



Enhancing Your Smile

with *Cherrybank Dental Spa*

Produced to improve your dental health and awareness

Spring 2010

from the dentists

Our Sincere Thanks... For your trust & loyalty

We'd like to take this opportunity for your many years of continued support for our dental practice. It has been a privilege and a great pleasure for us to provide you and your family with the highest standard of dental and oral health.

We are delighted to introduce our new dentists from Edinburgh who are also busy attending various courses to keep us at the forefront of dentistry. We are pleased to now be able to offer our patients oral cancer screening with the latest technology using the VELscope® which you can read about on page 4.

As we are approaching the warmer months why not cheer yourselves up and dust off the cobwebs and treat yourself to one of our facial aesthetic treatments or a Zoom!® tooth whitening. It is very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to the practice. We are truly grateful that you put this much trust in us. Please accept our genuine thank you for your future referrals.

*Dr Elaine Halley
and Associates*

We're Very Excited To Introduce...

Cherrybank Dental Spa - Edinburgh

Having recruited and trained a truly world class team of dental professionals, we've now opened the doors of our stunning Dental Spa in Edinburgh's New Town.

The dental spa offers the same standards of excellence in dentistry, patient care and customer service as in Perth, and we've had very positive feedback from delighted patients so far.

With six treatment rooms and a state of the art central sterilisation room,

the bespoke practice layout, designed by *Dr. Elaine Halley*, incorporates two separate corridors, one for patient use, and the other for staff. This enables

dentists the clinical staff to discreetly move between rooms without disturbing the relaxing spa ambiance.

The best complement you can give us is to recommend us to your friends and family, and we'd really appreciate any help you could give us in Edinburgh.

"The lounge is beautiful, comfortable and luxurious and the bathrooms are of a quality you'd only find in a five star boutique hotel."

"It's unlike any dentist I've ever seen - so relaxing."

"Breathtaking."



Thank you for all your referrals. We appreciate them!



Miranda Philip, B.A., R.G.N.

Originally from Edinburgh, I studied Nursing in Oxford and in 1996 I graduated from *Oxford Brookes University* (B.A.) and the *John Radcliffe School of Nursing, Oxford* (R.G.N.) My background in Nursing comes from working in hospitals in Edinburgh, London, New York and New Jersey.

My Nursing career began working in Neurosurgery and Neuro Rehabilitation. I then moved on to diversify, gaining experience in A&E, Surgical and Medical wards as well as in outpatients assisting in minor surgeries and treatments. (I took blood daily for years, you'll be glad to know! And the needles we use in Aesthetic Medicine are more like acupuncture needles than the ones you may have seen in hospitals or outpatients.)

Before deciding to work in Aesthetic Medicine, my last six years within the hospital environment have been dedicated as a UK robotics Manager to training Surgeons and Theatre staff to use an innovative new technology in minimally invasive surgery, called robotic surgery. In order for health professionals and the public alike to acknowledge and accept

new technology and treatments, it is the essential that the introduction of these is done with care, enthusiasm, professionalism and dedication.

With this same attitude, I entered Aesthetic Medicine. I realise the importance of good practice and skills. This all means that you will receive the highest standard of treatment and care.

I have undertaken a number of training courses in Aesthetic Medicine in Gloucester and London, where I also assisted at the *Royal College of Physicians* in London, training other Doctors, Dentists and Nurses in administering *Botox®* and dermal fillers.

Completing the Aesthetic Practitioners course with *You Are Beautiful Ltd.* means that I am also part of a group of Independent Practitioners who offer ongoing training and support. Additionally, I am studying for a post graduate diploma in *Aesthetic Medicine at Greenwich University*. This is the only University based course of its kind available currently worldwide. It will become the recognised qualification for all Aesthetic Practitioners when regulations come into this field.

I am highly qualified and experienced in giving Botox injections and dermal fillers in Edinburgh and Perth.



New Dentist Joins Practice

We are thrilled to announce that Dr. Ian Ollerhead has joined the *Cherrybank* team at our new dental spa in Edinburgh.

Dr. Ollerhead strives to bring the very latest and best in dentistry to Edinburgh and brings a caring, dedicated and enthusiastic approach to every patient. He has a special

interest in advanced cosmetic and restorative dentistry and enjoys the challenge of creating beautiful smiles with both natural form and lasting function. He also knows people can be very nervous about visiting the dentist, and believes passionately in making this a thing of the past.

