



Derek at The Royal College of Surgeons

As of late, Derek has been studying on an Implant course at The Royal College of Surgeons in London.

An Implant is an artificial tooth root that is placed in your jaw, and is often the only option after having lost a tooth in an accident or due to an infection/disease.

Derek is part of an ongoing four-year program covering all aspects of Implants, and the extensive and intense training will result in a masters' level diploma.

At Christchurch Dental, we are always striving to go that extra mile to give our patients the best treatment possible. With this qualification, the level and standard of Derek's work should be through the roof!

This will shock you: 'healthy' cereals exposed!

It has been scientifically proven by nutritionists that you are doing yourself a huge disservice if you consume in excess of 13 teaspoons of sugar per day. However what you may be shocked to hear is that you could be coming very close to this limit every day, before even having finished your breakfast!

Here at Christchurch Dental, we like to 'clue in' our patients with the highest quality information as possible, so that we can keep your mouth nice and healthy. So we've put together a short list of some significant 'nasties' in your diet – because believe us when we say we want you to have your perfect smile just as much as you do!

We all know that the cereals out there such as 'Coco Pops' and 'Sugar Puffs' aren't exactly healthy – but what many of us *don't* realise is that those cereals that we put so much trust in to be healthy – could be just as bad! So – your cupboards of these cereals and fill them with healthier and less sugary replacements such as fruit or porridge – which will give you and your kids that *healthy* energy boost that we all need!

Per each 100g of cereal, here are the sugar crimes:

Cheerios – 1.1 teaspoons of sugar

Corn Flakes – 2.4 teaspoons of sugar

Rice Krispies – 2.5 teaspoons of sugar

Special K – 3 teaspoons of sugar

Alpen – 5 teaspoons of sugar

Raisin Bran – 7.8 teaspoons of sugar

Granola – 9 teaspoons of sugar



Introducing: Invisalign!

Invisalign: the new fast and easy way to get that smile you've always dreamed of!

Instead of your dentist using the traditional method of fitting standard, visible braces, Christchurch Dental is proposing something new, fresher, and better.

If you are unhappy with your smile, come to us and we will present you with an alternative: Invisalign.

This new type of brace is practically *invisible*, so your friends will see nothing but a significant difference in your smile in just weeks!

The beautiful thing about Invisalign is that you can continue to go about your daily life as if your teeth were being corrected in the first place! They will be straightened to the same fantastic standard as the more conventional and indeed visible braces, giving you those perfectly aligned teeth and beautiful smile that you have sought after for so long; carefully moulded by yours truly.

Give us a call if you're ready to schedule a consultation with us – you won't look back!



DID YOU KNOW?

Shocking fact:

1 in 4 British adults do not brush their teeth the recommended two times per day, and 1 in 10 people regularly forget to brush their teeth altogether!



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We wish all of our patients a fantastic start to the New Year!

Warm regards,

The Christchurch Team