

KELVIN
HOUSE
DENTAL PRACTICE

“word
of
mouth”

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Practice Duo Celebrate their Success

Tracy (one of our receptionists) and Hannah (one of our dental nurses) successfully completed their Sprint Triathlon on Sunday 15th March at Whitstable Swimming Pool and Gym.

5k run



20k cycle

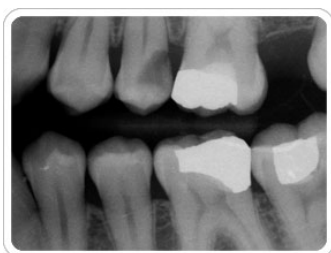


400m swim



They managed to raise over £1,000 towards the charity Cancer Research UK. Tracy and Hannah would like to thank all of the patients who kindly sponsored them for this event.

How safe are dental x-rays?



The first thing we always consider is the actual clinical justification for taking the x-ray in the first place. The benefit to the patient should always outweigh any potential detriment. The second thing we look at is making sure that the quality of the image is the very best we can achieve (which is one of the reasons why we use digital radiographs). And lastly is the dose.....

One pair of bitewing radiographs is about 3 times the daily dose of radiation that we all get just from living in Kent (made up of background radiation from the Universe, man-made items that emit radiation and even some foods). Or to put it another way, one pair of bitewing radiographs gives you about the same dose of radiation as a return flight to Spain (due to the increased radiation from being higher in the atmosphere).

When you consider that most people only require bitewing x-rays once every 2 years, you can see that dental x-rays are very safe and comparable to everyday exposure to radiation.

(If you happened to live in Cornwall or Aberdeen the daily background exposure can actually be 2-3 times **more** than a pair of bitewings due to radiation from radon gas found in granite).

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