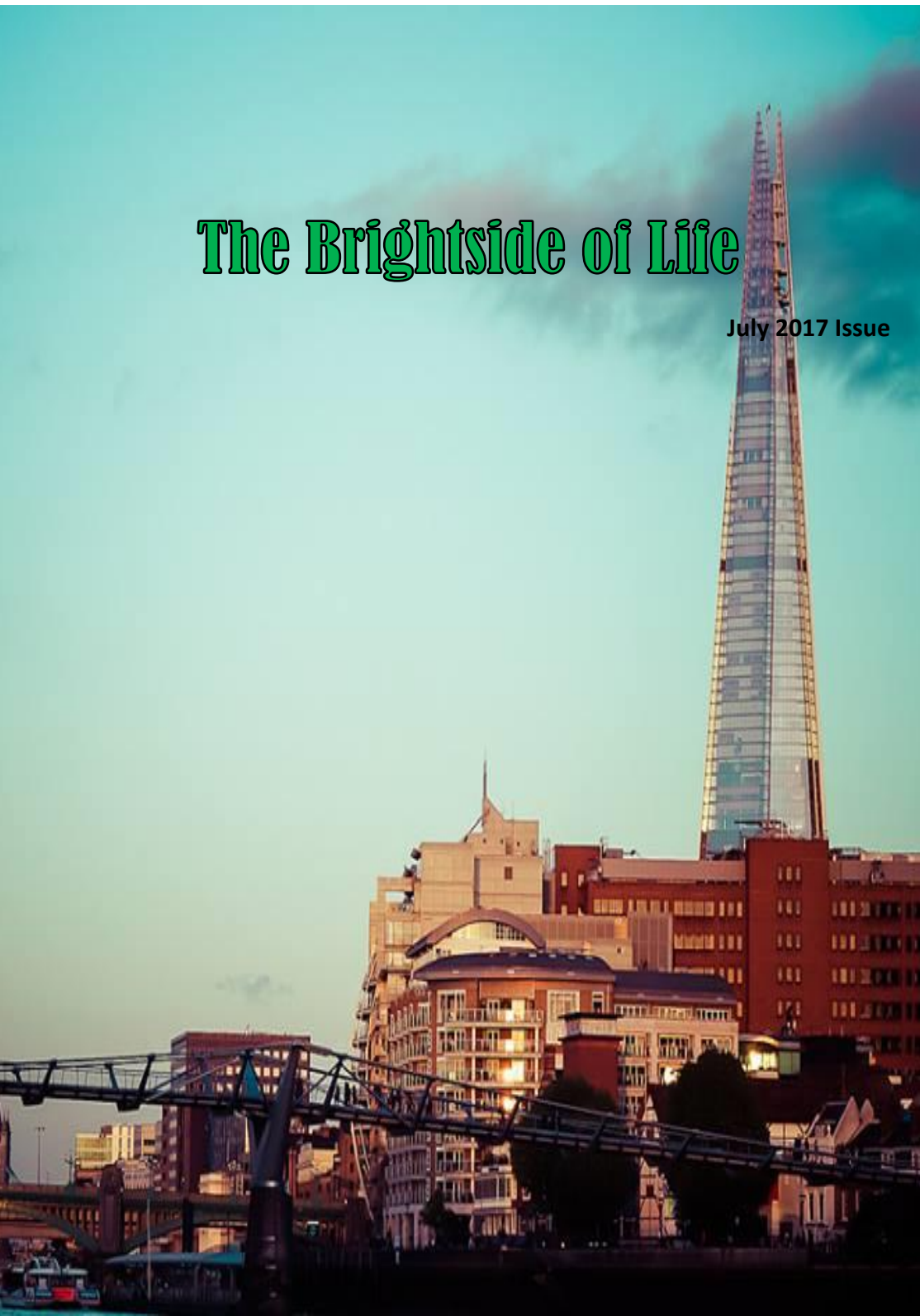


The Brightside of Life

July 2017 Issue





14-23 July 2017



About World Para Athletics

World Para Athletics acts as the international federation for the sport of Para athletics.

Para athletics was one of eight sports included at the first Paralympic Games in Rome, Italy, in 1960 and has remained on the programme ever since attracting the largest number of competitors and countries.

The sport is open to male and female athletes in all eligible impairment groups and offers a wide range of competition opportunities.

This includes the Paralympic Games every four years, biennial World Championships, biennial or quadrennial regional Championships and annual Grand Prix and World Marathon Majors events.

Athletes compete according to their sport specific classification in each event. Some compete in wheelchairs and some with prostheses, while visually impaired athletes are supported by a sighted guide.

Since 31 athletes from 10 countries competed at the Rome 1960 Paralympic Games participation and visibility of the sport has increased significantly. The sport is now practised by athletes in more than 130 countries.

