



Quirke Dental Surgeons

Welcome Back!

First of all we would like to say a big thank you to all of those who made such complimentary comments about our recent 'new look' newsletter. It really was appreciated and we hope that you found items of interest. We want this to be your newsletter so we would welcome any ideas that you may have for future editions. Call us on 051 421453 or email us at quirkedental@gmail.com

In this edition we wanted to remind you of how important it is to look after your gums. Gum disease is the major cause of tooth loss in adults. Turn to page 2 and find out how you can help prevent this.

On page 3 we present the perfect solution for you to look after your gum health and keep an eye on the pennies – the range of Quirke Dental Surgeons dental plans.

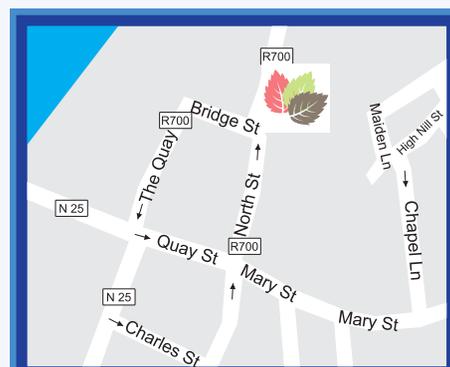
And, if you have received one of the New Ross Chamber shopping vouchers, you will be delighted to know that you can now use these at Quirke Dental!

Finally on Page 4, we include more information on the recent Our Lady Of Lourdes TY oral health competition we ran. The standard of the entries was very high and we picture the winners with their prizes – no sweets!

If you have any comments or queries on the information contained in this newsletter or would like to book a consultation then please call us on 051 421453 or visit <http://www.qds.ie>

We look forward to seeing you soon!

The Quirke Dental Team 



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 Search for
'Quirke Dental Surgeons'

Opening Hours:
Monday – Friday
9am – 6pm
Saturday
9am – 5pm



Look after your gums!

Surprising but true: the major cause of tooth loss in adults is not decay - it's gum (periodontal) disease. And it's completely painless right up to an advanced stage. More than half of all the people over 18 have at least the early stage of periodontal disease. After 35, about three out of four adults are affected.

Some people seem to be more susceptible to gum disease than others. Anything from pregnancy, systemic disease (like diabetes), and certain medications can contribute to its development. Smoking increases the likelihood dramatically (and renders treatment less effective). Some unlucky folks are inherently more susceptible because of unique bacterial and chemical mixes in the mouth that encourage plaque.

The results of gum disease aren't pretty. Early stages show up as persistent bad breath and red, swollen gums. Eventually tooth loss is inevitable. Gum disease has also been linked to an array of conditions, including increased risk of heart disease, diabetes, strokes and premature births.

But there is good news. Once you've been diagnosed, we can start on a treatment programme that involves mechanical removal of plaque and smoothing the root surface of the teeth so gum tissue has a chance to reattach. However, we will depend on you to continue the work at home. It's critical to success of your treatment that you:

1. Brush and floss twice a day
2. Come in regularly. Only a hygienist can keep your teeth at their cleanest
3. Maintain a healthy diet

One of the problems with gum disease is that it is only in the most advanced stages that you may be aware of it. Just because you don't notice, doesn't mean there's nothing wrong!

Periodontal disease can be treated at every stage. If you notice any signs of gum problems, do call us for a periodontal examination. Together we can beat the statistics and you have a good chance of never having to wear dentures.

6 Month Smiles!



We thought that you might like to see some of the brilliant results that our patients have benefited from. Every edition, we will include a recent 'Before and After' shot of a Quirke Dental Surgeons patient and the huge difference that adult orthodontics has made to them.

Let us know if it would be of interest to you?



Before



After



Plan Ahead!

You may have noticed that we recently launched a range of Quirke Dental Surgeons patient plans (ask for a leaflet next time you are in the practice!). These are a great way of allowing us to ensure your oral health is in the best condition it can be and allowing us to help you maintain it. It will also allow you to budget for the cost of care. As a patient of Quirke Dental Surgeons you can benefit from:

- Affordable monthly payments
- A range of options to suit your budget
- Emphasis on quality preventative care
- Worldwide accident and emergency cover

The range of plans that we offer start from as little as €4.50 per month. A small price to pay for continuing care throughout the year. Ask at the practice for more details.

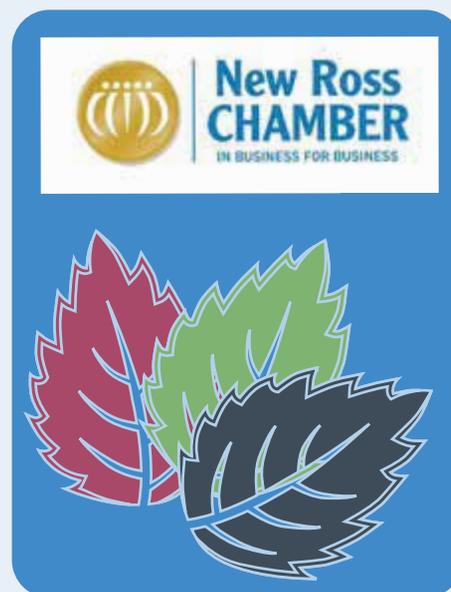
New Ross Shopping Vouchers

Quirke Dental Surgeons are now accepting the New Ross Chamber shopping vouchers. These are a great gift and ensure that more of your money is used to make purchases from other local businesses, service providers and farms which continues to strengthen the economic base of our community.

Where we shop, where we eat, have fun (and the dentist!) – all of it makes our community home.

Our one-of-a-kind businesses are an integral part of the distinctive character of New Ross.

For further information on the scheme, contact New Ross Chamber Office t:051-425077 or e: info@newrosschamber.ie



Congratulations!

We would like to offer our congratulations to Caroline Barron and her husband Frankie who have recently welcomed baby girl Kayla to their family. Also, Grace Phelan and her husband Cha are about to have their first baby any day now.



OLOL Dental Experts!

Recently, Quirke Dental Surgeons worked with Our Lady of Lourdes secondary school on a project to improve students' understanding of oral health issues. As you know, good oral health is massively important and we felt that it was useful for the 'next generation' to learn early!



The participants!

The project was run by ourselves and co-ordinated by Transition Year teacher Mary Pilkington. Nine groups of transition year students researched various oral health topics and then presented their findings to Maurice and Ursula. The projects and presentations were of a very high standard and it was a tough decision to choose the winners.

But winners there had to be and Katie McCarthy, Lisa Kehoe, Jackie Quigley and Roisin Moran won the dental hampers. Their project focussed on gum disease and its relationship to systemic health (more on this on page 2!). All the participants took away oral health goody bags.



The winners pictured with Maurice, Ursula and school principal, Ken Moroney

Following the success of the project, we already have plans in place to run the event at OLOL next year and also extend it to other local schools. If you think the school that your children attend might be interested, please don't hesitate to get in touch.