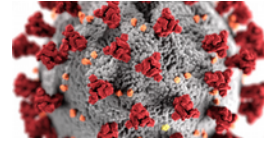


## IMPORTANT NOTICE

Dental Laboratory Newsletter / April 2020

**Bremadent has temporary closed until further notice due to COVID-19**

*This newsletter will be about COVID 19 with some Dentistry with information and resources pulled together from Dr. Manrina Rhode and Shaz Memon of Digimax and Kash Qureshi #stayhome exercise during isolation!*



**COVID-19**  
CORONAVIRUS DISEASE 2019

**Everyone must stay at home to help stop the spread of coronavirus.**

**You should only leave the house for 1 of 4 reasons:**

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person,
- Travelling to and from work, but only where this absolutely cannot be done from home
- When doing any of the above, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

### Stop infection spreading:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get back home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Do not touch your eyes, nose or mouth if your hands are not clean

### Looking after your health and wellbeing

- To help yourself stay well while you're at home:
- drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- Stay in touch with family and friends over the phone or on social media
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Do light exercise at home, or outside once a day

### Who's at high risk from coronavirus

Coronavirus can make anyone seriously ill, but there are some people who are at a higher risk.

For example, you may be at high risk from coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

### How to protect yourself if you're at high risk

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it.

These include:

- not leaving your home – you should not go out to do shopping, pick up medicine or exercise
- stay at least 2 metres (3 steps) away from other people in your home as much as possible
- Ask friends, family or neighbours to pick up shopping and medicines for you. They should leave them outside your door.

Coronavirus (COVID19) – Author NHS UK- [www.nhs.uk](http://www.nhs.uk) , Accessed 30<sup>th</sup> March 2020



## Self-isolation helps stop coronavirus spreading

Do not leave your home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

This is called self-isolation.

- If you are self-isolating, you must:
- not leave your home for any reason, other than to exercise once a day – but stay at least 2 metres (3 steps) away from other people
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- not have visitors, such as friends and family, in your home
- You can use your garden, if you have one.

## How long to self-isolate

If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you do not need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal
- You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

**If you live with someone who has symptoms** you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms, you can stop self-isolating after 14 days.

## Ibuprofen

There is currently no strong evidence that ibuprofen can make coronavirus (COVID-19) worse.

But until we have more information, take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for you.

If you are already taking ibuprofen or another non-steroidal anti-inflammatory (NSAID) on the advice of a doctor, do not stop taking it without checking first.

## What to do if you need medical help while self-isolating

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

## Urgent advice: Use the NHS 111 online coronavirus service if:

you feel you cannot cope with your symptoms at home your condition gets worse

[Use the 111 coronavirus service](#)

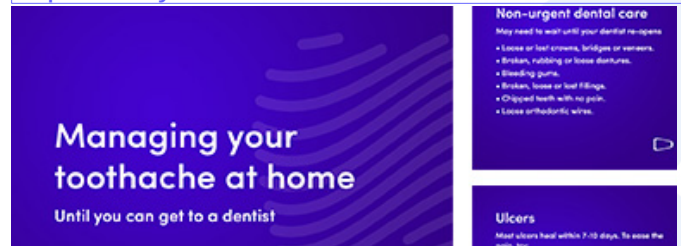
Only call 111 if you cannot get help online.

## 10 free COVID-19 social media posts for Dental Practices - Managing toothache at home! *By Shaz*

*Memon, Digimax Dental [www.digimax.co.uk](http://www.digimax.co.uk)*

Shaz memon from Digimax has kindly created a valuable downloadable guide that can be placed on your practice social media for your patients to view in regards to managing a toothache at home - Download at:

<https://bit.ly/3dA6NLL>



## Please Donate PPE!

## PPE Donation NHS UK COVID19

If you have any spare face masks, visors, goggles, gloves or aprons please donate and save lives, for more info please click below

[www.facebook.com/groups/256774768657342/?ref=group\\_header](https://www.facebook.com/groups/256774768657342/?ref=group_header)



*Thank you for your donations!*

Coronavirus (COVID19) – Author NHS UK-  
[www.nhs.uk](http://www.nhs.uk) , Accessed 30<sup>th</sup> March 2020



[www.bremadent.co.uk](http://www.bremadent.co.uk)



[office@bremadent.co.uk](mailto:office@bremadent.co.uk)



0208 520 8528





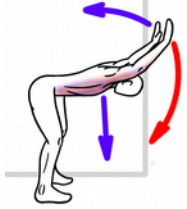
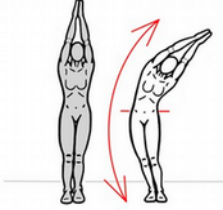


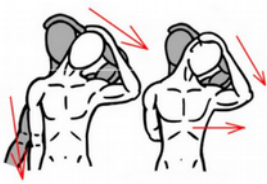
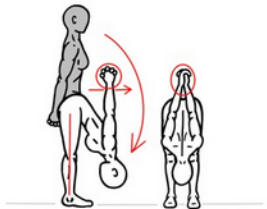
## #stayhome Exercise during isolation (Part 1) by Kash Qureshi