History of the World Para Athletics Championships

London 2017 will be the eighth edition of the World Para Athletics Championships, and the first since IPC Athletics was rebranded to World Para Athletics. July's event also marks the first time that the Championships have been held back-to-back with the IAAF equivalent.

The last Championships were held in Doha, Qatar, in October 2015 and attracted 1,229 athletes from 90 countries. China topped the medals table picking up 85 medals, 41 of which were gold. An impressive 54 world records were set during the 10 days of competition.

Top Tips on Brushing Your Teeth



- ✚ **Brushing your teeth twice a day** with a fluoride toothpaste not only helps prevent tooth decay and gum disease, it can also prevent bad breath.
- ✚ **Your dentist or hygienist can show you how best to brush your teeth** and give you advice and support on having a good oral hygiene routine.
- ✚ If you are a parent, it's really important to **start teaching your child oral hygiene habits as soon as their first baby teeth come through** (usually around 6 months old).
- ✚ **Children need to be supervised when they brush until the age of seven**, to make sure they are brushing correctly, and for long enough
- ✚ **Teeth are often forgotten about**, but they are important not just for your oral health but also for your general health and well-being.
- ✚ **If you have a healthy diet, brush your teeth and visit your dentist regularly**, you will minimise your risk of having oral health problems.

What's On The Menu:

Herb and Garlic Pork with Summer Ratatouille

Pack in the vegetables with a fragrant herb and garlic pork dish that is not only low-fat and low-calorie but also provides five of your five-a-day.



Ingredients

2 tsp rapeseed oil

2 red onions, halved and sliced

2 peppers (any colour), diced

1 large aubergine, diced

2 large courgettes, halved and sliced

2 garlic cloves, chopped

400g can chopped tomatoes

2 tsp vegetable bouillon

1 thyme spig

handful basil, stalks chopped, leaves torn and kept separate

For the pork

475g pork tenderloin, fat trimmed off, cut into 2 equal pieces

2 garlic cloves, crushed

1 tbsp thyme leaves, plus a few sprigs to decorate

1 tsp rapeseed oil

brown rice or new potatoes, to serve

Method

1. Heat the oil in a large non-stick pan and fry the onions for 5 mins or until softened. Stir in the peppers, aubergine, courgettes and garlic, and cook, stirring, for a few mins. Tip in the tomatoes and 1 can of water, then stir in the bouillon, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Stir through the basil leaves.
2. Meanwhile, rub the pork with the garlic, then scatter with the thyme and some black pepper, patting it so it sticks all over. Heat the oil in a non-stick frying pan and cook the pork for about 12 mins, turning frequently so it browns on all sides, until tender but still moist. Cover and rest for 5 mins.
3. Slice the two cuts of pork and serve with half the ratatouille and some brown rice or new potatoes and some extra thyme. Chill the leftover ratatouille and use it to make the Ratatouille pasta salad with rocket lunch.



Facts About Summer



- **Dog days of summer**

The phrase 'dog days of summer' used to refer to sweltering summer days has more to do with the stars than dogs.

The Roman's '*dies caniculares*' began towards the end of July when the star Sirius (known as the "Dog Star") began to rise in the sky just before the sun.

The star was so bright that the Romans believed it gave extra heat to the sun and was responsible for hot days in summer.



- **It's the most thundery time of the year**

More thunderstorms occur during the summer than at any other time of the year.

The warmth of summer often provides the perfect conditions of rising air and moisture required for the creation of thunderstorms.

They are most likely to occur in the south east of England.

- **Crickets get chirpy**

Next time you hear the sound of crickets chirping on a balmy summer evening, why not try this simple trick to find out the temperature.

The frequency of a cricket's chirps is consistent with air temperature so you simply need to count how many chirps there are over 25 seconds then divide by 3 and add 4 to tell you the temperature in Celsius.



- **Snow in June**

On 2 June 1975 snow showers forced the abandonment of several cricket matches across the country.

The coldest temperature ever recorded in summer in the UK is -5.6 C recorded on the 9 June 1955 in Dalwhinnie and again on the 1 and 3 June 1962 in Santon Downham in Norfolk.

- **Height of summer**

Did you know that on a hot day in Paris, the Eiffel Tower grows taller?

The tower is constructed from iron and when this is warmed it expands causing the structure to grow by up to 17 cm.

- **Midnight match**

Every year on the summer solstice, a unique baseball game is played at the Growden Memorial Park known as the Midnight Sun Game.

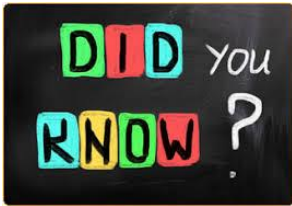
Taking place in Fairbanks, Alaska, the sun is out for almost 24 hours on the solstice and so the game begins at 10.30 and ends around 1.30 am without any artificial lighting.

