

**athome**

HOW TO IMPROVE

# your smile

sponsored by



## SMILE WITH CONFIDENCE

- \* QUICK FIX BRACES \* TEETH WHITENING
- \* VENEERS AND IMPLANTS

## Your regional guide

- \* FIND A SPECIALIST DENTIST \* SMILE  
MAKEOVERS \* PAIN-FREE TREATMENT



REJUVENATE YOUR SMILE WITH NICKY HAMBLETON-JONES

# AWARD WINNERS

Since opening in 2005, the Dental Works has been gathering awards – recognition of its commitment to its patients



**W**e'd like to extend a warm welcome to those seeking advanced quality and personal dental treatment and care, and to offer an insight into our friendly family practice,' says Dental Works principal Dr Shahzad Naseem. 'Our aim is to help you on your way to a confident smile. And on our website you'll find information on the services we offer, and please feel free to contact us with any queries.

'As a family practice we work with adults and children. We believe the best dentistry is no

dentistry at all, so we make sure we provide the preventive care and support to help busy adults and their families maintain their dental health and avoid costly and uncomfortable problems.

We encourage patients to anticipate potential problems and to eliminate the factors that we know will cause dental disease. Our focus is on helping people become and stay healthy while also improving their appearance. And where conditions are not optimal, we focus on restoring health and stability with dentistry that is appearance-enhancing.'

## **BUILT FOR PURPOSE**

Dental Works opened in May 2005 and is a modern, purpose-built, five-surgery practice conveniently and centrally located on the ground floor of Central Milton Keynes railway station buildings, with ample parking just minutes away.

The practice also has two reception halls, a central sterilisation room, X-ray room, recovery room for patients after IV sedation, and separate disabled male and female toilets. The practice has state-of-the-art equipment including digital X-rays, intra oral camera, DVD goggles for



# WELCOME YOU

nervous patients, and Cerec 3D. The surgeries are spacious, with separate consultation areas away from the dental chair where dentist and patient can discuss treatment plans. These areas are extremely popular among nervous patients who find sitting away from drills and injections during their initial consultation, incredibly reassuring. Two surgeries have ramps for wheelchair access.

In addition to Dr Naseem, there are four full-time associates, a sedationist, an anaesthetist/sedationist, implantologist and a visiting facial and cosmetic surgeon. All associates and members of the working team work together to provide a high standard of service. Its comprehensive treatment plans are tailored to individual needs and desires.

The practice has been specially designed to create a modern relaxing atmosphere that contributes to a pleasant experience. All five surgeries are light and spacious, with two of them also providing complete wheelchair access.

Prevention is better than cure, therefore your practitioner will provide you with the latest and most effective oral hygiene advice to ensure that you develop and maintain good oral hygiene.

## STERLING WORK

'We are proud to announce that within 18 months of opening, we were short-listed for a number of the prestigious Private Dentistry awards and came runner-up for Best New Practice in Britain 2006 – a great achievement,' says Dr Naseem. 'To come second in the Best New Practice category was a recognition of our hard work and commitment to our patients in the last year or so.'

Dental Works was also short-listed in the Best Patient Care Category for the Private Dentistry Awards 2006, and the Best Practice Award for The Dentistry Award 2006 – South East region.

## COSMETIC TREATMENT

We encourage you to discuss your proposed treatment with your dentist who will advise you and answer your questions before proceeding. To

achieve the best possible results, we use the best equipment and the latest technology.

### ■ Zoom!

Zoom! is a bleaching process that lightens discoloration of enamel and dentin. It is clinically proven to whiten your teeth an average of eight shades in one hour or six shades in a weekend.

### ■ Cerec 3D

Allows dentists to quickly restore damaged teeth with natural-coloured ceramic fillings. The whole process takes about one hour.

### ■ Intra oral camera

A tiny TV camera that is used to view tissues of the mouth, to aid diagnosis and to give patients an internal view of their mouth on a monitor.

### ■ Intravenous (IV) sedation

Drugs are used to produce a state of relaxation. IV sedation is a safe, precise, and effective technique for management of moderate to severe levels of dental fear.

### ■ The Wand (Pain-Free Injections)

A revolutionary new computer-controlled local anaesthesia injection system that gives a more comfortable and effective anaesthetic delivery. If you are nervous of injections, The Wand allows a more comfortable way of numbing teeth.

### ■ Cosmetic Jet Wash

A revolutionary new way of cleaning teeth with water and air. It particularly benefits those with extensive nicotine-, wine- and food-stained teeth.

### ■ Implants

Titanium root replacements fuse with the jaw bone. Once complete, a crown can be placed over the titanium root to give a natural looking tooth – the best way to replace single teeth.

### ■ Snoring appliances

A simple device that brings the lower jaw forward while sleeping, so allowing free movement of air in the windpipe and in turn eliminating snoring.

### ■ Digital X-rays

They are extremely precise and reduce exposure to radiation by up to 90%.

### ■ DVD goggles

While the dentist works, patients watch films on a set of goggles to alleviate apprehension.

## MEET THE TEAM



**Shahzad Naseem (Shaz)**  
Principal Dentist  
Statutory Exam 2002,  
F RACDS 1998,  
(Australia), M Dent.Sc  
1990, (Birmingham),  
BDS 1985 (Punjab)



**Kunal Dattani**  
General Dentist  
BDS London 2004



**Ramin Kenani**  
General Dentist  
Zahnarzt Aachen 2000



**Nadeem Rathore**  
General Dentist  
Statutory Exam 2006,  
FFD RCS Irel 2001, FDS  
RCS Eng 2001, BDS  
Punjab 1991



**Mr. Riaz Qureshi**  
Consultant  
Implantologist



**Abdulwahab Al-mitwaly**  
BDS 2000,  
Statutory Exam 2005



## Dental Works by Shaz and Associates

To contact Dental Works by Shaz and Associates, you can visit Unit 1, Station House, 500 Elder Gate, Milton Keynes MK9 1BB. Call 01908 696131, fax 01908 696130, or check out the informative website at [www.dental-works.co.uk](http://www.dental-works.co.uk)



# PREVENTIVE MEASURES

Shahzad Naseem, principal dentist at Dental Works in Milton Keynes shares his expert advice on preventing tooth erosion

**Q** What is tooth erosion?

**A:** Tooth erosion is the wearing away of tooth enamel by acid. Enamel is the calcified tissue that protects the outside of the tooth, and is the hardest substance in our bodies. Saliva contains calcium which helps to remineralize teeth, but too much acid – often the result of consuming certain foods and drinks – stops this process.

**Q** How can I stop my teeth from eroding?

**A:** Cut back on fizzy and sweet drinks, and if you must have them, use a straw. Use a soft toothbrush and a toothpaste that contains fluoride. After consuming acidic foods or drinks, rinse your mouth to neutralize acid, and wait at least an hour before brushing your teeth. Chewing sugar-free gum can help increase saliva flow, allowing your teeth to remineralize. For more information visit [www.dental-works.co.uk](http://www.dental-works.co.uk) or call 01908 696131.





# **DENTAL WORKS**

## **WORKING TOWARDS A CONFIDENT SMILE**



**DENTAL WORKS**



Dental Works by Shaz & Associates  
Unit 1, Station House, 500 Elder Gate, Milton Keynes MK9 1BB  
[www.dental-works.co.uk](http://www.dental-works.co.uk)  
[info@dental-works.co.uk](mailto:info@dental-works.co.uk)  
Tel: 01908 696131 Fax: 01908 696130