

June 15th 2012

Time to smile!

Shoppers at **Waitrose** in Finchley Road were surprised and pleased to be greeted with a presentation table covered with samples of tooth paste, free tooth brushes and oral health information leaflets last week.



On closer inspection, they found that the National Smile month was being celebrated by Abbey Road Dental, a local dental practice. With the support of **Waitrose**, the staff from the practice dispensed both advice and samples to all those interested in improving their dental health.

The hygienist, Mel Prebble and the dentist Dr Diana Spencer spent the day raising awareness of the importance of oral health. The children who came round were especially excited to receive goody bags which included star charts, tooth brushing timers and toothpaste.

Dr Spencer from Abbey Road Dental said: "National Smile Month is an excellent opportunity to bring an element of fun to a serious issue. People want a lovely smile and healthy teeth but may be putting off that all important first step of asking for advice and help. We were delighted to bring the message that oral health awareness should be a part of everyday living and that the key to this is to brush regularly, cut down on sugary foods and visit the dentist regularly."