



nhs
Dentist

Welcome to our November Newsletter



We hope you've survived the sudden change of weather and enjoyed gaining that precious extra hour, we hope you're using it wisely. November begins as the exciting transition towards the festive season, nature offers us beautiful sceneries alongside our favourite hot beverages (free of sugar of course), bright fireworks as well as those cosy nights in.

It's also a time to reflect over how we do things, what we care about and what we stand for. As a conscientious dental practice, we have thought long and hard about our environment and wanted to share with you a related topic that is close to our heart, sustainability.

Sustainability is at the heart of our practice at NHS Dentist.

There is scientific consensus that climate change is caused by human activity together with associated risks of air pollution. It poses the greatest threat to planetary and global health in the 21st century. Healthcare is a significant contributor to climate change, estimated to be responsible for 4.4% of global emission, the NHS in the UK produces approximately 4-7% of all carbon dioxide equivalent emissions in the UK. NHS dentistry is noted as a significant contributor to its carbon footprint with a disproportionately high level of emissions produced from patient travel as well as private dentistry activity also contributing to further emissions.

There is increasing global emphasis on the importance of sustainability in oral healthcare. Service providers have ethical responsibilities to ensure the environmental impacts are minimised.

How do we define Sustainability?

Sustainability has been defined as 'meeting the needs of the present without compromising the ability of future generations to meet their own needs.'

We, as oral health professionals, play a key role in this process, by ensuring good quality care with disease prevention at its core, we can help reduce emissions and waste.

What do we do at NHS Dentist to try and lower our carbon emission?

We have made the decision to only register new patients within a small radius to prevent unnecessary travel.

We encourage all of our staff to cycle or take public transport rather than drive.

We take recycling and waste recovery very seriously here at NHS Dentist, staff are trained and encouraged to recycle where possible.

We work with conscientious manufacturers that ensure sustainability is at the forefront of their mind.

Most importantly, we continue to practice what we have been trained to do and what drives us as a dental team; to provide good quality prevention focused care, that will result in;

Fewer professional interventions required and subsequent future appointments (including recall appointments) and fewer patient journeys.

Less treatment will result in less manufacturing, followed by less generated waste as a whole.

Conclusion...

Visiting your dentist and hygienist on a regular basis, ensuring that you do everything you can to look after your teeth, will eventually help lower carbon emission.

Finally, I would like to share a paragraph from a book I am currently reading, The Diary of a CEO, by Steven Bartlett.

He talks about easy things to do are also easy not to do like tooth brushing;

“Not brushing your teeth today will have no visible impact. Not brushing your teeth every day for a week might cause a slight smell but there will be no

significant consequences. Not brushing your teeth every day for five years will have you screaming in a chair at the dentist. When did this dental problem occur? It began today, by overlooking something that was easy to do and easy not to do.”

We hope you've enjoyed our newsletter,

All the best

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