



S·E·1 newsLetter

Issue 2 2007

DENTAL CENTRE

Welcome to the second issue of our newsletter. In the last issue we told you that we would be expanding our in-house services. So we are pleased to let you know that **Invisalign clear braces, non-surgical Facial Rejuvenation treatment and Gum Disease treatment** are now available at SE1 Dental Centre. We would also like to take this opportunity to introduce **three new team members, Dentists Alex Durgé, Tom Norlin, and Rob Ratcliffe**, who all add exciting skill sets to the practice. We hope you enjoy this issue of the newsletter.

Straight teeth with Invisalign



Did you know that these days, teeth can be **straightened without using traditional wire braces?** Instead, a series of custom-fitted, clear (near-invisible) aligners are used to gradually reposition teeth into their desired position. You can go about all your daily activities as usual while the treatment is taking effect, and you don't have to deal with the discomfort of metal wires. And the nice thing about it is that, **because the treatment is so discreet, most people won't even notice that you're wearing aligners.**

Is Invisalign for you?

The Invisalign system can be used to effectively treat crowding, gaps between teeth and cross-

bites, as well as moderate underbites and overbites. So if you have one of these conditions and want to treat it, you can book in for a consultation with one of the SE1 dentists.

How it works at SE1 Dental Centre

At the initial consultation, the dentist will assess your bite, show you how the Invisalign system works, and what results you can expect from the treatment. The next step is to get x-rays, photographs and an impression of your teeth. Specialist computer software is used to calculate how to get your teeth into their optimal position and a series of aligners is then manufactured. **You will wear the aligners constantly (aside from when eating and cleaning your teeth) and change them every two weeks for a new set.** This way, the position of your teeth is altered little by little until they are straight. Average treatment time is 11 months.

One of our most loyal

Christopher Insall has been a patient at the practice for almost 40 years. He originally joined it because of its convenient location - close to the Foreign and Commonwealth Office where he worked. **"It was quite easy to slip away for an appointment during my lunchtime. The dentist's was just over Westminster Bridge".** Christopher is now retired and lives in Northamptonshire, but is still happy to travel to London for his dental appointments. **"I have always had excellent treatment here. I have trust in my regular dentist. Why should I want to go anywhere else? No-one else would do it any better."**

Christopher recently had two implants done. "The implantologist took a very professional but low-profile approach to what might have seemed to be a fairly fearsome procedure. **My initial nervousness proved groundless.** Putting the spike in was really almost like child's play. I had no pain with it,



either during the procedure or following it." So is he happy with the result? "I'm delighted and my wife thought the results looked excellent. **I can honestly say I don't notice I have implants, they seem like natural teeth.** When I brush my teeth and look in the mirror, the implants don't look different from their neighbours." SE1 Dental Centre is lucky to enjoy the loyalty of patients like Christopher, who stay with the practice for years: **"I like the atmosphere in there. It's a relaxed, friendly, happy environment."**

Opening hours

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

Address

52 Kennington Road,
 London SE1 7BL

Website

se1dentalcentre.co.uk

Phone 020 7928 5964 and book your appointment today



Meet Alex

"It's the combination of crafting something with my hands and the interaction with people that I find most stimulating", says Dentist Alex Durgé, who joined the SE1

dental team in June 2007. "I like to create beautiful and confident smiles as well as resolving more basic dental problems."

With over 10 years of clinical experience, **Alex likes to constantly grow and develop her skills.** She keeps up-to-date with the latest in dentistry by regularly attending training courses - most recently the Modern Oral Surgery programme.

Alex enjoys the creative aspect of her work: "There are often several possible solutions to a given dental problem. For example, if a patient is unhappy with a gap between their front teeth,

I could use braces, veneers or even tooth-coloured resin to correct the problem."

Alexandra likes a challenge and two years ago, she set off for Tanzania to help train local Medical Officers to perform safe extractions: **"It was an interesting experience to work with the Medical Officers, whose work also includes treating a variety of medical conditions and assisting women at childbirth"**.

When Alex is off work, she likes to get out of town to enjoy a good hike; but is equally partial to going out to socialise in London, or staying indoors to discuss modern literature and classics with her fellow book club enthusiasts. She enjoys visiting art galleries, and also likes to get her hands dirty at the pottery wheel. But since her range of interests is rather wide, **please don't be alarmed if you catch her practicing her belly dancing moves as you enter her surgery.**

It's not just about your teeth



Treatment of nasolabial lines with Dermal filler: before and after.

In the past, the only way to reduce wrinkles and lines was to undergo cosmetic surgery. But these days, highly effective, non-surgical facial rejuvenation treatments can be expertly administered by specially trained dentists - at affordable prices.

As you get older, your skin loses elasticity and volume because its natural collagen cycle slows down. This causes lines to form, and your cheeks and lips to look less plump. Many people quite like their mature look. But for those who feel bothered by looking older, the good news is that it's actually quite an easy job to subtract a few years from your face.

There are two main types of facial rejuvenation treatment: dermal fillers and wrinkle-relaxing treatments. Dermal fillers are gels that replace the skin's natural substances. They are best used to treat static lines - that is, lines you can see when your face is still (for example the nasolabial lines which run from your nose to the corners of your mouth). Fillers can also be used to plump up your

cheeks and softly enhance your lips. Wrinkle-relaxing treatments work by using a purified protein (such as Botox) to block the transmission of nerve impulses to the injected muscles. This reduces the activity of the muscles that cause persistent wrinkles to form. The treatment effectively treats frown lines between your eyebrows and worry lines on your forehead.

Facial Rejuvenation at SE1 Dental Centre

A specialist will see you for an initial consultation to assess what treatment will suit you best. A treatment plan is then put together. After your treatment, you will come back for a review so we can ensure that you are happy with the results. **"Your expression lines won't be completely eliminated but they will be considerably softened. Most of my patients tell me they are really pleased with their youthful new look"**, says Dr Tom Norlin, who has recently joined the SE1 team and brings with him his special interest in aesthetics and facial rejuvenation.

Monica's tip



Plaque is a term that describes the film of bacteria which is constantly forming on the surface, and between, teeth. If left in place, it causes tooth decay and gum disease. When plaque has been present for several days it can combine with calcium from saliva to form tartar (calculus), a hard deposit which typically forms behind the lower teeth.

Brushing your teeth thoroughly on the front and back surfaces and using floss, tape or interdental brushes to clean between the teeth can remove plaque and acid.

Our team

Dr Monica Matseke
Principal Dentist

Dr Gillian Millman
Dentist

Dr Alex Durgé
Dentist

Dr Rob Ratcliffe
Periodontist

Dr Tom Norlin
Implant Specialist

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

What some patients say

"They treat you so well, make you feel so comfortable. I wouldn't go anywhere else."
- Neil Craig

"SE1 Dental Centre was recommended to me by a friend. They are the best dentists I have tried."
- Inge Orahaug

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