



S·E·1 newsLetter

Winter/Spring 2008-09

DENTAL CENTRE

Welcome to another issue of the SE1 Newsletter where you will meet the excellent **dental lab** team that we work with, find out about our new collaboration partners **City Perio**, learn about **gum disease** and much more. We are also happy to be able to introduce three new team members: **Carmel Beattie**, Clinical Manager; **Alexandra Vasey**, Hygienist and Dental Therapist and **Mary Waititu**, Hygienist, all welcome additions to our busy team.

The dental lab: a corner stone



Collaboration with a good dental laboratory is crucial to the dentist's ability to deliver quality dental care. Working closely with the dentist, the lab produces custom-made dental restorations such as bridges, inlays, veneers, dentures, crowns and implant abutments (the supporting structure between the implanted screw and the crown). Every component is skillfully crafted by dental technicians.

Founded in 1948 and run by partners Ian Cleaver, Graham Eke and Jerome Leonard, Byfleet-based **Griffen Dental Laboratory is considered to be one of the best in the country.** "We work with the dentist to arrive at the optimal solution for each patient. We take into account a number of things, like the shape of the patient's face and lips and the site of the problem - we

may, for example, recommend a more expensive material for a front tooth replacement than for fixing something at the back of the mouth", says Graham Eke. **"When needed, we go and see the patient in person to determine what will work best for them."**

"It's great to be able to provide my SE1 patients with such excellent restoration products", says Dr Matseke, who has been working with Griffen since 2004. **"The team at Griffen is exceptionally skilled and I can always feel confident that, together, we deliver the best possible result for my patients."**

Did you know?

- ▶ It takes five years of training to become a dental technician.
- ▶ It takes a whole day to make one crown.



Griffen Partners Graham Eke, Ian Cleaver & Jerome Leonard.

SE1 joins forces with specialists City Perio

SE1 has teamed up with City Perio, a renowned specialist dental centre based in Moorgate, to offer patients extended services and to minimise waiting lists. City Perio offers implants, gum disease treatment and root canal treatment, as well as full mouth restorations,

orthodontics (braces) and hygienist services. **"I'm delighted to be able to give my patients a wider choice", says Dr Matseke.** "City Perio's team of dental specialists do an excellent job and the patients I have referred there have found the result very pleasing."

Opening hours

Mon	8.15 am - 5.30 pm
Tues	8.45 am - 5.30 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

Treatments

- Check-ups
- Hygienist
- Cosmetic Dentistry
 - Tooth Whitening
 - Veneers
 - Lava & Procera Crowns
 - Inlays
- Dental Implants
- Invisalign
- Gum Disease Treatment
- Root Canal Treatment
- Fillings
- Extractions
- Fissure Sealants
- Bridges
- Dentures
- Sports Dentistry

Phone 020 7928 5964 and book your appointment today

Meet Rob Ratcliffe, our Periodontist

Periodontics is the dentistry speciality which deals with conditions of the gum and bone tissues supporting teeth.



"Periodontics is challenging but enormously satisfying", says Rob Ratcliffe, who joined the SE1 team in August this year as the consultant Periodontist. "I like helping patients to understand the reasons for their gum problems",

says Rob. "It gives them a sense of control to know they can do something about it. **Treatment starts from the basics of awareness and good homecare.**"

When he is not treating patients, Rob, who is an enthusiastic academic, teaches at Guy's Hospital. He also attends conferences, society meetings and seminars, where Periodontists can meet and share the latest findings and techniques. **A few years ago, Rob set up the UK's first mobile tooth whitening service**, but today his focus is fully on periodontics.

Outside dentistry it is music, modern and classical, and playing cricket that makes Rob tick. He also likes to travel and even funded his dental studies by going to South America to work in the shipping industry.



Gum disease: here are the facts

Gum disease is the single biggest cause of tooth loss in adults in the UK. By the age of 35, three out of four people have gum disease. There are two main types of the condition - **gingivitis**: red and swollen gums that often bleed when brushed, and **periodontal disease**: a more serious form of gum disease that is the result of longstanding gingivitis and affects the bone tissues supporting the teeth. If left untreated, it causes the teeth to become loose and eventually fall out.

What causes gum disease?

All gum disease is caused by bacteria in plaque.

How do you know if you have it?

Unfortunately, it can be difficult to detect gum disease, since it usually is painless. A tell-tale sign is blood on your toothbrush. Your gums may also bleed when you eat and you may get bad breath.

What to do if you think you're affected

Ask your dentist to check your teeth and gums.

Appropriate treatment (if treatment is needed) can then be determined.

How to guard against gum disease

Remove plaque every day by brushing and flossing and make sure to go for regular check-ups and hygienist visits.

Waterloo goes greener

SE1 has joined a local initiative to improve waste recycling for businesses. Local authorities have no obligation to provide recycling collection services for the commercial sector, so businesses traditionally arrange their own recycling. But thanks to a new Waterloo Quarter BID (Business Improvement District) programme launched in September this year, recyclable waste now gets collected for free every week, making it easier for businesses to be eco-friendly. SE1 signed up for the scheme along with over 80 other local businesses.



Monica's tip

Don't brush your teeth too soon after eating acidic foods

When you eat acidic food such as fresh fruit, yoghurt and raisins, your tooth enamel temporarily softens. If you brush your teeth while the enamel is weakened you may damage it, causing sensitive teeth or even tooth loss. But the good news is that if you wait for at least 20 minutes before brushing, the enamel will have time to recover. So do keep up the healthy snacking, just don't brush your teeth immediately after!

Our team

Dr Monica Matseke
Principal Dentist

Dr Gillian Millman
Dentist

Dr Alexandra Durgé
Dentist

Dr Rob Ratcliffe
Periodontist

Dr Thomas Norlin
Implant Specialist

Alexandra Vasey
Hygienist & Dental
Therapist

Mary Waititu
Hygienist

Yasmin Kanu
Practice Manager

Carmel Beattie
Clinical Manager

Tracy Clark
Dental Nurse

Prajakta Maloo
Dental Nurse

Lauren Scoot
Dental Nurse

Racheal Furphy
Receptionist & Dental
Nurse

What patients say

"I was a proud believer in dental tourism until I needed a reliable, local dentist to sort out a problem caused by one of my attempts at money saving, foreign dental work. Monica rescued me and has converted me to having a neighbourhood dentist. She also happens to be very good."
- Sophie McMullen, SE11

"When I went to live in Scotland for two years, I would travel 400 miles to the SE1 Dental Centre for my check-ups."
- John Gordon, SE11

Phone 020 7928 5964 and book your appointment today

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