

# Practice news



Ainsworth Village  
Dental Practice

**We welcome our new Associate, Duncan Read, who has been practising dentistry since 1982. Until recently he has worked as a dentist at Reads Dental Practice. He managed and owned the general dental practice alongside his brother David and father Harold, who were also dentists.**

He has gained a vast experience of general dental practice during his time at Reads Dental Practice and has served the population of Bolton and its surrounds for over 30 years. He enjoys all aspects of his work, however he is especially interested in helping patients, no matter how nervous they may be, to maintain a healthy and attractive smile.



**Mr Duncan Read BDS**  
Dundee 1982 (GDC 56606)



We are also delighted to welcome Collette Slater, Therapist to our practice. Collette takes over from Jackie Simmons who has left to spend more time with her two young sons. She particularly enjoys looking after our younger patients and works part time for Bridgewater Community Healthcare, caring for children and special needs cases. Heather Thorman, Dental Therapist, has left the practice as she has moved from the area.

**Collette Slater Diploma in Dental Hygiene and Therapy RCS Eng 2012 Verified experience in Dental Nursing (GDC 116410)**

## Appointments

You can make appointments either by telephoning us on **01204 38 28 28** or emailing reception at **info@ainsworthvillagedental.co.uk** or by completing the information box on our website **www.ainsworthvillagedental.co.uk**

Please let Reception have your mobile number if you would like to receive a text message reminder prior to your next appointment.



## Why your heart and oral health are closer than you think

Studies are increasingly finding connections between serious gum disease (periodontal disease) and heart disease. Research is ongoing and scientists have suggested a few different theories; one being that the bacteria responsible for gum disease could be passing into the bloodstream and reacting with already-damaged areas in the heart. Another theory is that the oral bacteria could be stimulating the immune system and producing an inflammatory response, which worsens inflammation elsewhere in the body, such as in the heart.

While these links continue to be found, awareness of the impact of oral health on general health is growing. According to recent YouGov research conducted for Simplyhealth, 83% of adults agree that poor oral health can have a significant impact on overall health.

However, only 27% of respondents think poor oral health can be linked to heart disease, showing that awareness of specific diseases and their relationship to oral health is still relatively low.

## Oral hygiene products

We offer a range of dental hygiene products such as:

<b>Braun Oral B 2000 Electric Toothbrush</b>	£40.00
<b>Power Floss</b>	£19.95
<b>TePes (all colours)</b>	£3.50
<b>Glide floss picks</b>	£6.00
<b>Oral B satin floss</b>	£2.50
<b>Manual toothbrushes from</b>	£2.65

**Your heart  
is in your hands**



Because your oral health can impact on your general health, it's essential to keep your teeth and gums as healthy as possible.