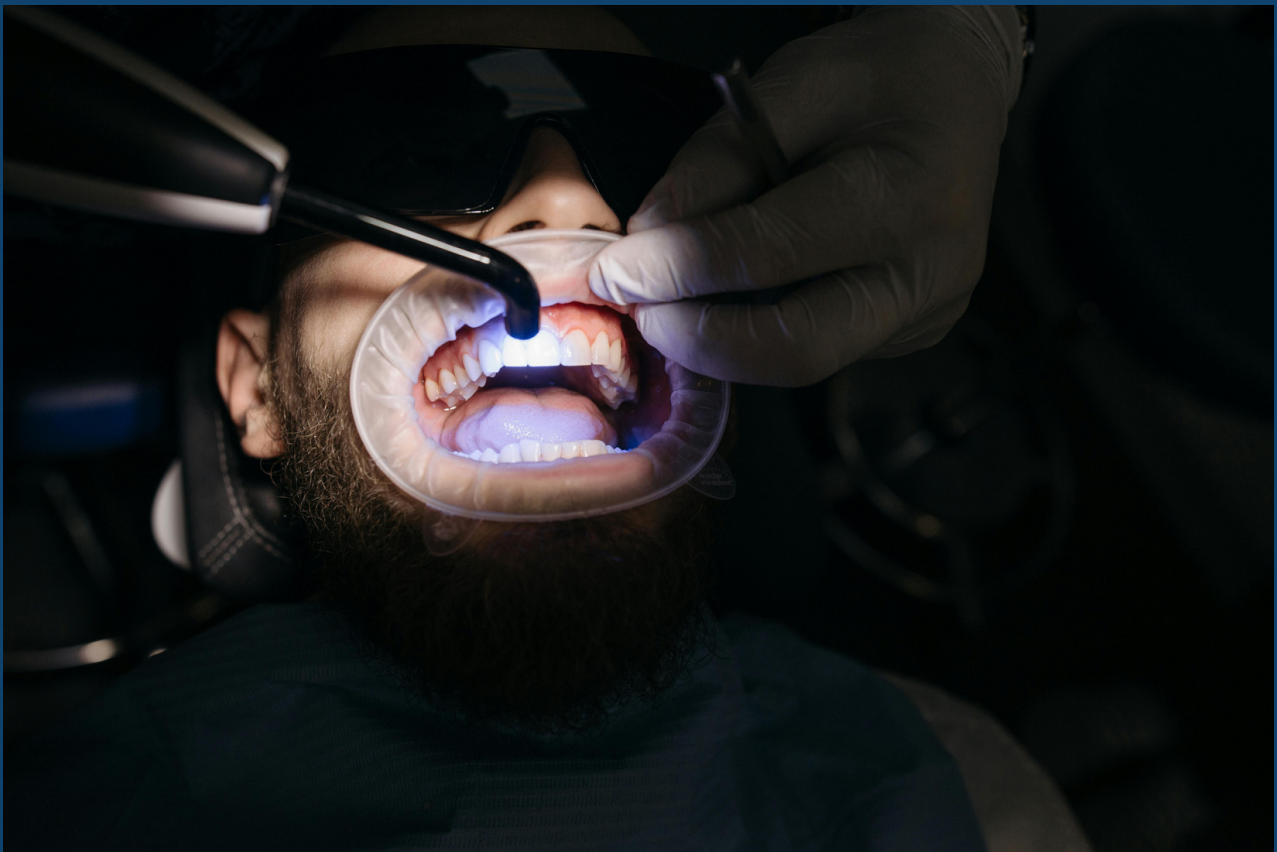




Welcome to our November newsletter!



It's that cozy, lantern-light kind of month – a perfect time to reflect on what matters: our health, our community, and the little acts of care we give one another.

As the daylight hours shrink, know that our commitment to your smile stays as bright as ever.

What's been happening?

Some warm welcomes!

We've had a wonderfully busy start to the month here, and we're excited to introduce you to the new faces who are bringing fresh energy to our team.

Dr Sara Kahlaoui



Dr Sara brings a calm, reassuring approach to general and aesthetic dentistry. She loves helping patients feel relaxed and confident in the chair.

When she's not perfecting smiles, she's travelling or discovering new restaurants.

Dr Dara Anoushiravani

Dr Dara is a cosmetic and minimally invasive dentist with a passion for natural, confident smile design. He marries precision with artistry in treatments like Invisalign® and composite bonding.

Outside the clinic, he plays tennis and does CrossFit.



And a few more...