The tradition originated in 1906 and has been played every year since 1960 by the Alaska Goldpanners.

- **Top temperatures**

The warmest ever summer in the UK was in 2006 when daytime temperatures averaged 15.8 °C. The hottest temperature ever recorded in the UK was on 10 August 2003 when Faversham in Kent recorded a sweltering 38.5 °C.






Services We Provide

It has come to our attention recently that many of our clients are not fully aware of some of the services we provide. We offer a full range of NHS treatments and here are some of our services you may not know about:

- Dental implants to replace missing teeth
- Facial Aesthetics and Botox
- Oral Surgery for complex extractions
- Teeth Whitening
- Icon Treatment to treat early decay and white patches on teeth
- Teeth Straightening (Adult Orthodontics)
- Sedation for nervous people
- The Wand – painless local anaesthetic
- Periodontal Treatment for gum disease
- Anti-Snoring devices
- Treatment for helping with headaches and migraines
- Interest Free Finance to help you spread payments for your treatment over a longer time
- Membership Club with multiple benefits and savings on the cost of treatment

We are sorry we have not communicated what we do in the best way. If you would like any further information or are interested in any of the services we offer, please give us a call on **020 88884401**.



*Thank You for Your
Referrals and Reviews!*

*Valeria Stewart, Alison Huntly,
Georgia Birri, Eleanor Pearson
Simone Mundy, and Scott McDonald*



Liz
UK

★★★★★ Reviewed 21 April 2017

"Great experience"

"A check-up after a couple of years of not visiting a dentist, prompted by some toothhelp sensitivits when brushing.

Great experience! All the staff were really friendly and I wasn't kept waiting at all. I had a great check-up and Ketan explained all my necessary and cosmetic treatment really clearly, including the costs. I wasn't put under any pressure to spend more than I was comfortable with or than necessary. Great service."



Anonymous gave Brightside Dental a rating of 5 stars

Would recommend this dental practice to everyone!

What a great dental practice! I have struggled with a fear of the dentist for years, putting off appointments and not wanting to go. I finally did my research and discovered Brightside Dental Practice who are renowned for providing a kind and calm service. I was not disappointed.

From the welcoming reception staff who explained costs of treatment to me very clearly and welcomed me with a smile, to the gentle and caring hygenist who made me feel at ease and explained what they were doing every step of the way. Most people fear the dentist because they are worried about being 'told off' for the bad state of their teeth, but the dentist was kind and explained how best to look after my oral health from now on, without admonishing me or making me feel bad. The procedures themselves have been relatively pain-free thanks to them offering local anaesthetic, which really helps and relieves any fear of pain. I have received quick appointments for all my treatments and I'm so happy I've finally found a dental practice which I will want to return to for check-ups.

Thank you!

What Our Clients Say About Us...

"Best Care and Were Very Professional"

I was very nervous going to the dentist to have my root Canal. With the experience and care at Brightside they gave me the best care and were very professional.

I would advise anyone going to have root canal treatment done not to worry and trust the dentists. I am now pain free and also can eat on both sides of my mouth which is such a relief.

It also doesn't take long and if anyone has the choice to have root canal or lose the tooth I advice on the root canal.

-Eamonn Goggin, Southgate, Age 21

"I'm Delighted with the Outcome"

For a number of years, I put up with an awful smile. My front teeth were crooked and one of them was discolouring and dead.

One of my friends had work done at the surgery and had such good results and decided to go ahead. I'm delighted with the outcome of the treatments and many people have remarked that it takes off me.

I like the way there is a lot of flexibility so I can fit in appointments around my job, there's always a lot of information given and it's very clear what the next steps are. I've been very happy by the way I've been treated by the staff.

-Kathleen Cavin

"I've Seen A Total Transformation in How I Feel About My Teeth"

Have been terrified of the dentists for years due to some bad experiences in my youth.

Had Brightside recommended to me by a family member and I couldn't be happier. Have seen a total transformation in how I feel about my teeth. Everyone in the practice is brilliant, puts you at ease and tells you exactly what is happening and why. I was skeptical about the 'pain-free' promise but it is absolutely true. I had several fillings and other work done and I didn't feel a thing. I'd recommend Brightside and Dr Shah to anyone, especially if you are scared of going to the dentists. After 5 minutes you'll wonder what you were ever scared of.

-Daniel Ryan

"My Treatment was Pain Free"

Ketan is an excellent dentist for phobics like me! He was very sympathetic towards any worries and fears you may have and every option and every stage of treatment is explained carefully. Also it was pain free!!!

-Sue Furby

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 3468 2080 or For More Patient Stories Visit Us:

www.BrightsideDental.co.uk