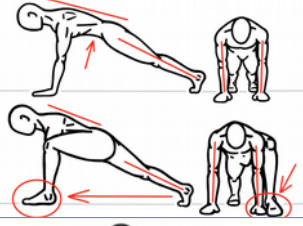
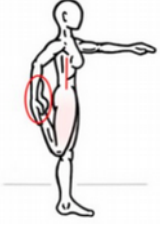
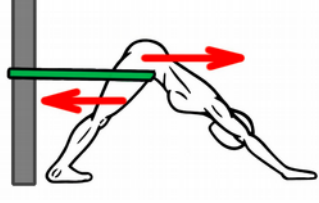

Everyone who knows me, knows that I have always been a big fan of this, stretching and body weight exercises at home first thing in the morning (3AM), coupled with a multivitamin tablet and a protein shake, this is my secret to keep things moving in my busy life! Whilst trying to go to [Giants Gym](#) in North London X3 a week! I have learned a lot of tips from Onz (Short name for Medal of Onur) who is a personal trainer and the owner Giants Gym!

Today I will cover my stretching routine. Stretching benefits me for mobility, flexibility and correcting my posture (years of long hours sitting at the bench) and prepares me for the day. This routine works for me but might not for you, this is just advice, I do this routine because it's quick, effective, consistent and adaptable in my situation.

### Here are the most effective stretches I have found over the years that covers most body parts:

5 – 10 seconds per rep, X1 – 2 Sets per exercise, breathe deep throughout and feel it! Do it after a hot shower for maximum flexibility. Takes about 5 – 10 minutes, I do this before body weight exercises.

Exercise	Image
<b>Lat and Hamstring - Eccentric Stretch</b>	
<b>Standing stretch - Left to Right – Static Stretch</b>	
<b>Tricep – Static Stretch</b>	
<b>Bicep and Shoulder – Eccentric Stretch</b>	
<b>Neck stretch – Static Stretch – Also forwards and backwards</b>	
<b>Back and Hamstring – Static Stretch</b>	

Exercise	Image
<b>Hamstring – One leg at a time – Static Stretch</b>	
<b>Lunge stretch – Runners Lunge - Dynamic Stretch</b>	
<b>Standing Quad – Static Stretch</b>	
<b>Downwards facing dog – Stretches the shoulders, hamstrings, calves, arches, and hands.</b>	
<b>Bridge stretch - Strengthens back, glutes, legs and ankles. Stretches the chest, neck, shoulders and spine.</b>	

In the next newsletter I will give advice on part 2 of my routine which is body weight compound exercises at home, that consist of pushups, squats, ab exercises and dips, which will benefit you throughout #stayhome and many years after!



'Designing Smiles' is an investment in your career. This course will build your confidence to treatment plan and complete cosmetic cases using porcelain veneers with predictable results for your patients. This is a cosmetic dental course giving you the opportunity to learn from Dr Mannrina Rhode, one of the leading Cosmetic Dentists in the UK.

The qualification required to complete this course is a Dental degree. After completing this dental course the aim is for you to start using the principles and protocols taught to you the next day in your practice with conservative preparations and predictable outcomes.

### Why Designing Smiles?

**Small Group Teaching** – For an in depth one to one approach with live patient demonstrations.

**Experience of over 10,000 Porcelain Veneers:** Dr Mannrina Rhode graduated as a dentist from Guys Hospital in 2002 and has worked in Private Cosmetic Dental Practice since. She has completed more Porcelain Veneers than most dentists in the world. Use her experience and predictable methods to create beautiful smiles for your patients.

### Facially Driven Dental Design:

Dr Mannrina Rhode uses facially driven dental design to give patients the smiles they should have. There is no 'one size fits all' approach. Every case is unique to the individual patient and customised. Learn in detail how to do this for your patients:

## About Dr. Mannrina Rhode:

Dr Mannrina Rhode graduated from Guys Hospital, London in 2002 and is one of the top cosmetic dentists in the UK.

She continued her education around the world, achieving a Masters level in Advanced Aesthetic Dentistry at the New York Dental Institute and Advanced Occlusion Techniques in Florida.

Dr Rhode enjoys Facial Aesthetics which she trained for at the Bob Khanna training institute in the UK. She was the first female dentist at Harvey Nichols and Harrods. Mannrina is known to teach her well respected cosmetic techniques including teaching at the prestigious American Academy of Cosmetic Dentistry annual conference in Hawaii.

In view of her charity work Mannrina was named 'Marie Claire's 21st Century Woman'. Mannrina also sat for 3 years on the Board of Directors as Chair of Charity for the British Academy of Cosmetic Dentistry. Mannrina has a keen interest in social media and takes pride in her dental Instagram page [@DrMannrinaRhode](#)

Before



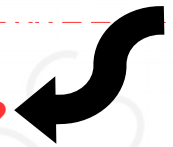
After

# DS

Register your interest  
by **Subscribing!** CLICK BELOW!  
[designingsmiles.co.uk/subscribe](https://designingsmiles.co.uk/subscribe)



**Still not sure?**



Check out Dr. Mannrina on 'Everything Veneer' Podcast on [Youtube](#). [Click here](#) or go to [www.youtube.com/watch?v=1\\_AZh3spMUU&t=12s](https://www.youtube.com/watch?v=1_AZh3spMUU&t=12s)



[@DrMannrinaRhode](#)  
[www.designingsmiles.co.uk](https://www.designingsmiles.co.uk)

Designing Smiles  
40-44 Clipstone Street  
London  
W1W 5DW