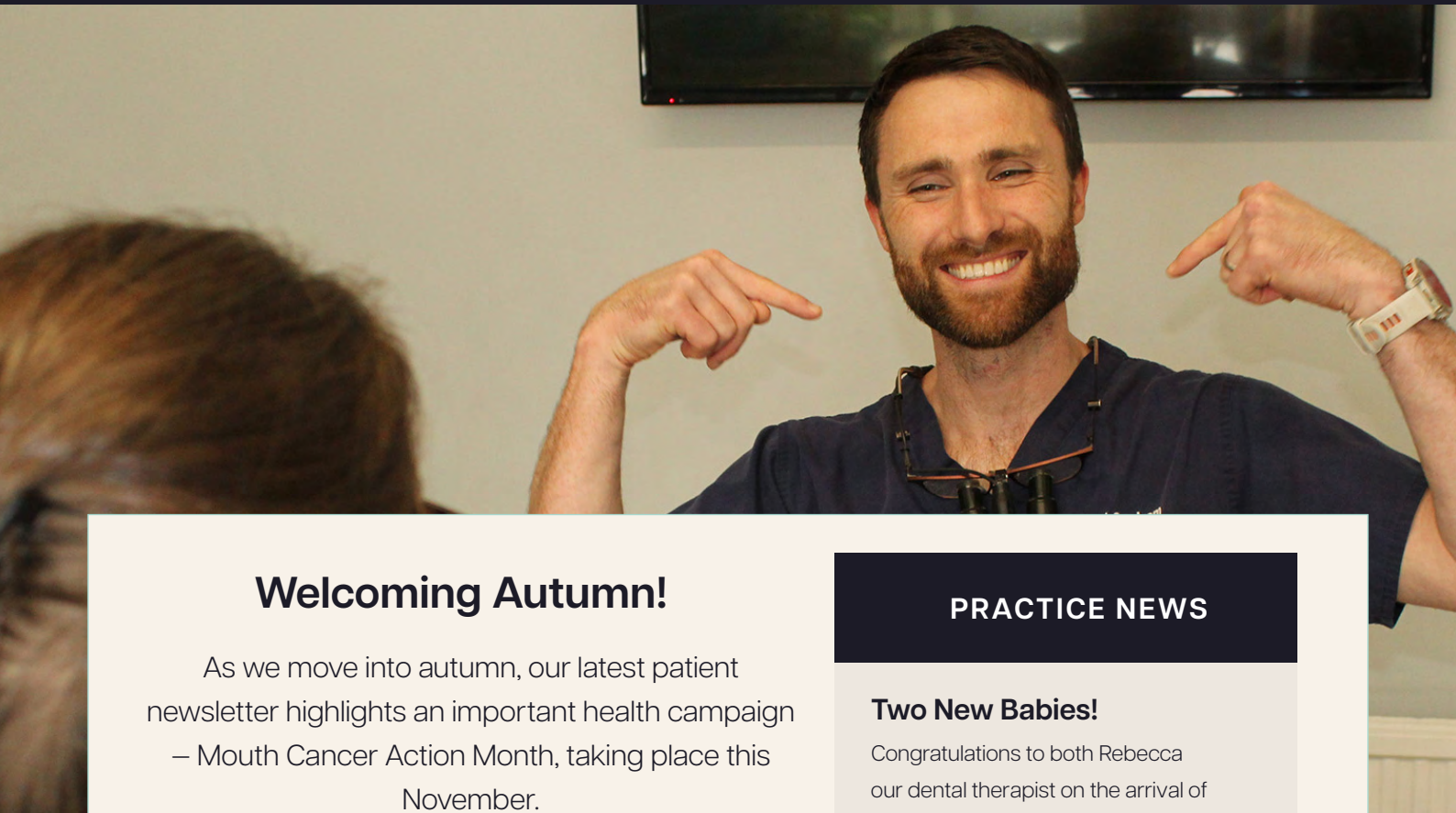




Welcoming Autumn!

As we move into autumn, our latest patient newsletter highlights an important health campaign – Mouth Cancer Action Month, taking place this November.

Did you know that cases of mouth cancer in the UK have risen by 38% over the past decade?

At Seaham Smiles, we include mouth cancer screenings as part of every routine dental check-up, helping to spot early signs and keep you healthy. If it's been more than a year since your last visit, now's the perfect time to book your next appointment.

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We're Open at lunchtime

The practice is now open over lunch between 1 - 2 pm, which means we are now available to answer your calls and for you to arrive early

Phone: +44 191 581 2236

PRACTICE NEWS

Two New Babies!

Congratulations to both Rebecca our dental therapist on the arrival of baby Florence and Steph our dental nurse on the birth of her son Freddie!

Congratulations!

Congratulations to Sienna, Charlie and Steph on passing their dental nurse exams and to Ellie, our implant dental nurse on passing her Radiography exam. We are so proud of you all!

Speedy responses

We've made it even easier to get in touch with us! You can now reach us via Business WhatsApp for quick replies and added convenience. Save our number: 07467 322605

Fire Marshals

Your safety is our priority - we have extended our fire marshals and have 5 trained team members!

Website: seahamsmiles.com



MOUTH CANCER AWARENESS

MOUTH CANCER IN THE UK

10,825 new cases were diagnosed in the UK last year.

That's an increase of **38%** in the past decade and **133%** over the past 20 years.

53% of mouth cancers appear on the tongue and tonsils.

Sadly, **3,637** people lost their lives to the disease last year.

The 10-year survival rate ranges between **18% and 57%**, depending on where the cancer starts and how early it's found.

..... Reducing Your Risk

Two of the most effective ways to help prevent mouth cancer are:

Stopping smoking – Smokers are up to ten times more likely to develop mouth cancer, with around two in three cases linked to smoking.

Reducing alcohol intake – Excessive drinking is responsible for almost one-third of mouth cancer cases.

Take Action Today

If you've noticed any unusual changes in your mouth or it's been over a year since your last visit, we're here to help.