

The whole truth about the tooth

Reasons to smile again

MANY PEOPLE DON'T know how to brush their teeth properly, reveals dentist Diana Spencer, at Abbey Road Dental. "Brushing teeth on a regular basis is essential to remove food deposits and plaque which cause tooth decay and gum disease. The techniques for using a manual or electric toothbrush differ and a hygienist can demonstrate the best way.

"Also, although most people brush regularly, many don't clean between their teeth and there can be a build-up of hardened plaque called calculus. Calculus and plaque cause the gums to become irritated and inflamed. The gums begin to pull away from the teeth and the gaps become infected. In the long term, the bone supporting the teeth is destroyed and healthy teeth can become loose and fall out. Regular visits to the hygienist are essential to clean the teeth, remove any calculus and to learn how to maintain healthy gums and teeth for life."

But don't stress. Dr Spencer has transformed the Abbey Road Dental Clinic from one large surgery into two spacious, clean modern surgeries, with the latest dental technology.

Behind the warm, aqua-blue door at 81 Abbey Road, there is a calming environment, with light pastel wall colours to enhance the airy effect of the high ceilings and the natural light through the large windows. Glass-topped partitioning walls admit more light and give a feeling of extra space, to make you even more relaxed.

An imposing feature in reception is the eye-catching black-and-white wallpaper, which can be admired from the ultra-comfy waiting chairs.



Abbey Road Dental: more like an elegant living room than a surgery

Dr Spencer's philosophy is that one can always have beautifully preserved teeth, whatever one's age and she offers a full range of treatments, including hygienist services, whitening, cosmetic dentistry and implants.

The surgery is equipped with Sirona C8+ treatment centres. These have "ErgoMotion", a system that ensures patients are seated in the most comfortable position, with intra-oral cameras to allow you to see and understand what is happening with your teeth and gums.

The aim is to help patients build long-term relationships with their dentist and feel totally at ease when receiving treatment. Children are especially welcome.

Late-hours and weekend appointments cater for those that work full-time and find it difficult to incorporate dental treatment into their busy schedules.

A three-minute walk from St John's Wood tube station is the Hospital of St John and St Elizabeth, which was

founded in 1856 and remains one of the largest independent charitable hospitals in the UK. It has been chosen by the UK Athletics Committee as the treatment centre for the GB Olympic team.

It offers almost 600 world-renowned consultants, providing treatment for patients from babies to the very elderly, with specialist units for conditions relating to strokes; gastro-intestinal disorders; breasts; shoulders; physiotherapy, respiratory problems and spinal issues. It also prides itself on the skills of its nurse practitioners.

The hospital also offers a walk-in private A & E, where insured patients can be seen immediately.

The hospital has charity status because surplus funds are redirected towards the St John's Wood Hospice, within the hospital's grounds. This provides free care within a wide catchment area, making St John's and St Elizabeth's a community-based hospital that puts something back into the community.

Photographic developments

Impressive gifts for the family

SNAPPY SNAPS' little yellow shop on St John's Wood high street was established 12 years ago by husband and wife Simon and Fiona Bowrey.

Fiona and her team of experts can print from not only cameras but also from phones, including iPhones and iPads.

Personalised gifts can be made by printing your images on canvas, posters, blocks or metal, to display on the wall, or on mugs, t-shirts, bags, cushions or phone covers.

Snappy Snaps' photo books are a great way to get your images off your computer into a neatly bound and embossed coffee table volume, so that you can easily show off your latest holiday pictures. And before you go on holiday, you will need its specialist passport and visa photo service.

If you have old photos or film footage, Snappy Snaps will restore them or transfer them to DVD, so you can carry

on watching them and pass them down to the next generation.

When you need invitations or business stationery, the graphic-design team can produce them rapidly, as every job is carried out on the premises.



Picturesque presents from Snappy Snaps

The Liberal Jewish Synagogue

Judaism for Today and Tomorrow
Rabbi Alexandra Wright | Rabbi Neil Janes
Emeritus Rabbi David J Goldberg OBE



Join Us

Our diverse community welcomes new members, friends & visitors

Shabbat, High Holyday & Festival Services

Morning services - 11:00, Evening services - 18:45

The LJS Nursery School - A Happy, Nurturing, Learning Space

Places available in our Reception Class for September 2012

Religion School, Tiny Tots & Adult Education

Including B'nei Mitzvah & Kabbalat Torah

Events, Activities & Community Support

For all ages - Yoga, Art, Drama, Dinners, Lectures & much more

A Central London Venue for all Occasions

Stylish facilities for weddings, simchas & meetings

Funeral Services

For members & non-members

For more information or to arrange a visit go to www.ljs.org



28 St John's Wood Road, London, NW8
ljs@ljs.org 020 7286 5181



A Huge Selection of Kosher Foods Including:

- 'LOUIS MANN'S' Meat & Poultry
- 'PARKWAY' Cakes & Biscuits
- 'GOLDSTEIN'S' Smoked Salmon
- 'SHARON'S' Challas & Rye
- 'YARDEN' Sliced Meats & Salads
- 'DAGIM' Fish
- ISRAELI WINES

Party Platters For Home & Office Entertaining

Gift Baskets For All Occasions

[A]



London's Number 1 Party, Balloon & Firework Store.

Based on the famous Abbey Road for almost 30 years, Oscar's Den has a huge range of partyware and balloons for every occasion.

Oscar's Den boasts a fabulous selection of children's fancy dress costumes perfect for Purim and Book Week.

We have a great range of wigs, masks and costumes for adults and children throughout the year.

Oscar's Den have tables, chairs, bouncy castles and so much more available for hire.

Party goods now in stock for the Olympics and Halloween!

Open 7 days a week • Free Parking • Delivery service

127-129 Abbey Road, London NW6 4SL

T: 020 7328 6683 E: sales@oscarsden.com

www.oscarsden.com

Open: Mon- Fri 9.30am - 6.30pm | Sat 9.30am - 6.00pm Sun 10.00am - 4.00pm