**More from 34**

Summer is in full swing and here at the dental practice we have put together some fun facts about orthodontics which you might not have heard of!

**Fun facts**

* The nickel titanium in some brace wires was developed by NASA with shape memory properties that are activated by body heat and/or pressure.
* Braces have been around for nearly 300 years! The first braces were made in France in 1728.
* Our teeth shift forward throughout our lives, meaning that as we get older the front of our mouth looks more crowded which is why it is so important to continue wearing your retainers after treatment.
* Right handed? You probably chew your food on the right side of your mouth! Same goes for lefties.

**Staff news**

Happy Birthday to Sian this month.

Brace Yourself ladies team came 4th in the Herefordshire Rounder’s Summer League.

Congratulations to Karen and Sophie for completing their 5k Muddy Run. Who raised over £300 for Cancer Research UK. Well done girls!!

We are sad to announce that Sian is leaving us at the end of this month but wishing her luck for the future.

We are pleased to announce Emily has joined the team working at reception.

**Looking to the future…**

Our website has now been launched! Please take a look at it for information on your dental care. You will find the page at [www.34castlestreet.com](http://www.34castlestreet.com)