Happy Birthday Margot Robbie

You Could Be A Winner With Where In The World?

National Smile Month

June 2018 ISSUE
Margot Robbie was born 2nd July 1990. She is an Australian actress and film producer. Time magazine named her as one of the 100 most influential people in the world in 2017.

Margot studied drama at Somerset College and began her acting career in the late 00s. She landed a leading role in the soap opera Neighbours and appeared in that show from 2008–2011.

In 2011 Margot moved to America and starred in the short-lived ABC drama series Pan Am.

Her breakthrough came when co-starring in Martin Scorsese’s biographical black comedy The Wolf of Wall Street. Her career continues to grow, with leading roles in films such as Focus (2015), the action-packed The Legend of Tarzan (2016), and the superhero film Suicide Squad (2016).

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**Where in The World?**

Guess Where in the World this famous landmark is and win a bottle of white wine courtesy of Castle Park Dental Care.

Please send your answers via an email or call in. The winner will be drawn at the end of the month.
National Smile Month is the United Kingdom's largest oral health campaign. Formerly ‘National Smile Week’ it is now one of the biggest not-for-profit dental health events in Europe; it attracts thousands of event coordinators and reaches millions of people with oral health information. National Smile Month is run by the British Dental Health Foundation (BDHF), a UK-based charity.

In 2018, the campaign is taking place between 14 May and 14 June, encouraging all dental and health professionals, schools, pharmacies, community groups, colleges and workplaces - in fact anyone with an interest in good oral healthcare - to join in and help educate, motivate and communicate positive oral health messages, and improve the quality of smiles all around the UK.

Many schools are currently showing children how to look after their adult teeth as they grow, teaching them good habits that will last a lifetime. However, since 31% of adults have tooth decay and 29% suffer from regular pain due to their teeth, adult oral health has been a growing concern in the UK. Most shockingly, half the adult population are unhappy with their teeth! So this week is not just for children but for adults too.

National Smile Month will aim to teach these main tips:

1. Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste. 2. Cut down on how often you have sugary foods and drinks. 3. Visit your dentist regularly, as often as they recommend.

Our June Offer

This month we are offering you 20% off teeth whitening when you start a smile make-over plan*. Call NOW to book your appointment.

01482 778349

*this is only valid for straight teeth patients
Hello again. I hope that you are well. Well some weather at last!! About time eh, May was good generally and May bank Holiday was superb. We caught the Tour de Yorkshire in Filey.

So, What’s More To It Than Snoring?

In the last few articles I’ve been going on about snoring and how we can help with non-invasive measures using lasers and Mandibular Advancement Devices (more to follow on this). Snoring has obvious problems associated with it as it causes a right row and can be anti-social and cause problems with sleeping partners. We have also touched on Obstructive Sleep Apnoea when breathing actually stops and then there are great gasps for air. This is really not healthy and can put strain on the heart. In this case a sleep study is needed and possibly CPAP (Continuous Positive Airway Pressure) at bedtime. However, the compliance with these things is generally poor even though it is the gold standard treatment for OSA.

The Less Obvious Stuff

Sleep medicine and airway medicine is the up and coming thing. It was highlighted on the TV just this week about how many more people are experiencing poor sleep and are constantly tired during the day. I was horrified to see that loads of school kids had to have caffeine before school, as they were so tired. Now this is a different thing to do with mobile phones taken to bed and blue light.

There is a condition called Upper Airway Resistance Syndrome. This is when the upper airway collapses causing resistance to airflow. OSA is the extreme, snoring we all know about, but it can be less obvious and affect many of us. Some snorers sleep great. Lucky so and so. This is thought to be because the sensors at the back of the throat have been beaten up that much by vibration that they no longer fire and wake you up with a snore.
Now for people that do not snore or only really snore after alcohol these sensors can be stimulated when you get close to a snore and airway is about to collapse and you wake up for no apparent reason. This is a so-called arousal from sleep. It can interrupt the normal cycle of sleep and disturb hormone balance. This can cause tiredness as well a load of other stuff that will list in a bit.

