



Dental Health Awareness Month

BE PROUD of your MOUTH



CURE VALUES OUR PATIENT'S FEEDBACK

See how we rated nationally from January - March 2022



✓ Service received from Reception
Average of 99%

✓ Discharge information
Average of 99%

✓ Cleanliness of facility
Average of 99%

✓ Nursing care
Average of 99%

✓ Ease of finding hospital location
Average of 99%

✓ Likelihood to recommend facility
Average of 99%

Cure Day Hospitals

WELCOMES



Lee-Anne Abrahams
Cure East London Hospital Manager



Megan Brown
Cure East London Marketing Officer

Cure Day Hospitals are in the process of becoming

CASHLESS FACILITIES



Please contact the Hospital for alternative options.



Go to our website to see our list of doctors.

Cure Alberton News

Cure Day Hospitals Alberton is progressing well and should be operational towards the end of 2022. We are based in the Medimix building in New Market Alberton.



Bruxism Brunch

On 26 March 2022, Cure Erasmuskloof and Cure Somerset West hosted the SAAPD Bruxism Brunch event. It was truly a wonderful and informative event at both locations with a variety of speakers and topics. Thank you to PPS, Myobrace, SciVision, Prime Dental and Istrodent for sponsoring towards this event. It was a big success with 100 dentists attending, and we look forward to the next event.

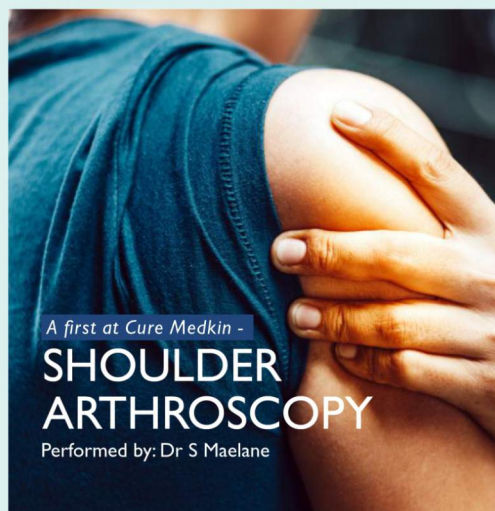


SPECIALS

CONTACT YOUR NEAREST CURE DAY HOSPITAL to find out what the current co-payment or procedural specials are!



Everything you need to know is right here, just scan!



A first at Cure Medkin -

SHOULDER ARTHROSCOPY

Performed by: Dr S Maelane



Cure Medkin Long Service Awards

5 years:

Joyce Sephiri, Vicky Haupt and Marlene Vosloo

10 years:

Sr Theresa Marais, Sr Moira Sithole and Sr Ngoako Makhura



Cure Bloemfontein and SADA CPD Event

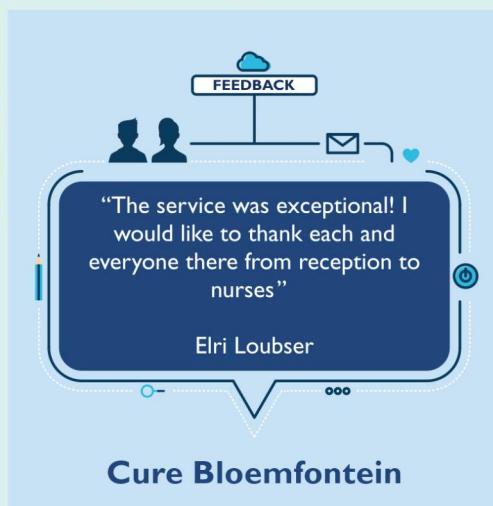
Cure Bloemfontein and SADA joined forces and held a very successful CPD event on 24 February at Cure Bloemfontein.

A staggering 40 dentists attended the event.



Smiles all around at Bloemfontein Cure Day Hospital

Toddlers receive pro-bono dental surgery as a result of a collaboration of both Head Start Foundation and Cure Day Hospital, in Bloemfontein. Speaking to OFM News, Loami Rossouw, Hospital Manager at Cure Bloemfontein, says that they are extremely happy to be a part of an initiative that makes a difference in children's lives.



Clay Café receptionists' morning

Cure Erasmuskloof hosted a receptionists' morning at Clay Café Wolwespruit on the 22nd of Jan 2022. This was a wonderful morning, spoiling the doctors' receptionists with a painting experience and brunch.



