

word of mouth

**MURRAY
DENTAL**

Private Dental Practice
& Implant Referral Clinic

www.murray-dental.com

telephone 024 7650 5444

appointments available **Monday to Friday**

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our website
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MESSAGE FROM GRAHAM MURRAY



As we celebrate the upcoming festive season it is not unusual for us all to indulge in less healthier options more than usual.

Whilst this is fine for short periods of time as we enjoy time with friends and family, it is important to emphasise the importance of preventative dental health and the opportunities we have throughout the year to reset the clock and invest in our overall health and wellbeing.

Regular dental check-ups and cleaning are the key to early detection of tooth decay and gum problems and we advise you to prioritise your oral health so you can enjoy the year ahead to the fullest. For peace of mind or if you are concerned about your health, lifestyle or risk factors then speak with one of our dental team about our oral health preventative options.

My team will be taking a short break from the 24th December 2024 until the 2nd January 2025. Don't worry though we will have emergency cover over the festive season. If any of you do happen to need our services, please call the practice and listen to our answering machine and follow the instructions for the on-call dentist.

As 2024 draws to a close I would like to take this opportunity to pass on my best wishes to you and your families, wishing you a very Merry Christmas and all the best for 2025.

Next year is a milestone here at the practice so keep an eye out for the celebrations.

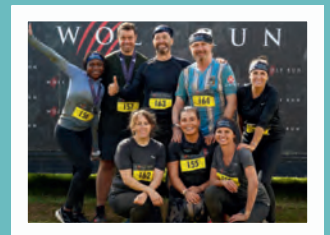


TEAM EVENTS

Another year and another summer garden party for the team of Murray Dental! This year our theme was Rum and Reggae. For a change we had amazing weather which enabled us to dance to the reggae tunes of the singer and enjoy the flavours of Jamaican street food. Once again thanks to Graham for having us all at his home and his neighbours too!!



September saw some team members participate in the Spring Wolf Run, raising funds for our charity, Macmillan Cancer Support. Well done to all of you for completing the course!



To celebrate the end of the year the Murray Dental team will be having their Christmas party at Nailcote Hall Hotel.

60 Second Interview At Murray Dental with our practice cleaner, Carla



- Q. What 3 things would you take onto a desert island?**
Books, my dogs, crossword book
- Q. What is your favourite food?**
Sushi
- Q. If you could choose another career, what would it be?**
Working with animals
- Q. What was your proudest accomplishment?**
Watching my niece graduate
- Q. Which film can you watch time and time again?**
Legend
- Q. What's your favourite thing about working at Murray Dental Practice?**
Being part of a crazy family

Tips For Maintaining Excellent Dental Health

When it comes to your oral health prevention is the key to a bright smile and a strong set of teeth.

A few simple habits can go a long way in ensuring your dental well-being.

- Brushing your teeth might seem like a straightforward task but doing it properly can make a significant difference.
- Smoking and using other tobacco products can have a devastating impact on your oral health.
- Flossing often gets overlooked but it is a crucial part of your oral hygiene routine.
- Your diet plays a significant role in your dental health. To keep your teeth strong and cavity-free.

Maintaining excellent dental health is within your reach with these simple yet effective tips. By brushing properly, avoiding tobacco and vaping, daily flossing and adopting a healthy diet, you can ensure your smile remains bright and your teeth stay strong for years to come.

Remember regular dental check-ups and professional cleanings are also essential components of your oral health regimen. If you have any concerns about your dental health, please do not hesitate to schedule an appointment with us. We are here to help you achieve and maintain the best possible dental health.



REVIEWS

Tell us what you think

Could you please give us a few minutes of your valuable time to leave us a review



SCAN ME

TEAM NEWS

We are delighted to welcome our new trainee dental nurse, Tanaka, to the Murray Dental Team. Tanaka joined Murray Dental in May and has already proved herself to be helpful, friendly and a quick learner. She wanted to join the medical profession and has chosen to start a new career as a trainee dental nurse and hopefully in the future set her sights on studying to qualify as a dental hygienist.



Our dental hygienist, Rose is leaving us temporarily from September but this is for a happy reason. She has gone on maternity leave after the safe arrival of her baby boy, Jake



On the 27th September 2024 we held our own MacMillan Coffee Morning to raise funds for this wonderful cause. Everyone at work got involved in baking some amazing cakes and we thank you all for supporting this event.

We raised an amazing amount.

