The Whole Tooth
Something To Make You Smile

Happy Birthday Matt

You Could Be A Winner With Where In The World?

Teeth For Life
Healthy Teeth This October

OCTOBER 2018 ISSUE
Matthew Paige Damon was born on October 8th, 1970. He is an American actor, film producer and screenwriter. He is one of the highest-grossing actors of all time!

Matt has received various awards, including an Academy Award from 5 nominations, and 2 Golden Globes from 8 nominations. He has also been nominated for 3 British Academy Film Awards and 6 Emmy Awards.

Born and raised in Boston, Massachusetts, Matt began his acting career by appearing in high school theatre productions. In 1988 he made his professional acting debut in the film Mystic Pizza. It wasn't until 1997, however, that he shot to fame, having written and starred in Good Will Hunting alongside Ben Affleck; a movie which won them the Academy and Golden Globe awards for Best Screenplay, and earned him a nomination for the Academy Award for Best Actor. He continued to soar, gaining praise from critics for his roles in Saving Private Ryan, The Talented Mr. Ripley, Dogma, Syriana, and The Departed.


In addition to acting, Matt has performed voice-over work in both animated and documentary films. He has established 2 production companies with Ben Affleck.

He is involved in charitable work for many charities including the ONE Campaign, H2O Africa Foundation, Feeding America, and Water.org.

Matt is married to Luciana Bozán Barroso, and they have 4 daughters together.

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.
A Big Thank You

Thank you to our wonderful patients for all your referrals.

We really appreciate it!

October Offer

From the 1st to 31st October we are offering a spooky 25% discount off Teeth Whitening for the first 10 patients who book an appointment!

Call now to book your appointment.
Teeth for Life - Healthy Teeth This October

Today treatments concentrate on prevention rather than cure. This means that you can keep your teeth for life.

It’s important to visit your dentist at recommended intervals which suit your dental needs and age to screen for dental conditions and all-round oral health.

This time of year you might be suffering from dry mouth and often you will need advice from your dentist.

If your mouth gets dry try holding lemon rind or an olive pit in your mouth. Doing this should stimulate the saliva.

A few more tips for a healthy mouth and teeth this October are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend. If you have any dental questions don’t forget you can call the practice and ask for advice over the phone.
The Castle Park Dental Care team would like to ask you two quick questions.

1. Are you fed up with loose fitting dentures that always move around and fall out at the worst moment? And in public too? Or...

2. Are you embarrassed to smile because of crooked teeth?

If you have answered “yes” to either of the above questions then we can help.

To request your free guides on either Straight Teeth or Dental Implants click on the links below.....

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As featured on....
Hello again. I hope that you are well. Another busy month. I was at Sheffield University Dental School giving a talk to students at a careers evening. I tried to inspire them to keep working on themselves and looking for better and stick to their core values. Doing the right things for the right reasons is important and should see you right for the most part. One thing I did emphasise is "If you don’t know WHY you are doing something, STOP because you probably shouldn’t be doing it". The Dental Students Society have chosen Dental Mavericks as one of their charities to support this year which is fantastic.

Heal Thyself

More and more stem cells are being used to treat medical problems and promote healing. Stem cells are cells produced in the bone marrow with the potential to become different kinds of cells because they have not differentiated yet or in other haven’t made their minds up what they want to be when they grow up.

What is a Stem Cell?

A mesenchymal stem cell is a primitive cell with the ability to:

- Reduce inflammation
- Differentiate into multiple tissues
- Fight apoptosis (cell death)
- Self-replicate
- Muscle
- Bone
- Fat
- Cartilage

They can be used to repair damaged and lost tissue and promote healing. Dentistry is no different and we are taking advantage of this and using stem cells to help grow bone and gum, particularly in combination with dental implants. We use it in combination with other cells and fibrin.
Exciting Stuff

At Castle Park we've invested in a special machine that can centrifuge blood at specific speeds and duration to separate out the stuff we need to speed up healing and reduce inflammation.

This combined with laser therapy means that there is no better way of doing advanced treatment for dental implants and regenerative procedures e.g. developing bone and gum after gum disease or combined with implants. Lasers by themselves have been shown to stimulate stem cells within teeth to help the tooth repair itself after removing tooth decay. We use lasers routinely now. I love all this stuff.

Another Mission In Morocco

In just short of 3 weeks time I will be off to Northern Morocco with Gill and Nadene from work with Dental Mavericks to get poor children out of pain. We have a collaboration with Kings College Dental Institute, London and Harvard University. More on that next time along with other advantages of the PRF machine.

Until next time. Take care and be good.

Chris

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?

We are 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**

Castle Park Dental Care is a Private Independent Practice and the trading name of Castle Park Ltd.
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Dental Mavericks

Book Stall £2 pound donation per book

The lovely Gill and Nadene will be taking part in the next charitable expedition to Morocco in October and are aiming to raise £2000 to buy dental materials and equipment.

The Dental Mavericks support the children of the Rif and Atlas Mountain Areas with dental care as there are hundreds of children and not a dentist in sight! They also look after Syrian refugees in Greece.

Please feel free to have a look at the selection of books that have been donated to our book stall. If you would like to take one away, all we ask is for a £2 donation.

If you have any books you would like to donate to the fundraising, these would be greatly appreciated. Please drop them off at reception.

If you would like any more information about the work of the Dental Mavericks, or a copy of their newsletter, please let us know and we will happily provide you with them.
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