



NEWS AND UPDATES

Sugar Tax

I am glad that the government has introduced the Soft Drinks Industry Levy (Enforcement) Regulations 2018 commonly called the Sugar Tax. The profession has called for this for many years in a bid to reduce dental decay mainly in children. Other benefits should help reduce childhood obesity and the development of diabetes which is one of the major costs to the NHS.

A can of coke contains 6 teaspoons of sugar equivalent to 140 calories and a diet coke contains no calories. The legislation now states that any drink containing more than 6% sugar will be taxed at a higher rate. Pubs now have signs that they serve reduced sugar mixer drinks and can provide original mixers at increased cost. Best still try diet tonic with your gin!

Be careful when buying fruit drinks especially for children as the label could state "reduced sugar" which means that it is still a sugary drink. Be careful if buying a smoothie drink as the sugar content can be quite high as they are natural products are exempt from the new regulations. Please avoid the so called energy drinks as these also contain a lot of caffeine. In the past these have been targeted at youngsters by sportsmen and athletes to increase performance. An aspiring young footballer does not need these drinks! Water is best especially if straight from the fridge.

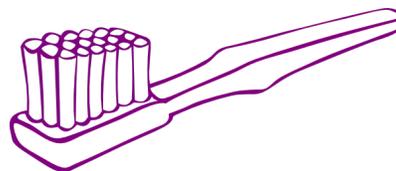
A coffee latte drink has about the same amount of sugar as coke! This sugar is called lactose and is naturally present in milk. Alternatives such as almond or soya milk contain almost as much sugar.

We will be closed from the 24th August till the 10th of September.

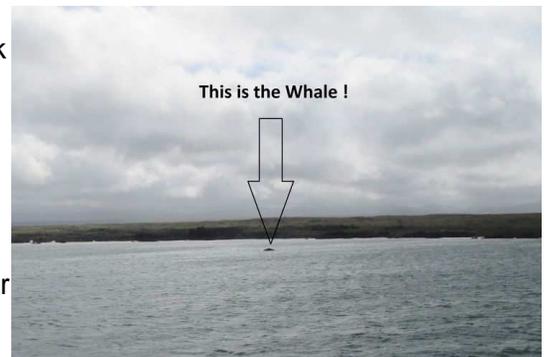
Emergency cover at another practice is arranged. If you are having a genuine emergency such as an abscess or severe pain ring the practice and listen to the recorded message for instructions.



In medieval Germany it was believed that you could cure your tooth ache by kissing a donkey.
SO GIVE US A KISS!!!



Sheryn has always wanted to see a whale, so we went to Iceland for 4 days. We saw a humpback and a minkie whale but only from a distance! Watched the world cup semifinal in an icelandic bar - good job it was happy hour - still over £6 a pint.



Interesting Facts:

- * mosquitoes have 47 teeth
- * Beavers have yellow teeth because the thick enamel contains iron to keep the teeth strong.

General Data Protection regulation GDPR

Here at David Vaughan Dental Care we take your privacy seriously and will only use your personal information to provide you with Dental care related services, including reminding you of your appointments, recording and processing all information relevant to your care and any medical conditions.

All personal information is kept confidential, where necessary to provide you with the care you require. We may share your information with third parties such as Dental Laboratories and the NHS. A list of all third parties we share data with, can be obtained on request.

Additionally, from time to time we would like to contact you with the details of other products and services we provide.

When you attend the practice we will be asking you if you would like to opt in for receiving these and your preferred method.

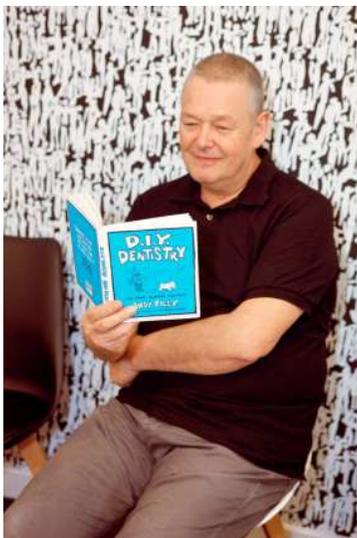
**Why are false teeth and stars similar?
they both come out at night ha ha ha**

Motorcycle Ride took place on on the Sunday 1st July

We had a wonderful day for the annual motorcycle ride out from the practice. I introduced them to industrial archeology by visiting the Duke field Arches - site of the largest lead smelting operation in Europe some 3 hundred years ago, via the Lead road from Blaydon. We then rode to the Scaleby Hill motorcycle museum near Brampton (thanks Kris for the information) before meeting up with Sheryn at the caravan at Bellingham for tea and sandwiches. The temperature reached 31^oC - not often you hear a motorcyclist complain of being too hot on a bike!



Sheryn has had a successful unision operation on her foot. It kept her inactive for a while - At least she wasn't able to go shopping until she discovered she could shop online!



A welcome to our new Hygienist Deborah. Deborah will be working here at David Vaughans on a Thursday Afternoon. Deborah is an experienced qualified dental hygienist who qualified 10 years ago at Newcastle University. Deb gets most satisfaction from seeing her patients leave the surgery happy. Deb is very good at calming the more nervous patients. She enjoys sports and is a big snooker fan although she can not play herself. Deb loves animals and helps with her sister's dog walking business, as well as having her own dogs.



Our new website is now up and running please take a look

www.davidvaughandentalcare.co.uk

