



Welcome

At SE1 Dental Centre, our friendly, professional team offers progressive dental care, using the latest in dental research and technology. **We do our utmost to make sure that all patients are comfortable during their visit** and pay extra attention to those who feel nervous about going to the dentist. **We love looking after all our loyal patients and are excited to welcome new patients too.**

We hope you will enjoy this first issue of the SE1 Dental Centre Newsletter, where you will be able to find out about **recent changes, meet our staff and find useful information on looking after your teeth.**



Previously known as Millman and Associates, SE1

Dental Centre has changed hands and is now run by Dr Monica Matseke.

Trained at Sweden's largest centre for medical training and research, Karolinska Institutet, Dr Matseke had the opportunity to spend time at Charles Clifford Dental Hospital in Sheffield during her final year of studies. She moved to London in 1999, where she has since been an Associate at Harley Street and other London locations.

"I was attracted to dentistry because it is a vocation which requires careful precision. High quality, cutting edge dentistry is what I'm all about", says Dr Matseke. "But just as importantly, I love this profession because it enables close contact with my patients".

Our services

Our highly trained team will cater for all your oral health needs. Using the latest techniques, **we can help you maintain and protect your teeth and give you a healthy smile.**

Our services include:

- Consultations and routine check-ups
- High quality cosmetic dentistry
- Implant dentistry
- Sports dentistry
- Major crown and bridge reconstructive treatment
- Endodontics (root canal treatment)
- Dental hygienist
- Denplan preventative dental cover

Opening hours

Mon	8.15 am - 5.30 pm
Tues	8.45 am - 8.00 pm
Wed	8.45 am - 5.30 pm
Thur	9.00 am - 8.00 pm
Fri	9.00 am - 5.30 pm

SE1 under new management

She believes it is imperative that all employees stay up to date with the latest in dentistry. This is done through regular training both on and off site. "Team members are also given their own areas of responsibility within the field. They keep themselves up to date and report any changes and new developments to the rest of the team."

The change of ownership brings some exciting changes to the practice. Behind the scenes, the surgery is now fully computerized. More obviously to patients, the practice has been revamped and new equipment installed. **Ongoing changes will include an expansion of in-house services,** including cosmetic and implant dentistry.

"Myself and the team look forward to continuing to provide our patients with the best possible dental care", says Dr Matseke.

Address

52 Kennington Road
London SE1 7BL

Website

se1dentalcentre.co.uk

"I really like the interaction with people, both my patients and my colleagues."
- Polly



Our team

Dr Monica Matseke
Principal Dentist

Dr Gillian Millman
Dentist

Dr Charlotta Hahn
Dentist

Dr Negin Mosahebi
Endodontics Specialist

Dr Tom Gahan
Periodontist &
Implantologist

Dr Nick Mentz
Prosthodontist

Javier Somer Gomez
Dental Hygienist

Yasmin Kanu
Practice Manager

Racheal Furphy
Receptionist & Dental
Nurse

Tracy Clarke
Dental Nurse

Prajakta Maloo
Dental Nurse

Polly Boyce
Dental Nurse

Lauren Scoot
Dental Nurse

Mitch's smile

When Mitch Robinson contacted SE1 Dental Centre, he had been unhappy with the appearance of his teeth for years. "I had old crowns, some teeth were overlapping, fillings dated back over 30 years, and there was general wear and tear.", says Mitch. He wanted to improve the shape, contour and colour of his teeth while keeping them looking natural.

The majority of the work took place in one session. Mitch's old crowns were removed, his teeth prepared for veneers and impressions (a "negative" of his teeth) made. He was fitted with a set of temporaries, which were replaced by the new crowns and veneers 10 days later. The final phase was to have all the old fillings removed and replaced with white ones. **"And now", says Mitch, "my smile looks incredibly natural, the shape and contour of the teeth are perfect and I no longer have overlapping front teeth."** He is pleased with his new appearance, which has not gone unnoticed: "My friends and family think my teeth look brilliant after the



treatment and some are considering taking similar action", says Mitch. **"Someone I recently met told me I had a great set of teeth and asked if they were a family trait. I think that sums it all up!"**

In preventative dentistry, your toothbrush, your diet and regular check-ups are all important. Regular check-ups enable us to monitor your dental health and carry out timely treatment. We also keep track of your general health and screen for oral cancer.

Meet Yasmin



Yasmin Kanu is the SE1 Dental Centre Practice Manager. She has administrative duties, manages the staff and is **someone who patients can turn to with queries or issues.** A loyal team member, Yasmin was the Practice Receptionist for 12 years. With her Diploma in Practice Management, she was recently promoted to her interesting new role.

Monica's tip

Did you know that every time you eat, your teeth are affected by acid attacks? The good news is that teeth can cope with this, as long as they have time to recover and repair themselves between bouts of eating and drinking. **Eating five times a day, for example three meals and two snacks, will allow enough time for your teeth to recover between acid attacks.** Try to keep sweet foods, soft drinks and fruit juices limited to these occasions. If you want to drink frequently, drink water instead. And, of course, remember to brush your teeth twice a day.



What some patients say

"I'm always struck by the friendly atmosphere"
- Amar Ali, SE11

"Very convenient location and very skilled staff"
- Freya Thomas, SW8

"I seem to be either grinning or smiling a lot more nowadays"
- Mitch Robinson, SE1

Phone 020 7928 5964 and book your appointment today