



# GRIN AND SHARE IT

Monthly newsletter of Cassio Road Dental Practice



## Welcome to the May edition of our newsletter

It's been lovely to see some sunny days over the past few weeks, coupled with the easing of restrictions. We hope that many of you have been able to start meeting up with family and friends outdoors, whilst still taking the necessary precautions and adhering to social distancing.





## MAY 2021

### Practice News

We are delighted to announce that Dr Adrian Mullish has joined Cassio Road as a visiting dentist. Adrian is able to carry out endodontic treatments.

Adrian graduated from the University of London nearly 40 years ago. He has practised in the area for most of his career and is highly regarded by both patients and colleagues alike.

With a keen interest to continue his professional development, Adrian undertook Postgraduate training In Endodontics. After practising general dentistry for more than a decade he found a special interest in Endodontic treatments and continued his post-graduate education in this field.

In his spare time, he enjoys travelling having visited many destinations! He's also a big foodie and enjoys socialising and spending time with his family.

We welcome Adrian to our team and look forward to working with him.

Review Message – Have you had a recent message from us asking for feedback? Please take a minute or two to leave us a brief message about your visit to us. Patient feedback is very important to us and helps us continually strive to provide you with the best possible service we can. We'd love to hear from you! Scan the code with your phone to leave a review >>



*Scan to  
Review Us*







**MAY 2021**



## Other News

Between 17 May and 17 June 2021, the Oral Health Foundation will be raising awareness of important health issues and will be ready to put a smile on everybody's face. National Smile Month is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile. We want you to join us and make a positive difference to the oral health of millions of people.

### Why your support is needed

Maintaining a healthy smile can be simple but for so many this can be very difficult. Despite the many improvements in oral health over the last 40 years, inequalities continue to be a burden for countless individuals.

National Smile Month is your chance to reach people in the heart of your community. Help others achieve better oral health by sharing important oral health messages.

### Key messages for great oral health

During National Smile Month, we are promoting four key messages for better oral health:

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

You can read more about the initiative by visiting ([dentalhealth.org](http://dentalhealth.org)). In support of this cause, we are offering the following:

Tooth whitening packages for £299.

Free Invisalign consultations with Dr Shamil Patel

If you haven't seen one of our hygienists recently, call and book in today!

Wishing all our patients a very happy May and here's keeping our fingers crossed for some sunshine over the Bank Holiday weekends!

