



Castle Park Dental Care Newsletter



May 2025

National Smile Month is the UK's largest oral health campaign, running from 12th May to 12th June 2025.

Organised by the Oral Health Foundation, this annual event aims to raise awareness about the importance of good oral hygiene and its impact on overall well-being.

This year's theme, "Feed Your Smile," focuses on the vital connection between diet and oral health.

Key Messages:

- **Balanced Diet:** Consuming nutrient-rich foods supports healthy teeth and gums.*
- **Hydration:** Drinking plenty of water aids in maintaining oral hygiene.*
- **Limit Sugary Foods:** Reducing sugar intake helps prevent cavities and gum disease.*
- **Regular Dental Care:** Brushing twice daily with fluoride toothpaste, flossing, and routine dental check-ups are essential.*

How to Get Involved:

There are numerous ways to participate in National Smile Month:

- **Take a Smiley Selfie:** Share a photo to spread positivity.*
- **The Great British Brushathon:** Join the nationwide event promoting proper brushing habits.*

For more information and resources, visit the Oral Health Foundation's National Smile Month page.

By participating in National Smile Month, you contribute to a healthier, happier community with brighter smiles.

***Have you booked your routine Examination and Hygiene appointments?
Call the practice on 01482 770597***



*Join the Team in
wishing a very
Happy Birthday
to
Claudia and Chloe.*



May Birthdays!



Let's Talk Sleep!

If you're ready to take the first step towards quieter nights and more energised days, contact us at:

☎ 01482 770597

✉ talk2us@castleparkdental.co.uk

🌐 www.castleparkdental.co.uk

Say Goodbye to Snoring with Laser Treatments.

A Gentle, Non-Invasive Way to Improve Sleep for You and Your Loved Ones.

At Castle Park Dental Care, we're proud to offer NightLase® therapy – an innovative, non-surgical laser treatment designed to reduce snoring and improve the quality of your sleep.

"This treatment has been a game-changer for me. I sleep soundly, wake up feeling refreshed, have better focus during the day, and my overall mood has significantly improved."

H.F., Cottingham.

We're always looking for ways to improve your experience.

We have introduced new finance options, making it easier than ever to spread the cost of treatments and achieve the smile you've always wanted.

Call us on 01482 770597 and ask our team for details!

At Castle Park Dental Care is a trading name of Envisage Dental UK. Envisage Dental UK is a registered company in England & Wales under registration number 09315294. Registered office Devonshire House Office 129, Wade Road, Basingstoke, England, RG24 8PE. Call us on: 01482 770597 All dentists operating from Castle Park Dental Care are self-employed with their own professional liability insurance. All clinicians, including dentists, hygienists and nurses are independently registered with, and governed by the General Dental Council (GDC).