We'd like to extend a warm welcome to **Paniz**, our newest dental nurse trainee bringing fresh energy to our team, as well as **Natalie** and **Megan**, who have joined our front-of-house team and whose warm smiles and dedication have already brightened up our waiting room.



The arrival of our newest members strengthens our mission to provide precise, compassionate care, and we couldn't be more thrilled to have them on board!

Movember: More than just a moustache

It's Movember – that special time when moustaches flourish, and (just as importantly) we shine a light on men's health.



Beyond the playful facial fuzz, Movember raises awareness around issues like prostate cancer, mental health, and (and this may surprise you) oral health.

We encourage everyone to take a moment this month to check in on loved ones, talk openly about health, and consider a dental check-up as part of a full self-care routine.

After all, caring for your body includes caring for your mouth.

November health spotlight

Smoking, vaping, and snus

This month, we're taking a closer look at how smoking, vaping, and snus affect your oral health – and the research is clear: all three carry real risks.



Smoking remains one of the most damaging habits for teeth and gums, with studies showing a strong link to gum disease, tooth loss, and oral cancer. Its chemicals reduce blood flow and healing capacity, creating the perfect environment for harmful bacteria (**Online Scientific Research**).

Vaping, often perceived as gentler, is also problematic. Research shows that e-cigarettes can disrupt the mouth's microbiome, increase gum inflammation, promote cavity-causing bacteria, and contribute to dry mouth due to ingredients like propylene glycol (**PubMed; Frontiers**).

Snus, though smokeless, is not harmless. Evidence shows it can cause gum irritation and characteristic mucosal lesions where the pouch sits, along with other local tissue changes ([PubMed](#)).



The bottom line is that none of these products are “safe” for your mouth, but reducing or quitting, together with regular dental care, can significantly improve oral health.

Snoring keeping you up at night?

If your nights sound like a tiny motorbike revving beside you, you're not alone.

Snoring – and sometimes obstructive sleep apnoea – is incredibly common, but the good news is that dentistry can help.



We now offer custom-made snore guards, fitted by one of our senior clinicians who has been treating snoring for years. These small, comfy devices gently hold the lower jaw forward while you sleep, keeping your airway open so you (and your partner) can finally enjoy quiet, restful nights.

They're simple to use, made from durable material, and tailored exactly to your teeth. Most importantly, they're clinically proven to reduce snoring and improve sleep quality.

If snoring is stealing your sleep or someone else's, get in touch with our team to find out whether a snore guard could help.

Better breathing, better rest, better mornings.



[Tap here to learn more today!](#)

A gentle clarification on recent emails

Finally, we'd like to talk about the recent emails we've sent to all of our registered patients.

You may remember that we explained we are beginning to nudge more actively toward regular visits, particularly for patients who haven't seen us in a while.

Our mission has always been to deliver precise, high-quality care, and offering continuity of care has become central to that mission.

We want to clarify a few important points:

- These emails went to all patients in our system, whether you're a longtime regular or someone we haven't seen recently.
- If you already have an appointment booked, you are absolutely fine, nothing changes for you.
- If you are a regular patient, you also need not worry – we value your loyalty and ongoing care.

We care about every person who walks through our doors.

Our hope is to reach those who might benefit from a little motivation – to get that check-up in their diary, to plan for the future, and to treat their dental health as an ongoing relationship, not a one-off.

What our patients say about us



*What can't I say (please do not take this negatively, as overall I have had a good experience at this dentist), except I now have the best dentist I've ever had. **Dr Henry** is very patient and it's so obvious he cares about and enjoys his occupation. I also have to mention his assistant who greets you with a warm reception, they both make a great team.*

Thank you for continuing to making my experience at the dentist a great one. 🙌



***Jenish** was very considerate, polite and did a wonderful job. I wholeheartedly recommend*



*Thank you to **Noushin** and **Maya** – Noushin has been my dentist for over twenty years and has always been incredibly kind and knowledgeable*



*Nov 2025: Updating my review after another beautiful experience with NHS Dentist. Such a smooth operational set up. **Reception staff** are all wonderful, friendly and responsive. Today was a complicated filling on a cracked back tooth. **Dr Afshin** was fantastic with his superb nurse **Monika**. Honestly it was painless, quick and they are skilled artists! They were so well choreographed and I was so relaxed I nearly fell asleep. Genuinely. NHS Dentist seems to find all the best and most highly skilled practitioners. Highly recommend.*

And that wraps up another great month at NHS Dentist!

We look forward to seeing your smiles in the practice soon. Don't forget to get in touch with our front-of-house team to book your next appointment.