



# S·E·1 newsLetter

Summer/Autumn 2009

## DENTAL CENTRE

**Time** for another issue of the SE1 Newsletter! We hope you will enjoy reading about the small contributions that even a dental surgery can make to **fight climate change**. We will hear from one patient treated with **Invisalign** and another who **hasn't looked back since his first emergency appointment**, as well as, of course, find out about another of our **team members**.



### We can all do our bit

SE1 Dental Centre is to do its part in fighting climate change. Principal Monica Matseke has been inspired by a conference she attended in Stockholm addressed by some distinguished speakers.

Climate change has been described as the biggest problem facing this planet. "It requires literally a revolution in the way we live and consume," said Tony Blair at the conference. He explained that to hit the targets that the world has set by 2050 emissions in Europe will have to fall to one fifth of what they are today.

The surgery already recycles its paper waste, and Monica uses public transport to get to work. Since the conference she will also be checking

the energy ratings of new equipment, and looking at the environmental credentials of companies she does business with. "When we select a third party supplier we can stress that we are keen to work with other companies with a green profile," she says.

Monica came to live in the UK from Sweden ten years ago, and at that time she found the UK was significantly behind Sweden with its environmental activities. But things are looking more positive now. "We in the UK now employ more people in environmental jobs than we do in coal, steel and shipbuilding put together and trebled," said Tony Blair.

### Monica's tip

**There is plenty you can do to prevent cavities**

Children who grow up in areas where there is an appropriate level of fluoride in tap water have much fewer fillings than others. Fluoride toothpaste greatly reduces the risk of tooth decay. Regular consumption of sugary foods and drinks, on the other hand, increases the chances of getting cavities. When teeth first grow, they are healthy and sound. Adopt a thorough daily cleaning routine using fluoride toothpaste, avoid sugary foods and drinks, have regular check-ups and your teeth can stay that way!

### 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](http://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

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# Invisible tooth correction



SEI Dental Centre is offering a state-of-the-art technique for straightening teeth. Invisalign uses virtually invisible aligners that do not cause the discomfort of their metal ancestors.

Maggie Flonk, a 42-year-old patient at SEI, is in the final stage of treatment. Her teeth had a variety of problems, pointing inward on the upper jaw, and over-crowded on the lower. "They had become increasingly lopsided and crooked over the years," she says. She had previously tried metal braces, but found them extremely uncomfortable.

A mould was taken of her teeth from which a series of thin plastic aligners were made. She wore each for two weeks before progressing onto the next in the series, her teeth gradually

**invisalign**

moving into place, only taking them out to eat and to clean her teeth. "When you put your first new aligner in, the next day you may have a lisp for a while," she admits, adding that there was some initial chaffing on her cheek, but that was all.

She has now had the aligners for twelve months, with only few weeks to go, and is very pleased with the results. "I'm chuffed to bits," says Maggie. "I'm liking my new smile."

Photos depict actual Invisalign® patient but may not necessarily be that of SEI.



## Nobody feels a fool at SEI Dental Centre

**Diplomat Michael Wood no longer worries about smiling.** An old filling had discoloured one of his front teeth, but Dr Monica Matseke removed it and bleached the tooth. "I just find Monica a wonderfully reassuring person," he says.

He first came to the SEI Dental Centre as an emergency about five years ago. "I had lost a filling and cut my tongue on a sharp edge of tooth," he says. For many years he had taken little care of his teeth. "Like most men I don't

think about my health all that much," he admits. But SEI has changed his mind.

"They're very friendly and however poor the state of my teeth were they never made me feel a fool."

He is also impressed by the technology available. "It's comfortable and bijou, if you like, but that makes no difference. You go in there and there's state-of-the-art equipment. They clearly stay up-to-date."

## Meet Rachel, SEI receptionist & nurse



Rachel Furphy is probably the first person you will see when you come to the SEI Dental Centre, as she works mainly on reception. Her fantastic organisational skills keep the whole team working smoothly, but that's not all. She

is also a registered dental nurse so she can provide informed advice too. "I like the interaction with patients on reception, but I also enjoy nursing for children and nervous patients. I am regularly requested by patients to nurse for their children."

Married with a son, Rachel has been working in dentistry for over 20 years and has been at the practice over a decade. She attends numerous conferences and seminars to keep her up to date in her field. But her CV doesn't stop at nursing: "When I was younger I trained as a dancer to a high level, going on to teach dancing for a period of time. I also trained as a hairdresser."

### Our team

**Dr Monica Matseke**  
Principal Dentist

**Dr Robin Ratcliffe**  
Dentist

**Dr Thomas Norlin**  
Dentist / Implantologist

**Dr Swetha Rao**  
Dentist

**Dr Sarah Holmes**  
Dentist

**Alexandra Vasey**  
Hygienist / Dental Therapist

**Mary Waititu**  
Hygienist

**Yasmin Kanu**  
Practice Manager

**Carmel Beattie**  
Clinical Manager

**Tracy Clark**  
Dental Nurse

**Rachel Furphy**  
Receptionist / Dental Nurse

### What patients say

"SEI Dental Centre were very accomodating and supportive on my last visit with a toddler and baby. The dentist went to great lengths to put my toddler at ease for her first check-up. All staff were friendly and helpful."

- Ruth Ashby, SEI

"I have a very competent dentist that I have been going to for a few years. However, I needed some big work done and wanted more than a competent dentist. Having been to SEI dental centre, I feel very confident going forward with treatment as they were showing great knowledge, attention to detail, patience and ability to clearly explain all the technicality in simple language."

- Annika Andersson, SW8

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