

8<sup>th</sup> April 2020



## Elbow Tap to All My Patients



### Easter Greetings from Dan ...

I expect the plans you made for Easter have changed as we adapt to our new way of life. I will not be enjoying a day out with my fellow cyclists nor walking with the family but understand it's a very small price to pay to save lives and reduce the NHS burden. So, however and whoever you are spending the Easter weekend with please do not be tempted to head off into public spaces or visit family members. Simply enjoy the sunshine in your garden or through your window.

### Have your chocolate and eat it!

We will all be munching on a chocolate bunny or two this weekend so follow these simple tips to enjoy your chocolate and still protect your teeth and gums.



**Stick with Chocolate:** Avoid lollies or sweets. Chewy sweets stick to your teeth and hard ones can break or chip your enamel.

**Don't Graze:** The more frequently you eat, the longer your teeth are exposed to cavity-causing acids so try and wait several hours between eating.

**Rinse:** Your tooth enamel is soft whilst under attack from acids so brushing straight after chocolate can be harmful. Instead, rinse your mouth with water after a sweet treat as it will help neutralise PH in your mouth.

**Brush:** Always go to bed with clean teeth to avoid exposing your teeth to acids all night long.

### Protecting the NHS with own Facemasks

We are very proud of our dentist Dr Sam Johnson. In his extremely limited spare time he has designed, produced and customised essential PPE face masks on his 3D printer at home to supply the NHS.

### Unbeatable Eva



You may already have read about brave little Eva and her fight against DIPG. The response from the local community to rally round and raise vital funds to fly her to the US to access the best possible treatment has been incredible. The timing of Covid-19 could not have been worse for Eva as the trials she is eligible for have been suspended due to the pandemic. Still, the unstoppable force of Unbeatable Eva carries on in the most difficult climate as the charity strives to reach the target of £500,000. Check out [unbeatableeva](#) Instagram and Facebook pages and please help, share and support their events wherever you can.