When the airway collapses a bit it can create a negative pressure that can suck up fine droplets of acid from the stomach that can reach the throat and nose and even the sinus. This is different to heartburn or GastroEsophageal Reflux Disease (GERD). It is called Laryngo Pharyngeal Reflux Disease (LPRD) and can lead to symptoms of post-nasal drip, sore throat, cough, and even chronic sinusitis. This can go hand in hand with a poor night’s sleep. If you are interested a great book is Sleep Interrupted by Steven Y. Park, M.D. (an ENT specialist who came across this paradigm shift in thinking how we treat some common ailments by getting to the cause, i.e. the airway).

According to Dr. Park this is a list of some of the ailments/symptoms that UARS can be associated with but limited to: the nasal stuff mentioned above, hoarseness, throat clearing, teeth grinding/clenching and Temporo-Mandibular Dysfunction (TMD), heartburn (GERD), cold hands, postural hypotension (dizzy when stand up quickly), depression and anxiety, migraine headaches, chronic fatigue syndrome, and weight gain (which compounds the situation. He even feels that ADHD (Attention Deficit Hyper-activity Disorder) is associated with UARS. It’s all interesting stuff. Or is it just me? Some top tips next time as run out of space today. I was on a role, eh?

UARS. It’s all interesting stuff. Or is it just me? Some top tips next time as run out of space today. I was on a role, eh?

Well Done Hull City stayed up. Onwards and upwards lads. Final preparations this weekend for my presentation at an international laser medicine conference in Slovenia. My colleague at the practice and gum expert, Ilay, is the first speaker at the Dental Programme. Wish us luck. Until next time. Take care and be good. Here’s to a good night sleep

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 25 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’ humanitarian work go here now www.castleparkdental.co.uk
Are You Fed Up Of Sleeping In The Spare Room?
Getting Elbowed In The Ribs?
Excessive daytime sleepiness?
Gasping while you sleep?
Pauses in Breathing? Morning Headaches?

Are you one of the 40% of the population affected by snoring?

We can help you!
We Are Able To Use Our Lasers To Give You A Better Night's Sleep And Improve Your Breathing!

The great thing with this is, no numbing, no down time, no surgery and it starts to work from the first session. The airway is improved 24hrs a day and not just when a device is worn!

Call Us Now On
01482 772562
To Book A Consultation
Each week we have a ‘Thought of the Week’ provided by a member of the team.

This week’s thought of the week has been chosen by our hygienist Anna. The quote is from the legendary actress Judy Garland.

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

- Judy Garland
The Dabbers at the ready for the Castle Parks Dental Team.

Eyes Down...two little ducks...22

We might not have all been winners at the Bingo, but as a Team we are the Champions!
What Our Patients Say About Us....

“I Would Thoroughly Recommend Having This Treatment At Castle Park To Anyone”

“I had teeth straightening treatment with Chris. The whole experience has been fantastic—all of the staff were super friendly and helpful and Chris explained what would happen each time I came for a check up. I would thoroughly recommend having this treatment at Castle Park to anyone!”

- S. Fleming, Cottingham

“I Need Not Have Worried”

“Changing from a dentist you know at best is an anxious time. I need not have worried. The warm greeting and easy music quickly put me at ease. Anna took time to explain all issues, enabling me to make an informed decision of treatment. I felt reassured that Anna was both knowledgeable and had obvious skill, using up-to-date techniques. All bodes well for the future.”

- K. M., Cottingham

“The Experience Was Unbelievable”

“I was so apprehensive about having my treatment, but the experience was unbelievable. I was completely relaxed and the care and treatment I received reassured me.”

- K. R., North Ferriby

“I Will Never Be Worried Again”

“I normally hate injections, always have, but this time I didn’t feel a thing. If all my experiences are like that, I will never be worried again.”

- H. Roberts, Hull