



BARKER DENTAL CARE

Beautiful Healthy Smiles



Practice News

Spring/Summer Issue 2014

Implants: Filling The Gap

Losing a tooth is not only upsetting, but if the gap left behind is not filled, it can also affect the health of your remaining teeth and the proper functioning of your mouth/jaw. Given this, it is almost always best to replace any lost teeth and fill any gaps. An implant is the most natural looking and longest lasting way of replacing a lost tooth. Unlike dentures or a bridge, an implant is permanently fixed in place and is independent of the neighbouring teeth which

Before Implants



After Implants



means that an implant looks and behaves just like a natural tooth. This is accomplished by placing the implant in such a way that it replicates the root of a natural tooth. A crown is then fixed to the implant. An implant is an excellent option for replacing poorly fitting dentures as well as for filling unsightly gaps. An implant provides the next best thing to having your own natural tooth in terms of its functioning, appearance, and comfort. As well as restoring implants at Barker Dental Care, we are pleased to inform our patients that Dr. Chris Leech is also placing implants at the practice. This means that for many implant cases, all of the work can be completed here at Barker Dental Care.

Opening Times

Monday:	8:30-12:30	2:00-5:30
Tuesday:	8:30-12:30	2:00-5:30
Wednesday:	8:30-12:30	2:00-5:30
Thursday:	8:30-12:30	2:00-5:30
Friday:	8:30-12:30	2:00-5:30

For out-of hours emergency appointments, please ring the practice for further information.

25% OFF ENLIGHTEN WHITENING

Take advantage of our Summer whitening special. From May 1, 2014 through August 31, 2014, our patients can receive 25% off of Enlighten whitening while supplies last. To take advantage of this offer the in-house whitening treatment appointment must be done on a Thursday with the hygienist. Please speak to your dentist today so that you do not miss out on this great offer.



Who's Who At Barker Dental Care

Lucy Marlow is the longest serving staff member at Barker Dental Care. Lucy began working at the practice as a trainee dental nurse in 1996 at the age of 16. She worked with Machen Barker until he retired in 2008 and now works with our dentist, Leigh Knowles, and our hygienists, Debbie and Clare. Lucy successfully completed her dental nurse NVQ level 3 qualification in 2009. When she is not working, Lucy stays busy with her family particularly her lovely 5 year old son, Harrison. She also enjoys running and has completed the Great South Run the last two years in a row. Lucy is a great team member, and we hope that she will continue to work at the practice for many years to come.

Lucy Then



Lucy Now



Website: www.barkerdentalcare.co.uk Telephone: 01489 572308

What Our Patients Say...



"The standard of dentistry is exceptionally high."

"Thank you for giving me a wonderful smile back. Not only my smile but my confidence also"

"I would definitely recommend this practice to anyone needing good quality care."

"The results are amazing. Thank you soooooo much!"

If you have been happy with our service and would like to add your testimonial to our book and website, we would love to hear from you. See the other wonderful comments from our patients on our website.

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*Subject to terms and conditions



Gum Health Linked to Heart Disease According To A New Study



We all know how important the health of our gums is to the longevity of our natural teeth. However, a growing body of research is also proving that the health of our gums has a significant impact on our overall health and well-being as well. A study published in the "Journal of the American Heart Association" and which was highlighted in the January 2014 edition of the "British Dental Journal" indicates a clear link between gum health and heart disease. This study shows that as gum health is improved, the progression of arteriosclerosis slows. Arteriosclerosis is a narrowing of the arteries in the heart due to plaque build-up and is a leading cause of heart disease, stroke and death. This new research provides further evidence of the importance of maintaining good oral health through regular dental check ups and hygienist cleans as well as by brushing and flossing at least twice a day at home. The results of this study stress the importance of tackling periodontal disease early and of continually focusing on gum health not only to ensure that you keep your natural teeth but also to improve the functioning of your heart.

Same Exceptional Care But With A New Look

In March, we refurbished the practice giving the practice a brighter and more modern feel. We have added a tv, new seating, and new pictures to the waiting room. There is also new lighting and flooring throughout the practice. We hope that our patients will enjoy the new surroundings on their next visit to the practice.



Don't Let the Holidays Ruin Your Teeth

Like many holidays Easter can be a time when we indulge in eating too many sweets. We need to keep in mind the effect that this can have on our teeth and on our smile. From a dental perspective, it is important to limit your consumption of sweets to meal times rather than nibbling throughout the day. After eating sugar, teeth are under an acid attack, and the key is to limit the number of acid attacks on your teeth throughout the day as well as cleaning your teeth very thoroughly and regularly. Our dentists and hygienists can give you more information on fighting tooth decay as well as help you spot the signs early.