Receptionist function

A cocktail function was hosted for our Paarl receptionist at our facility on the 17 February. Information on what is important to us, introducing our reception staff and theatre booking clerk and a short tour through our facility was part of the evening's event. Thank you to Pathcare and Holm Pathologist for your contribution towards this event.



Paarl Gymnasium Hockey Premier League (HPL)

Paarl Gymnasium hosted a Hockey Premier League to kick start their Hockey season. Cure Paarl sponsored a boys hockey team, named the Cure Cobra's that participated in the HPL from 17 – 19 March at Paarl Gymnasium. Our Cure Cobra's did us proud and won the tournament.



Doctors Golf day hosted by Spine Centre

Doctors from Paarl, Somerset West and Bellville were invited to a golf day at Boschenmeer golf club on 29 January. Cure Paarl, Somerset West and Bellville sponsored the registration table with golf goodies, water, and a snack bar. Lovely golf prizes were also sponsored for the prize giving ceremony.



CPD Functions:

Cure Erasmuskloof hosted a very informative CPD function for Dr Evan Rabie (Maxillo-facial and Oral surgeon) and ethical speaker Dr Liz Meyer on the 26th of Jan 2022. Thank you to sponsors PPS and Southern Implants.



Cure Erasmuskloof celebrates their 10th birthday with a bang!

On 5 Feb 2022, a prestigious event was hosted at Loft at Nine Industrial Venue to celebrate the wonderful 10-year milestone, and the phenomenal growth and achievements that Cure Erasmuskloof reached during this time. We are truly growing from strength to strength and excited about the next decade to come!

We are 10 years old
Cure Midstream celebrated their ten year anniversary.

This milestone was celebrated with a glittering function for both staff and Doctors.



Cure Midstream Dental Drive

We collaborated with Lovestruck and provided free Dental surgery for 11 patients. Lovestruck Philanthropy is a registered NPC and a creative initiative that aims to grow people and communities.

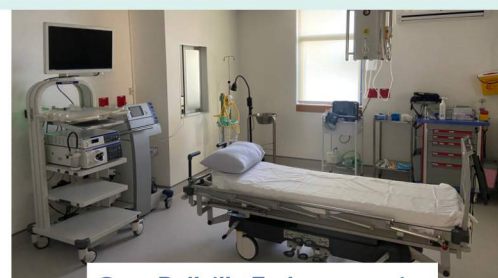


Bellville CSI

Cure Bellville helped 9 patients with free Orchidopexies or Inguinal Hernia Repairs in need of surgery. The day would not have been possible without all the surgeons, anaesthetists, nurses and staff who assisted on the day.

Cure Bellville Endoscopy suite opens

The facility was purposely designed for the endoscopic (camera based) management and diagnosis of gastrointestinal disorders. The facility is designed as a separate building from the remainder of the Day Hospital, thereby limiting contact with other visitors. The generous proportion of the Endoscopy facility also ensures that the privacy of the patients is always maintained during the visit. Utilizing the latest endoscopic equipment and modern anesthetic monitoring, the staff and medical specialists at Cure Day Hospital Bellville Endoscopic Unit will ensure that patients only experience the highest standards of medical care.



Cure Bellville Endoscopy suite



Dr Irene Freed, Ophthalmologist from Visusense, and Dr Christa Liebenberg, Anaesthetist, performed free eye surgery on Ms Pule on 15 March 2022 at **Cure Wilgeheuwel**. We are proud to have been a part in this beautiful journey.



Cure East London welcomed management and surgeons to our hospital progress tour on Wednesday 9 March 2022. Dr Oscar Shimange opened the evening with a speech and the event went off well with both Cure staff and surgeons.



Nursing Stars magazine interviews Cure Day Hospitals Nursing Services Manager, Lynda Hattingh

Lynda is a registered nurse who oversees nursing and in-house cleaning teams spread across nine Cure Day Hospitals. As a member of the management structure, she works closely with the Hospital Managers and Group Ops Manager.



Cure Valentine's Day: 14 Feb 2022



FEEDBACK

"I went into Cure for a wisdom tooth extraction and I'm so impressed. The staff was so friendly and put me at ease. It really made me forget about the pain I'd be in after the surgery. There is nothing better than health care professionals who actually care."

