

# The Family Dental Care

## Dental Practice visits a vibrantly colourful practice in East Lothian

**T**HERE's a reason we can distinguish between two million of them; why our world is awash with them; and why everything from Warhol's pop art to Majolica porcelain are defined by them. Colours are simply irresistible to us.

So it is little wonder that the new surgeries at The Family Dental Care East Lothian are breathing fresh vitality into their practice with beautifully vibrant colours. Each of the 10 surgeries is a haven of hue for their patients, welcoming them in from an incredibly spacious waiting room replete with its own nouveau décor.

Having bloomed from a former incarnation of three surgeries rotating six dentists, the new clinic will now have 10 surgeries and 10 dentists, aided by 15 support staff, all serving patients who will have the privilege of experiencing a new

standard of dental care.

A five-room, state-of-the-art LDU guarantees the most modern and "best practice" sterilisation facilities, probably the most up-to-date currently in the UK. And with colour-coded rooms and dedicated corridors for cross-infection procedures and patient access, the new practice emerges from the echoes of the past to set a benchmark for the future.

Seven years in the making, the ultimate ambition was to reverse the shortage of available NHS dentistry in the area and provide dental care that was accessible to anyone. With such a worthwhile goal, the local Member of Scottish Parliament placed his support directly behind the new clinic. A canny site was acquired on the shore across from a supermarket, ensuring that not only will a multitude of patients find their way into the practice, but they will



benefit from the convenience of the location too.

Even though the practice is future-proof in its design, the building in which it is located pays homage to the gallantry of the past, being named for Spitfire pilot Pat Gifford from World War II. The boomerang-shaped building is a new architectural marvel, and its memorial to a wartime pilot has its counterpoint in this luminous new practice winning the battle for dental health in Scotland.

Contractor Simon Pearce, from McKillop Dental, was recommended to the practice by a local dental engineer and proved invaluable in the development stages, offering both hands-on experience and advice.

The practice believes that operative dentistry necessitates a balance between comfort and

function and meeting these criteria admirably are the Voyager Treatment Centres from Takara Belmont. Not only providing "dependable ergonomics", the staff are happy to claim the Voyager offers unrivalled relaxation for even the most anxious of patients. Fear and loathing in dentistry becomes a faded memory in East Lothian!

Befitting an area that has produced such dignitaries as William Dunbar, John Knox and former Prime Minister Arthur Balfour, The Family Dental Care is as prestigious as it is ambitious.

It's probably no coincidence that East Lothian has more hours of sunshine than anywhere else in Scotland, just what the dentists ordered in this ancient home of golf. The diverse wildlife lining the sumptuous beaches and frequenting the mediaeval castles can only wonder at the spectacular views from the practice, of which the setting sun across the Firth of Forth is a familiar part.

It has been a project long in the making but bright in its fruition. A small group of dedicated individuals took on a bold challenge and made their dream a reality. Other practices are sure to learn and follow in its wake, and talents from all specialties of dentistry are destined to work behind its doors. The future is a kaleidoscope of rainbow colours in The Family Dental Care East Lothian, ushering in an era of readily available dental care for a grateful community of patients.



### It's mutual

a patient; the next day the pain hits and you're barely able to move.

"One example in 2012 was of a 26-year-old dentist whose back pain left him unable to work for over three months, which he didn't expect at his age. We paid him over £10,000 in benefits for this period, which meant that at least he didn't have additional financial worries on top of dealing with his back pain."

The other significant reason for dentists being off sick from work, and cited above as a reason for premature retirement, is psychiatric disorders, which accounted for 15 per cent of male and 16 per cent of female claims paid by Dentists' Provident in 2013.

Bryan continues: "Psychological disorders such as anxiety, stress and depression can hit dentists at any age, and are often brought about by their working situation. This can obviously have a significant impact on them and their ability to work, as well as on their personal lives.

"In our experience, dentists who are unable to work due to illness or injury are keen to return to work as soon as possible. Our claims team build relationships with our members, and have an ongoing dialogue with them to discuss their

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progress and chat through how their treatment or recovery is progressing.

"If a member expresses a desire to return to work, then we work with them to see how we can help them with this, including assisting them to get the best out of their care plan and providing financial support if they wish to go back to work part-time."

It is important to do what you can to prepare for the worst, whether it's a preventive health and wellness programme, trying a new technique now, or making sure your income protection cover is up-to-date. Knowing what support your income protection provider may be able to offer you, if the worst were to happen, could offer you peace of mind that at least your finances will be one less thing for you to worry about.

- Kenneth is taught by a local Body Control Pilates teacher – [www.bodycontrolpilates.com](http://www.bodycontrolpilates.com). John is taught by a local Alexander Technique teacher – [www.stat.org.uk](http://www.stat.org.uk).

The next article will look at sickness absence and its impact on an individual and well as its impact on a practice team and the business.