trying to keep fit!

**6. If you were marooned on a desert island and only allowed 3 items, what would they be?**

- Wine
  - Chocolate
  - Sunscreen
- (In an ideal world I would take my husband and my dog, but they aren't items and it would be too hot for my dog!)

**7. If there was a film made about your life, who would play you?** Meryl Streep in the style of Mamma Mia

**8. Choose a superpower; why that one?** To be invisible!

**9. If you could sing one song on Britain's Got Talent, what would it be?** Probably I Have A Dream – the one that Susan Boyle sang. When I heard it for the first time it made the hair on the back of my neck stand up. But I would crucify it!





## 7 Big Dental Myths – Debunked



**Myth 1: Beauty salons are excellent places to get teeth whitened.** It is illegal for beauticians to offer tooth-whitening treatments and it is SOLELY the practice of dentistry. This means that tooth whitening can only be legally performed by a dentist - or a dental therapist, dental hygienist or a clinical dental technician working to the prescription of a dentist, ie you have to see a dentist before you see the other dental professionals to receive the treatment.

**Myth 2: Rinse your mouth out with water after brushing your teeth.** 'Spit not rinse' is the basic tip here - toothpaste contains lots of useful ingredients and that includes fluoride, which helps to protect our teeth against dental decay, strengthens the tooth enamel and reduces the amount of acid that the bacteria on your teeth produce. So, after brushing, spit out any excess toothpaste by all means, but don't rinse your mouth with water or even mouthwash. You really don't want to remove any left-behind fluoride that can continue to look after your teeth long after your two-minute-or-more brushing regime!

**Myth 3: Brush teeth immediately after eating.** Brushing within 30 minutes of finishing a meal can weaken tooth enamel, especially if you've consumed anything acidic such as oranges, grapefruit and lemons - or even if you drink anything acidic. Instead, chew sugar-free gum - it stimulates saliva flow, cleans the mouth of food debris and neutralises plaque acids. When you do get around to cleaning your teeth a little later, try not to be too aggressive with your brushing. Far better to invest in a powered toothbrush that scientists have proved is a better, kinder option for your teeth.

**Myth 4: Fruit juice and diet drinks are far healthier than the sugary option.** Fruit juices - and diet drinks - are just as bad for your teeth as their 'evil' sugary counterparts! They cause 'acid attacks' on teeth and even pure fruit juices can contain large amounts of naturally occurring sugars that also have a negative effect. In fact, some fruit juice may contain more sugar than other soft drinks. Over a period of time - and if consumed excessively - these drinks can wear down tooth enamel, leading to cavities, sensitive teeth and, possibly, tooth loss. Limit your intake or, better still, stick with still water - it's by far the healthiest option!

**Myth 5: Avoid brushing bleeding gums.** This is wrong! Bleeding gums are not normal and are often an early sign of gum disease (gingivitis). Risk factors include smoking, diabetes, medications and hormonal changes in women (such as pregnancy). If left untreated, this can worsen and will develop into periodontitis (inflammation around the tooth) where gums shrink and pull away from the teeth, forming pockets that can become infected. A regular appointment with your dental hygienist or dental therapist will mean they are keeping an eye on the health of your teeth and gums and can advise on dietary or lifestyle changes that will reverse the disease if necessary.

**Myth 6: If my teeth look fine and there's no pain, I don't have to see a dentist.** Experts at the National Institute for Health and Care Excellence (NICE) recommend that adults should be recalled for check-ups, depending on risk factors including alcohol, tobacco use and diet. So, they suggest every three months for those most at risk of dental problems and every two years for those with the lowest risk. It's wise to visit your dental team regularly even if you are not experiencing any problems with your mouth or teeth. Attending regularly helps you and your dentist, dental hygienist or dental therapist keep your teeth and gums healthy and pain-free. They will understand your needs and will recommend how often you visit based on their assessment.

**Myth 7: Braces are for kids only.** Although orthodontic treatment is more popular with children (and often more successful), more and more adults are having treatment to fix a crooked smile or to correct malocclusion - or a 'bad bite'. The British Orthodontic Society is a wonderful place to start if you're curious about braces. Orthodontics is 'about improving the harmony of your mouth and jaws. Once you can bite together correctly, you can eat more comfortably and care for your teeth and gums more easily. And your smile will benefit immensely!'