Litsoanelo Seturumane

Cure Fourways



A HEALTHY MOUTH CAN TAKE YOU PLACES

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On Oral Health day the world has to unite to help reduce the burden of oral diseases by empowering people with knowledge, tools and confidence to secure good oral health. A healthy mouth can be a great asset.

Everyone deserves to laugh, eat and communicate without pain and worry. It is of utmost importance to look after your oral health for your own happiness and wellbeing. Oral health affects nearly 3,5 billion people globally. We need to value our smiles and care about our teeth. All of us should be able to enjoy our smiles. A healthy smile can give you the confidence to talk to anyone without holding back. Good oral health and smiles can improve careers, our relationships and we can have positive life experiences. Good oral health can have so many wonderful life-changing benefits. A Beautiful Smile Promotes Positive Self-Image. Studies also link beautiful smiles to positive traits and characteristics such as kindness, friendliness, and intelligence.

Oral health encompasses a range of diseases and conditions that include dental caries, periodontal (gum) disease, tooth loss, oral cancer, oro-dental trauma, noma and birth defects such as cleft lip and palate. A sensitive or painful tooth needs help and often has to be treated. Just like any other major diseases, prevention, early detection and treatment of oral diseases are important to stop any negative effects on the rest of the body. Looking after your oral health has a direct relationship to your overall health. As the quotation says "Your mouth is the gateway to your body".

Oral health is one of the leading health indicators. Oral health is closely related with general health and people's quality of life, through affecting their oral functions and social interactions. Oral health and general health have a two-way relationship. For example, dental caries may cause impaired chewing, decreased appetite, sleep problems, and poor school and work performance. A growing body of research has identified a connection between oral health and chronic diseases such as Alzheimer's and Diabetes.

Oral health is being able to smile, speak, chew, swallow, touch and express feelings and emotions without pain, discomfort and disease. It gives you the confidence to live, work and play. Good oral health helps you live a longer healthier life where as poor oral health can have effects on how we think, feel and act. Poor oral health causes millions of people to suffer from devastating pain and increases the out-of-pocket financial burden for society. Problems which may be caused or made worse by poor oral health include:

- Heart disease
- Strokes
- Diabetes
- Giving birth to a premature or low-birth-weight baby
- Respiratory (lung) disease

Maintaining a healthy mouth could have a positive impact on the management of diabetes. Dental infections have been associated with a higher risk of pneumonia. To reduce the risk of oral cancer avoid the usage of tobacco and limit alcohol intake.

Tooth decay also known as dental caries is the most common health condition in the world, caused by unhealthy diets high in sugar as well as exposure to other risk factors. Most chronic dental diseases could be prevented by adopting effective preventive behaviours.

Tips to maintain good oral health:

- Brush twice daily with a soft bristled toothbrush and fluoride toothpaste. Soft bristled toothbrushes are important to protect our gums from damage whilst brushing. Fluoride toothpaste of at least 1445ppm (parts per million) is an essential preventative measure for dental decay.
- Floss between all teeth daily. Flossing enables us to remove plaque and debris from between teeth where our toothbrush can't reach.
- Make water your choice of drink and reduce your sugary drink intake. Sugary drinks are one of the leading causes of dental decay across the globe. They also contribute very little nutritional value to the average diet, making them an unnecessary part of our diet. Water on the other hand is very accessible, mostly free and is vital for our everyday hydration. Water has the perfect pH level for our mouth making it the drink of choice for dental (and overall) health.
- Choose tooth safe foods that are low in sugar - check nutrition information on product packaging. Limiting the amount of sugar we are consuming is better for our oral health. We can see how much sugar is in any given product by looking at the nutrition information panel on the back of the packaging.
- Attend regular dental check-ups [at least once a year]. Scheduling an annual check-up is super important for making sure we are maintaining our oral health as best as we can.

By following these tips, we can feel confident that we are making the best choices and taking the best action for good oral health for life. Now that's something to be proud of! Be proud of your mouth!

Did you know?

- People who smoke are 2-7 times more likely to develop periodontal (gum) disease than non-smokers
- Not brushing twice per day increases your risk of developing tooth decay by 33%
- People who drink 3 or more cans of fizzy drinks daily, have 62% more tooth decay, fillings, and tooth loss than people that don't drink them
- Replacing a toothbrush after illnesses helps prevent the potential for re-infection
- Coconuts are a natural anti-bacterial food and can help reduce the risk of developing gum disease and cavities