He has a strong commitment to continued professional development and has been awarded the prestigious *MFGDP(UK)* qualification from the *Royal College of Surgeons of England*. His keen interest in post-graduate training has also seen him embark

on a Masters degree in restorative dentistry and he travels extensively to undertake further training with some of the world's best known dentists. As such he is trained to a high level in adult orthodontics and complex cosmetic procedures.

Dr. Ollerhead lives in Edinburgh, and enjoys sport, travelling and spending time with his friends and family.

His current qualifications are:

- *Membership of the Faculty of General Dental Surgery of the Royal College of Surgeons of England; MFGDP(UK)*
- *Bachelor of Dental Surgery; BDS (Newcastle)*

He is a full member of the following organisations:

- *The Faculty of General Dental Practice (Royal College of Surgeons of England)*
- *British Academy of Cosmetic Dentistry*
- *British Society of Restorative Dentistry*
- *The Royal Odonto-Chirurgical Society of Scotland*

The Inman Aligner™ Straighten Your Teeth In Just A Few Weeks!

As time goes by, your teeth tend to shift, sometimes causing your front top and bottom teeth to become crooked. At first glance, you may think you need braces, however with the patented *Inman Aligner™* we can now give you a wonderful smile quickly and effectively in just a matter of weeks. The Inman Aligner applies a gentle

pressure to the teeth that need to be guided into an ideal position and can be removed and inserted as easily as a retainer.

The team here at *Cherrybank*, are trained to a high level in adult orthodontics and after an evaluation our dentists can determine if the Inman Aligner is right for you.

Please give us a ring on (01738) 624 667 if you have any questions about orthodontics.

Dr. Chris McCrudden Introduces The Oso Appliance To Cherrybank

An orthopaedic appliance for team and solo athletes

The *OSO Athletic mouthguard* releases tension from your jaw, and subsequently many other muscles of your body, changing the way you carry yourself during your athletic activities, thereby improving balance, endurance, and your range of motion. As a result of the overall release of tension, you will be less prone to injuries, whether you are on the golf course or the rugby field. The lower mouth guard fits over your bottom teeth for non-contact sports, while the upper mouth guard serves the dual purpose of protecting your mouth and releasing tension.

OSO Athletic Orthopaedic Appliance Procedure

The fitting procedure for the *OSO Athletic mouth guard* takes about an hour. During this time, we will take dental impressions of your teeth and measure your mouth. Low frequency nerve stimulation is used to coax the muscles of the jaw to relax completely. Once the muscles have released their tension, we will note the new jaw position and send this information, along with the dental impression, to an *OSO-certified laboratory*. Within two weeks, your *OSO orthopaedic appliance* will be ready.

Learn More about the *OSO Athletic Orthopaedic Mouthguard*.

The *OSO Athletic orthopaedic appliance* is scientifically proven to improve peak performance levels.



Whether you are a casual athlete who wants to get more from your workout, or a professional who would like to improve your performance, book an appointment with *Dr. McCrudden* to see whether the *OSO Athletic mouth guard* is right for you.



The Clear Alternative to Braces

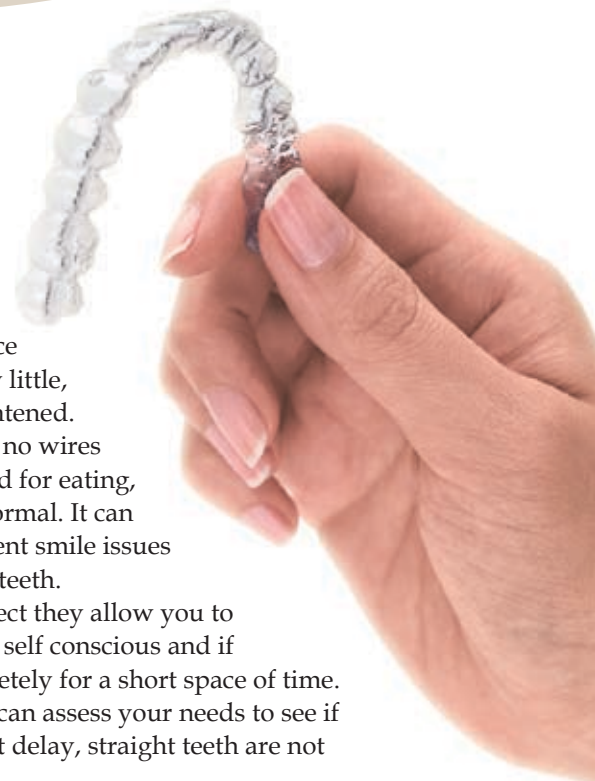
Invisalign treatment consists of a series of nearly invisible, removable aligners that are changed every two weeks. Each aligner is manufactured for your teeth only, and as you replace each aligner your teeth move little by little, week by week until they have straightened.

