



Anthony calm down it's cooking not kung fu, you'll scare Joyce!

Divertimenti Evening

Thanks so much to all our prolific referrers for joining us on these three relaxing and cuisine inspiring evenings. I think we all established talents that we otherwise may not have developed! As you can see from the photos great fun was had by one and all. We look forward to seeing you all in our corporate box at Ascot Racecourse on Friday, 6th May to show our on going gratitude to you.



Norman Bloom and Fiona Stuart catching up while Mrs Bloom is left to her own devices!



David Bevan shows his true concentration skills - David it's just meatballs!



Gaynor Barrett all equipped for the Italian Culinary Session



Neither Javed Mustafa nor Shivani Patel admitting to tangling tagliatelle!



Sheyla, one of our qualified nurses is originally from Brazil and has been living in London for 5 years.

What is your favourite holiday destination?
Paris because it is such a romantic city.

What do you enjoy doing in your spare time?
Going to the theatre and reading. Recently I went to see 'Flashdance' with the team at Elleven which was fantastic. My favourite musical is 'The Phantom of the Opera'.

What do you like about London?
I like the busy lifestyle and the culture.

We would like to wish **Eric** all the best for the future as he leaves his successful practice in the hands of the new partners. Please come and join us to show our appreciation, and celebrate the wonderful practice he co-founded on Thursday 7th April at 18.15. Please confirm your practice's attendance by calling us on 020 7487 2711.



Incognito braces are the only 100% customised fixed appliance system for invisible orthodontic treatment on the UK market today.



Dr. Anthony Lam is our Incognito specialist and was one of the first practitioners trained in the UK. Incognito lingual appliances are bespoke. Each bracket is manufactured with the latest prototyping machines and each archwire is individually shaped to high precision using wire bending robots. The appliance is delivered directly to

your patient's orthodontist in customised trays so the brackets can be bonded together all in one go.

An advantage of the new Incognito Bracket System is the vertical slot. With that, corrective derotation of teeth can be performed along the archwire, even without the additional application of lasso elastics. In the ligation process, the archwire is clearly deflected, thus contributing in addition to the enlargement of the dental arch. This procedure is increasingly superseding more complex mechanics. Furthermore the modular bracket structure allows the single components (base, bracket body, hook) to be positioned independently of one another, thus markedly differing from

previous systems. Even in cases of rotated teeth and short clinical crowns, the available enamel area of the tooth can be optimally utilized. As the brackets are made of an alloy with a high portion of gold, they offer an interesting alternative especially for patients who are allergic to nickel. Our patients can start smiling straight away with incognito.

Snoring and Daytime Sleepiness

What is snoring?

Snoring is caused by partial closure of your airway during sleep due to the relaxation of the muscles in your neck. The soft tissues then vibrate to cause the sound of snoring.

What is Obstructive Sleep Apnoea (OSA)?

Some snorers "STOP" snoring and breathing for a few seconds and then this is followed by a gasp of air and/or snorting and choking. This can happen several times in the night. Every time we stop breathing this is known as Apnoea- our bodies get starved off oxygen. Most OSA victims have no memory of this night time breathing struggle. OSA sufferers do not have restful sleep and are often affected by daytime sleepiness and other health problems.

How does OSA affect your lifestyle and health?

The lack of sleep can cause daytime sleepiness, poor motivation, high stress levels and lack of energy and less effectiveness at work. In addition OSA also causes increased blood pressure and increases the risk of diabetes and cardiovascular disease

What can we do to help @ Elleven?

Shivani Patel has gained a wealth of knowledge over the years following her MSc in Sleep Apnoea. At Elleven orthodontics we feel that these services can easily be provided. Careful and thorough history taking along with a good clinical examination would aid in the diagnosing of the problem. If patients were suspected to have OSA then we would refer them appropriately for a sleep study to be undertaken and

await confirmation prior to any treatment undertaken. If patients were to only suffer from simple snoring then a conservative treatment plan would be formulated which would involve the construction of a custom-made sleep splint which has shown to significantly improve their and their partners quality of life.

Orthodontic tip

Early referrals by the age of 10 are great so we can keep an eye on the position and eruption of the canines and diagnose or correct bite problems at an early age where growth is present.