



Back to Sport Edition!

We hope that you have all enjoyed the summer and as our thoughts turn to winter, we start to think of returning to competitive sport.

If you're getting ready for a new sports season, buying new kit and starting training, don't forget a vital part of your protection...a mouthguard. Many injuries to the face, teeth and lower jaw can be prevented by wearing a well fabricated mouthguard.

Our custom made mouthguards fit comfortably and offer maximum protection from these types of injuries.

The guards come in a variety of colours so you can stand out from the crowd or blend in with the team colours if you want to!

Call us on **051 421453** or email us at quirkedental@gmail.com to arrange for impressions to be taken.



Oral hygiene is vital

When we're tightening our belts we can sometimes let visits to the hygienist slip our minds. After all, it's not that important is it? Well, yes it is! Regular visits to the hygienist are a vital part of good dental health and will help you to maintain your smile at its best. More than that, gum disease is the biggest cause of tooth loss, and it has also been scientifically linked to heart disease, diabetes and premature births. Most of us will be affected by gum disease (gingivitis) at some point in our life but regular visits to the hygienist will help combat this. We'll score your gums, clean off the hard deposits (tartar), soft deposits (bacterial plaque) and polish them to restore their natural lustre. If you have gingivitis or periodontal disease (longstanding gingivitis) the hygienist will work out a treatment plan for you and show you how to floss effectively. Remember more teeth are lost to periodontal disease than tooth decay so book your hygiene appointment today!



Don't Forget...

If you need an effective way to budget for your family's continued good oral health, our dental plans could be the answer.

We can offer you a range of cost effective, and budget conscious patient plans. Starting from as **little as €4.50 per month** for one dental health check per year, worldwide accident and emergency dental cover and 10% off many of our other treatments including tooth whitening. Other plans also include hygiene visits, x-rays and more. Come in and see us in the practice for more details or see our website www.qds.ie





Fed up with a crooked smile? FREE CONSULTATIONS FOR STRAIGHTER TEETH

We are delighted to tell you that we are able to offer you a brilliant way to straighten those crooked or spaced teeth which have made you self-conscious of your smile in the past. 6 Month Smiles are the modern and effective brace treatment.



Using clear braces and tooth coloured wires they are discreet and the average time for treatment is only 6 months! We're offering FREE 6 Month Smiles consultations; just contact us to book your appointment.



Before 6 Month Smiles



The new smile!

Because everyone should be able to smile with confidence

A recognised provider

We are one of very few practices in Ireland who are eligible to display the 6 Month Smiles recognized provider logo. This was awarded to us in recognition of the number and quality of the 6 Month Smiles cases we have completed.

Quirke Dental Surgeons



Don't put up with a dull smile

If your smile is dulling your day, why not treat yourself to a whitening treatment?



We've slashed the price of our 'Deep Bleaching' home and surgery whitening to just €300

Call us on **051 421453** and book your appointment for a brighter smile today!

Ensure that your children's teeth are protected

Fissure Sealants protect the depressions and grooves of teeth from food particles and bacterial plaque that brushing and flossing can't reach.

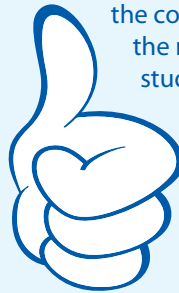
They are particularly useful to protect children's teeth and keep them healthy once the adult molars first appear. This is also a great way to introduce children to preventative dental care.



Don't wait until it's too late

Kids give oral health the thumbs up

Following on from the success of the Transition Year Oral Health project which we ran in conjunction with Our Lady of Lourdes Secondary school earlier this year, we are pleased to announce that this initiative has now expanded and will also run with the Transition Year students in Good Counsel College over the coming months as well as the new Transition Year students in Our Lady of Lourdes.



We are looking forward to seeing what the students come up with.

Oral cancer - are you aware of the risks?

We recently took part in Mouth Cancer Awareness Day which offered free oral cancer screenings to anyone who wished to be checked out for signs of this debilitating and increasingly common disease. Be assured that an oral cancer screening forms an integral part of all Dental Health Checks we carry out. If you are at all concerned about anything in your mouth, please just ask us about it.