



# GRIN AND SHARE IT

Monthly newsletter of Cassio Road Dental Practice



**Welcome to the Spring edition of our newsletter**

Welcome to the March edition of our newsletter. Finally, we have some positive news about the schools!

The percentage of the population getting their Covid-19 vaccines is increasing and the Government achieved their target which they set out to get completed. Clearly, a herculean effort on the part of everyone involved, and we join in, in commending everyone involved for their hard work.





## MARCH 2021

### Practice News

We are pleased that our online booking system for examination appointments is working well. In order to ensure a seamless booking for you, please ensure that you select the correct options available to you.

If you are unsure about anything, then please do call us and we will be happy to help. If you simply have a query about a booking or any other matter, then please use the live chat or 'Contact Us' options on the website.

### General Information

March is a busy month in the dental world as its all about showing our appreciation, not only for our hardworking dentists here but also our dental nurses or assistants (as they are called in other parts of the world!)

March 6th 2021 is National Dentist's Day and I hope you will join me in taking this opportunity to thank each of our diligent dentists and nurses here at Cassio Road Dental for the contribution they each make to the successful running of this practice. The day is used to thank the dentist who takes care of our teeth all these days and creates awareness about dental issues.





## Practice News

On the subject of dental issues, below are extracts of a recent news article from The Times:

Bleeding gums when brushing your teeth might seem a common and trivial inconvenience, but research shows that it can put you at serious risk of developing severe or fatal Covid-19 as well as other illnesses such as dementia, diabetes and heart disease. A study this month on over 500 Covid-19 patients established a worrying association between periodontitis and serious complications and death from coronavirus. This study was reported in the Journal of Clinical Periodontology.

What links periodontitis and severe Covid-19 is inflammation, the study suggested. For periodontitis does not just cause gums to be inflamed and bleed – it can spark a harmful chronic inflammatory response throughout the body. The study of Covid-19 patients' medical and dental records found that those who had gum disease had significantly higher levels of inflammatory substances circulating in their bloodstream than those without periodontitis.

“The Covid study is another pointer to the fact that you need to have a healthy mouth for your overall health,” says Nicola West, the secretary general of the European Federation of Periodontology, professor of periodontology and the head of restorative dentistry at Bristol University. “The mouth is a window on the body. Bacteria in the mouth get into the bloodstream where they can harm the rest of the body. This explains why gum disease has been linked with diabetes, cardiovascular disease and dementia.”

If you've become a stranger to your dental practice during the pandemic, it's time to put that to rights, West says. “All dental practices should be open now. It is really important that you go back to be checked up with the dentist – and also the dental hygienist too.” (Author: John Naish – Tuesday 16th February 2021 – The Times)

## Announcements

Finally, we would like to announce that Dr. Anjali Bhuva gave a birth to a beautiful baby boy on 11th February 2021. Both Anjali and baby are doing well and we all here at Cassio Road wish her well.

welcome  
little one!

CASSIO ROAD DENTAL TEAM

