

May
2023



Castle Park
Dental Care

Here's to making a difference

Newsletter



Simon Khabra
(GDC Reg: 229471)

Meet our newest member of the team

Simon

Simon grew up in West Yorkshire and received his Bachelors in Oral Science and Dentistry Degree from the University of Leeds. Following his graduation Simon has worked across both hospital and practice based settings to develop his skills in dentistry. It was during this time he passed his MFDS examination with the Royal College of Physicians Surgeons of Glasgow.

Since then Simon has also completed numerous courses in teaching, Masters in Root Canal Treatment, Diploma in advanced restorative dentistry and has recently begun his training in implant placement and restoration.

Simon's passion is in general dentistry. "The most gratifying feeling I have experienced whilst working in this profession is to see the transformation in my patients, from their very first appointment to the moment they have completed their treatment. I pride myself on having a caring and empathetic approach as in reality, it is how I would be like to be treated if the roles were reversed."

To keep abreast of the latest changes in his profession, Simon is registered with the British Dental Association, the British Endodontic Society, British Academy of Dental Sleep Medicine, and the College of General Dentistry. He regularly attends courses and seminars across the UK to ensure that his patients receive the most suitable and evidence-based dental treatments available.

In his spare time Simon enjoy watching movies, reading, long-distance running, hiking and all manner of racquet sports. He also has a passion for music and was a member of the breakdancing society whilst at university. Spending time with his closest family and friends allows him to recharge from the humdrum of daily life.

Not booked your exams and hygiene appointments?

Call 01482 770597 and speak to our lovely reception team who will be happy to help.

During National Smile Month, we are promoting four key messages for better oral health:

- ◆ Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- ◆ Clean between your teeth every day.
- ◆ Cut down how much and how often you have sugary foods and drinks.
- ◆ Visit a dentist regularly.

We believe that everybody deserves a healthy smile.
A person's oral health is a crucial part of their overall wellbeing.



www.castleparkdental.co.uk
01482 770 597
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Membership Plans

**Spread the
cost of your
dental care
with our cost-
effective plans.**

- ✓ More cost effective than paying as you go
- ✓ 10% discount off further treatment (does not cover cosmetic dentistry, orthodontics or dental implants)
- ✓ Global Dental A & E Assistance Scheme
- ✓ Reduces the risk of oral disease and the need for invasive treatments
- ✓ Convenient payment by monthly Direct Debit

Did you know...

Toothpaste has been in use since around 5,000 BC, and has always had the same purpose – to clean teeth and gums, to whiten teeth, and to freshen the breath. Ingredients have included everything from powdered ox hooves, to burnt eggshells and various herbs.



Dentistry for busy people. Early and late appointments to suit.

Mon/Wed: 9am - 6pm

Tue/Fri: 9am - 5pm - Thu: 8.15am - 6pm

Sat, Sun Closed *Bank Holiday opening times may vary.

Call
01482 770597