

# This month at ...

COTTINGHAM  
DENTAL PRACTICE



## The benefits of joining our Oral Health Scheme

We are delighted that the majority of our regular patients are members of our Oral Health Scheme (administered by Practice Plan). We have been offering this monthly payment scheme for over 20 years and experience has reinforced its many benefits to our patients.

Generally, our members seem to have healthier mouths than our patients who choose to pay for their treatment on a 'fee per item' basis. Our members tend to visit the practice more regularly, which means that any issues are spotted earlier.

Here we explain further benefits of joining to people who are interested in finding out more.

### Access to preventive care

Regular check-ups and preventive care are important for maintaining good oral health. As a member of the Oral Health Scheme, you receive regular check-ups, which can help you to catch any problems early and prevent them from becoming more serious. Preventive care is important for everyone, and this is especially true if you have a history of dental problems.

### Affordable and predictable costs

Membership allows you to budget for your dental care. The cost of the Oral Health Scheme is fixed for a set period of time (with an annual review), so you know exactly what you'll be paying. And we publish our Price Guide on our website, which shows the savings made by our members. This can help you to avoid any unexpected bills.

### Access to 24/7, 365 days care

Our members are eligible to request assistance from the Worldwide Dental Emergency Assistance Scheme (a wholly discretionary scheme, not an insured scheme). It offers assistance to our members who request treatment following a dental trauma and/or dental emergency or diagnosis of oral cancer.

### In summary

The Oral Health Scheme makes high-quality dental care affordable. It offers:

- Convenient monthly payment plans for routine treatment for adults and children
- Substantial discounts on additional treatments
- Discounts on oral hygiene products
- Access to worldwide emergency care.

Please ask a member of staff if you have any questions about how the Scheme works.

## Why do we have wisdom teeth?

Wisdom teeth, the third molars in the back of our mouths, are so called because they normally appear in late teenage, early adulthood – the time in life we supposedly have learned some wisdom. But around 25% of people don't develop all four. Of those that do emerge, it is not uncommon for them to appear at nasty angles, causing potentially dangerous infections and pain. Given that they can seem to cause more harm than good, why has evolution resulted in these troublesome teeth?

Listen to an episode of *CrowdScience* from the BBC's World Service at [www.bbc.co.uk/sounds/play/w3ct4y5f](http://www.bbc.co.uk/sounds/play/w3ct4y5f) for some answers.

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