

# smile

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And finally...

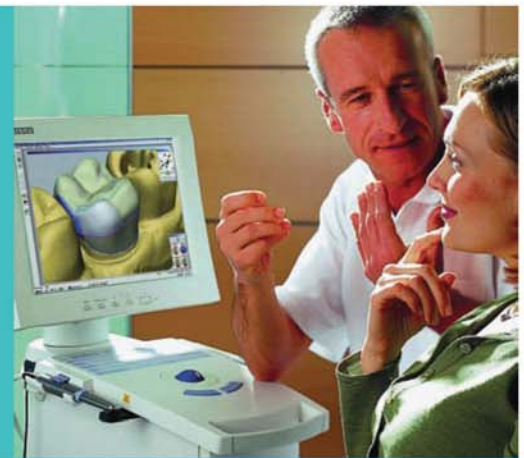
## Leeds City Dentalcare Update

**Welcome to smile** the first of our practice updates bringing you the latest news, views and stories from within your practice. We hope to make this a regular feature so that we can keep you informed of what's hot and what's not, in the exciting and rapidly changing world of dentistry. We hope you enjoy it and we welcome your feedback. If there's something in particular you would like to hear about in future issues please let us know.

### Leeds City Dentalcare first in the UK to install latest CAD/CAM technology

Many of you will by now have first-hand experience of the many benefits that Cerec can provide. But did you know we were the first practice in the UK to be equipped with the latest and most advanced Cerec 3D MCXL? This is great news for you, our patients, as it means you now have access to

some of the longest-lasting, best-looking and amalgam-free restorations available. Cerec is a far superior alternative to most large fillings. In many situations it has distinct advantages over even a traditional crown (or 'cap'), and most Cerec restorations are available for just £330.



### Dentist Down Under

Well okay, I can understand you being envious. And why not!... All that sunshine; those beaches, and all those Aussie barbecues. But it's not *all* fun in the sun (really!), there's a more serious side to being out here too and I have been busy learning new techniques and skills to bring back home to the UK. My first ten months have been spent in Tasmania, 'Tassie' as the locals call it, where I worked in private practice in the capital Hobart. Highlight of my time there? Definitely completing the Overland Track - an arduous 6 day hike across the

mountainous Tasmanian wilderness carrying all supplies for the journey. We faced torrential rain and then snow in the first two days, but luck was on our side and the weather fortunately cleared for the remainder of the trek. Certainly makes you appreciate your bed when you get back home! Since travelling 12,000 km by 4WD through remote outback regions of Central Australia I am now based in North Queensland. Having worked at Cairns Base Hospital for a while I now have a position in private practice here and have also spent time on post-grad courses in Sydney, Brisbane, and Cairns. My sincere thanks to Jenny and the rest of the team who have helped to make this possible, and to the many of you who have asked about me and passed on their regards. It is greatly appreciated, and I shall be back at Leeds City Dentalcare next year. In the meantime, my very best wishes from Australia.

David



### New Patients Welcome

As a practice, we are constantly growing and as we help make our existing patients dentally healthy so that they need less treatment, that leaves room to allow us to take on new private patients. It's a constant ongoing process. We grow by referral. So please let your friends know about us.

Call to arrange an appointment  
0113 270 5020



# New Faces at Leeds City Dentalcare

## Dr Kim Russell

We are delighted that Kim has joined us; she is originally from Somerset but moved to Leeds back in 1994 to study at the Dental Institute where she graduated in 1999. Kim liked it here so much that



she has stayed ever since, and now has 10 years experience behind her. She joined the practice earlier this year.

Kim is a registered Clearstep™ practitioner and enjoys all aspects of dentistry, in particular cosmetic and prosthetic work. She enjoys helping Children and phobic patients to overcome their fears. When she is not working she enjoys Yoga, travelling, and gardening (better watch out Kim or we'll be finding you some extra work!).

Kim says: "Having recently joined Leeds City Dentalcare, I am proud to be a part of such a friendly, enthusiastic team."

## Laura Smart

Laura qualified as a Dental Nurse at Leeds Dental Institute in 2008 and has recently joined us. You may have seen her working with Kim, or sometimes on our reception. She is enjoying meeting all our great

patients and getting to know them, and really enjoys her work with Kim. She lives with her partner Matthew and out of work she enjoys walking and socialising with family and friends. We're pleased to have her join us.



## Kylie Hirst

Our Aussie Dental Nurse (well she had to be didn't she!). Originally from Newcastle, but not the cold, windy one up North - this one's Newcastle Australia, not far from Sydney. Kylie started Dental Nursing in 1999 and qualified in 2000. She has been working in private practice and for the Royal Australian Airforce and arrived here



in the UK in March this year.

Kylie is married and has a young family. Outside of work she enjoys Netball, Wakeboarding

(hmmm... might not be quite the same here!) and socialising with family. We hope she survives the winter - we don't want to lose her!

# News from Dr Karen

As many of you will know one of our dentists Karen Macdonald is currently off on maternity leave. Well the good news is that Karen gave birth to Harvey James on the 24th July weighing 8lb 15oz. All is going well for Karen and Harvey, and rumour has it that the little chappie is keeping his mum very busy indeed. Here's a photo of Karen and Harvey at 8 weeks.



Karen would like to pass on her thanks to everyone who has wished her well while she has been away. She is hoping to be back with us in April next year.

# And finally... A dentist's nightmare!



Now there's a set of teeth I certainly wouldn't want to work on! These huge reptiles are widespread throughout the Northern tropical parts of Australia, living in rivers and billabongs (ponds I guess to us Poms) throughout the tropical North. They are the largest reptiles on earth, males reaching up to 1000kg and 6-7 metres in length (Snapper here's a mere 300kg). The young hatch out of eggs which take 90 days to develop. Did you know that the sex of baby Crocs

is determined by how warm the nest is? Below 30 degrees and females will be born. Above 32 degrees and they will be male! Known locally as 'Salties', the name is something of a misnomer as they are equally happy living in brackish or freshwater and will travel many miles inland. Amazingly, they can even travel up to 1000km by sea and have been found on numerous islands off the Australian coast.

Also the most aggressive of the world's Crocodile species they are easily capable of taking Buffalo and Cattle when they are ready for a feed. I have certainly been keeping my fingers crossed that we wouldn't break down while crossing through some of the creeks up here, where the water has been up on to the bonnet at times!

So if you ever make it to Northern Australia for a holiday, just be careful before diving in to that inviting looking river... you may not be on your own!

# Special Offer

## Opalescence™ tooth whitening

SAVE £80

We're currently offering a great incentive to help you brighten your smile! So as the nights start to draw in, help to banish those winter blues and treat yourself to a Leeds City Dentalcare Opalescence™ tooth whitening treatment for the special price of only £275. That's a saving of £80 on the normal cost of £355, so don't forget to tell your friends! Just bring our newsletter with you to qualify.

Offer ends 30th November.



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