

The Democrat speaks to the owner and operator of Ortho in Park Street

Hugh Bradley - the straight talking orthodontist

“If my former self who opened my first practice in 1983 walked into this practice I don't think he would recognise half the equipment in here,” says Dr Hugh Bradley of Ortho on Park Street. “That's how much the speciality has changed.”

Hugh has a vision for orthodontistry, which is very much centred around removing misunderstandings surrounding the practice, and placing it in the high street.

Basically, the practice of orthodontistry is the straightening of the teeth, usually with the aid of braces.

“Unlike dentistry, which can often have a medical need, orthodontistry is focused on people getting the cosmetic outcome that they want, as well as the medical benefits that come with it.”

Walking into Ortho is not like walking into a traditional dentist practice, who are often situated in a stuffy old building in a converted bedroom. Hugh's practice is ultra modern, space age even - all white and blue perspex,

and full of Apple computers.

“It's not just about getting this place to look right, it is all about how it functions. The place is very much focused around communicating what we do, as we spend much of time doing that here. It actually about properly designing the practice for its purpose.” Unlike dentist where the prospect of drilling and pulling out of teeth can loom large over patient expectations,

Ortho is involved in less invasive techniques. New techniques such as Ceramic braces, Invisalign and lingual braces have been introduced to cater specifically to adults concerns.

“Dundalk parents are actually very good at coming forward when problems arise with their children's teeth, and also children are very conscious that getting braces is in fact a very positive process, and they see it as receiving a gift from the parents.

“The earlier the problem is identified, the easier it is to correct. In an ideal world if we could see girls between the ages of 8 and 9, and boys between 9 and 10, that is the right age.



Dr Hugh Bradley

While the human head is still growing. Girls stop growing relatively early, and their faces generally don't change much after the age of about 13, while male faces keep growing right into their late teens.”

Hugh's vision of openness and transparency in terms of the business is something that he

is bringing to his a new practice he setting up in Dublin. “Our motto is ‘Straight Talking Orthodontics.’ “We see it as hugely positive experience for people that go through the process.

“What I'd say to anyone in Dundalk who is thinking about: you'll never look back.”

Arts

Dolman Theatre group return to stage this November

Following recent successes with the ‘Cripple of Irishman’ and ‘Lend me a Tenor’ the Dolmen theatre group are opening their current season's activities with the Dundalk premiere of Conor McPhereson's modern Irish classic ‘The Weir’.

The play will open in the Tain Theatre on Wednesday, 12 November and run until Saturday, 15 November.

The local cast includes Paul Magee, Gerry O'Hara, Kieran Lawless, Trevor Lee and a very welcomed newcomer to the group Dara Woods.

Direction is in the hands of Una Kirk and Gerry Roddy and the usual backstage crew,

Ulтан Hodgers set design, Tom McDermott Lights and Marsella Harrison Stage Management are all already working on the technical requirements for the production.

The play is set in a small

rural pub on the Leitrim Sligo border and is arguably the most critically acclaimed Irish play in recent years.

It won the Laurence Olivier award for best new play in 1999 and the Evening Standards critic circles in 1998.

It returned to the London stage earlier this year starring Dervla Kirwan and Ardal O'Hanlon.

The Daily Telegraph affirmed it as “One of the best plays of the past century while the Financial Times stated this production “confirms its status as a contemporary classic—a beautifully acted revival”.

The Metro critic also asserted it as holding you “enthralled” whilst Theatre and Dance acknowledged “this play is a masterpiece”.

Its production in New York in 2013 evoked similar response with one critic proclaiming “The Weir can wash over you”.

Tickets will be available soon so watch this space.

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Drugs found

Gardai uncovered a quantity of drugs during a search of a house in Muirhevnamore last Thursday.

Gardai searched a house in Drive 2 under a warrant when the discovery was made. A file is being prepared for the DPP following the seizure.

Man carried a penknife

Gardai arrested a man who was in possession of a dangerous weapon last Thursday night.

Officers on patrol on the Castletown Road searched a man.

Gardai found a penknife in the mans possession. A file is being prepared for the DPP.

Mental Health

Busy schedule planned for second Dundalk Positive Mental Health Week

The second Annual Dundalk Positive Mental Health Week takes place next week and once again a series of events have been organised as part of this important initiative.

The week kicks off on Monday, October 6, with a radio programme hosted by SHINE Regional Development Officer, Derek Pepper on DundalkFM from 10am-12pm

On Tuesday, October 7, an Art Exhibition will be opened by GAA Mental Health Advocate, Conor Cusack in the Activities Room, The County Museum, Dundalk at 12pm On the same day, a Public Conference

‘Journey to Recovery: Living with a Mental Health Issue’ will be held in the Audio Visual Room, The County Museum, Dundalk from 2pm-4pm Speakers will include: Senator Mary Moran, GAA Mental Health advocate, Conor Cusack, Mr Garreth Phelan and Dr. Lisa Butterly

The art exhibition will run throughout the week in the County Museum Dundalk. All are welcome to attend this free event.

The Dundalk Positive Mental Health Committee will also be hosting a stand in the Marshes Shopping Centre 6th-13th October as part of the initiative.

Speaking to the Dundalk Democrat, Senator Mary Moran, a member of the

committee, explained that the event was built the success of last year's mental health week programme.

“We have the great pleasure of welcoming former GAA player and GAA Mental Health advocate, Conor Cusack to launch our art exhibition and speak personally about living with a mental health issue,” she explained.

“Last year, we received an impressive number of beautiful and moving art submissions for the exhibition based on the different experiences people had on their mental health journeys.

“It was wonderful to see how art had aided them in their recovery.

“The committee looks forward to the art work that will be on display this

year from the Ladywell Daycare Centre, Dundalk and St. Brigid's Hospital, Ardee as well as the many individuals who have personally submitted.

Senator Moran pointed out that everyone has been affected by a mental health issue at some stage in their lives. “It is important we bring awareness to this matter and promote positive mental health as a priority,” she stated.

“We have come a long way in reducing the stigma associated with mental health and we hope that this positive mental health week will assist in this campaign.

We look forward to a fantastic turnout throughout the week.”