

Issue 7  
Autumn 2009

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Welcome to our autumn newsletter. We have added lots of new information to our website and hope you get the chance to have a look. [www.kmortho.co.uk](http://www.kmortho.co.uk)



22nd–28th March  
2010

We will be holding events throughout the week to celebrate National Orthodontic Week. Please look on our website nearer to the date for a list of our in-house activities. [www.kmortho.co.uk](http://www.kmortho.co.uk)

## Patient Newsletter

### Patient Gallery

Go to our website, [www.kmortho.co.uk](http://www.kmortho.co.uk) to check out the fantastic smiles of our patients after their treatment and we're sure you'll find some of your friends there. Also have a look at our "Patients of the Month". If you'd like to be included in the Patient Gallery, don't forget to sign the form at the end of your treatment.



### What should I have for dinner?

It can be difficult to eat for the first week after braces are fitted. The teeth can feel tender and the last thing you want to do is bite or chew something hard.

We have two amazing cook books in our waiting room designed specifically for people with braces.

There are loads of ideas for treats as well as healthy meals so if you would like us to photocopy any of the recipes please ask one of our receptionists.

#### Petra's Choice—Apple (Not too) Crisp

8 large apples peeled and sliced  
1/4 cup water                      1 tsp cinnamon  
3/4 cup plain flour                3/4 cup sugar  
1/3 cup margarine chopped into small pieces  
Preheat oven to 180degrees. Bake 35–40 mins  
Spread sliced apples on bottom of 9"x13" oven dish. Sprinkle with the water and cinnamon.  
In a bowl, mix flour, sugar and margarine with a fork until crumbly.  
Bake, cover with foil whilst warm to soften topping. Serves 8 people and delicious with ice cream.

### BDA Good Practice Scheme

We are proud to announce that we have successfully completed

The British Dental Association's

"Good Practice Scheme"

This award proves that we are committed to a standard of good practice set by the General Dental Council, our professional body.

We completed 102 tasks to receive this award. The tasks covered included clinical as well as management issues. All the staff have gained considerably from the 9 months it took us to complete.

### Orthodontic Trivia

**A** sneeze leaves your mouth at 600 mph  
**If** you don't floss you miss cleaning 35% of the tooth surface  
**100** years ago 50% of adults were toothless  
**Today** less than 10% of adults over 65 have lost teeth  
**Teeth** are the hardest surface in the human body  
**The** electric toothbrush first appeared in 1939  
**Egyptians** used a form of toothpaste 5000 years ago  
**The** first set of false teeth discovered were from the 8th century BC

A huge  
welcome to  
Zuzana our  
new Dental  
Nurse