The invisalign treatment involves no wires or brackets and can easily be removed for eating, drinking, brushing and flossing as normal. It can be made to correct a variety of different smile issues from overcrowded to widely spaced teeth.

As the aligners are difficult to detect they allow you to straighten your teeth without feeling self conscious and if required they can be removed completely for a short space of time.

Here at *Cherrybank Dental Spa* we can assess your needs to see if invisalign would work for you. Don't delay, straight teeth are not far away!!

– *Dr. Chris McCrudden*



practiceinformation

Cherrybank Dental Spa Perth
Dr. Elaine Halley, BDS, MFDGP(UK), RCS
Dr. Aileen Logie, BDS
Dr. Chris McCrudden, BDS
168 Glasgow Road, Perth
Scotland, PH2 0LY

Cherrybank Dental Spa Edinburgh
Centrum House 108-114 Dundas Street
Edinburgh EH3 5DQ
Dr. Ian Ollerhead, BDS, MFGDP (UK)

Our Hours

Mon/Wed 9:00 am – 6:30 pm
Tue/Thu/Fri 8:30 am – 5:30 pm
Thursday 9:00 am – 5:30 pm
Friday 9:00 am – 5:00 pm
Saturday 9:00 am – 1:00 pm*
* two per month

Contact Information

Perth Practice 01738624667
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Email info@cherrydental.com
Website www.scotlanddentist.com

Perth Team

Dawn Practice Manager
Jillian Clinical Manager
Gaynor..... Treatment Co-ordinator
Caroline
..... Hygiene Retention Co-ordinator
Janice/Jackie... Front Desk Co-ordinators
Flora, Elaine.....Dental Hygienists
Gayle/Kirsty.....Dental Therapists
Rosswen, Carly, SarahDental Nurses

Edinburgh Team

Amanda.....Practice Co-ordinator
Gillian.....Front Desk Co-ordinator
Laura..... Treatment Co-ordinator
Kirsty..... Dental Therapist
Lauren..... Dental Nurse
Miranda..... Practitioner/Nurse



Is Mouthwash Containing Alcohol Safe?

by Gayle Fagan

It has been a well-known fact that smoking and alcohol consumption are risk factors linked to oral cancer. However there is something else we use in everyday life that we need to consider... Mouthwash! There is a hypothetical risk for the development of oral cancer from repeated use of alcohol containing mouthwashes also.

Alcohol is an ingredient found in many mouthwashes found in your local supermarket. Some studies have shown that there is sufficient evidence to suggest regular use of such mouthwashes can add to the increased the risk of developing oral and oropharyngeal cancer.

Recent studies have

suggested that the alcohol component of mouthwashes have little additional benefit than the other active ingredients in terms of plaque control. In view of this conclusion, and the hypothetical risk of oral cancer, we feel here at *Cherrybank* it would be neglectful for us as dental professionals to recommend the long-term use of alcohol-containing mouthwashes to our patients.



New Technology For Oral Cancer – VELscope®

We take oral cancer very seriously. Unfortunately, current indices show that it is one of the cancers that is becoming more prevalent in Western countries. The *American Dental Association* established that 25% of new cases alarmingly do not only fit into high risk profile. Traditionally, high risk groups for oral cancer include smokers and alcohol consumption in over 40's, but increasingly younger age groups are being identified as being at high risk. At *Cherrybank Dental Spa*, we do all we can to stay at the fore front for new technology that can benefit our patients which is why we have recently invested in our new *VELscope®* machine.

The *VELscope* is a revolutionary device that provides dentists and hygienists with an aid to oral

examination for the early detection of abnormal tissue in the mouth. It is a safe blue light that is shone into the mouth to let the clinician view underlying tissues that cannot be seen normally. We would recommend our patients have this procedure carried out annually. The opportunity to be screened will be given to you at your *Dental Health Review* ensuring early detection. With early detection survival rates are high, and side effects from treatment are at their lowest. These screenings are painless, quick and inexpensive. For those who engage in known risk factors such as the use of tobacco, it should be done more frequently.

