



Better by smiles

Sarah Denmark visited **MBNS** in Thame on International Nurses' Day to hear about the work the clinic is doing on behalf of people in the developing world and to see the dramatic effect that a new teeth-whitening procedure can bring

Florence Nightingale, possibly the world's most famous nurse, was born on 12 May 1820. So when it came to deciding on an annual date on which to hold International Nurses' Day, 12 May of seemed the perfect choice. The Day itself provides an opportunity to celebrate the essential role that nurses have played in caring for the rest of us ever since Florence Nightingale first stepped onto that military ward in the Crimea all those years ago.

The nurses at MBNS have always been keen supporters of the Day. To mark the occasion this year, MBNS held a special open event for visitors. Local Oxford MP, Nicola Blackwood sent a message of support, saying that "nurses are incredible – they help us stay healthy, care for our families and heal our loved ones", adding that she wanted to offer a thank-you to "each and every nurse".

The Day gave guests the opportunity to see at first hand the work that goes on



Treatment is under way

Trained MBNS nurse Paula Shurrock explains to Clare how Beyond Polus works

Clare before treatment ...



... and after treatment



John before treatment ...



... and after treatment



at the clinic and to quiz the nurses there about the various skin treatments and procedures that they offer. "It was a great success," said Marea Brennan Thorns, one of the partners at MBNS. "Everyone thoroughly enjoyed themselves, and all our visitors left with a bag of fabulous skin care products."

But others benefited from the day too. "Half of the proceeds we raised have gone to a charity that is close to our hearts," continued Marea. "Operation Smile is a children's charity treating facial deformities, such as cleft lips and cleft palates, in countries all around the world. Several of our nurses have volunteered to help and hope to be travelling to Africa soon to lend their skills to the reconstructive surgery which the charity carries out on children who would otherwise have no hope of a normal life. Facial disfigurements have a very particular stigma attached to them in many countries, and correcting the problems can utterly transform a young child's prospects."

One of the procedures that proved of real interest at the MBNS International Nurses' Day was a special new teeth-whitening treatment. "Given that so many of our treatments here at MBNS are devoted to improving the look of the face and the lips, it just seems natural to complete things by offering clients the opportunity of a happy, confident, broad white smile," said Marea. The treatment is called Beyond Polus, and has already won rave endorsements from such television celebrities and presenters as Ant and Dec, and Matt Baker.

So what is involved? "It takes about an hour from start to finish," explained

Marea. "First a gel is applied to the teeth. Then three times every 20 minutes light is filtered on to the teeth from a halogen lamp. It's perfectly safe because all the ultra-violet light and the heat are screened out by over 150,000 optical fibres in the lamp. After an hour, your teeth can end up looking eight times whiter."

Once the procedure is over clients get to take home some special toothpastes and mouthwashes that are designed to keep their teeth pristine white. "Beyond Polus is really effective on the sort of staining that everyday life can leave behind, even after a good brushing with a conventional toothpaste," said Marea. "But it can also help with what are known as intrinsic stains, such as those related to age. People come back about six months later for a refreshment procedure."

The treatment is both safe and comfortable, and all the nurses at MBNS are fully trained in using the technique. "Lots of our clients are choosing to have the procedure because it complements perfectly the transforming, rejuvenating effects our skin and lip treatments have on the rest of a face," added Marea. "Having white looking teeth can make a huge difference to the way a person feels about themselves. Your whole face becomes more mobile; your expressions more expansive."

It seems that everyone left MBNS on International Nurses' Day with something to smile about.



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