

AT YOUR NEXT DENTAL APPOINTMENT, HAVE A GOOD LOOK!

We believe that it is important for you to be aware of what is happening in your own mouth. Hence our patient treatment rooms are equipped with the latest equipment to enable us to clearly and easily show you inside your mouth.

Our oral hygiene department has an intra-oral camera and personal viewing screen. From this screen you can comfortably lie back and watch live footage, 'before' and 'after' photos or even an enlargement of radiographs from your records for easy viewing. Your photographs are filed on the computer so we can precisely assess area of concern at your next appointment.

As mentioned previously Dennis has the latest Zeiss operating microscope in his patient treatment room. Not only does it allow the very best quality of treatment we can also take 'before' and 'after' photographs and live footage which is displayed on the plasma screen.

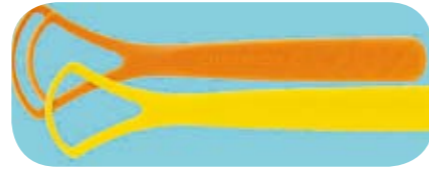
THINKING ABOUT VENEERS?

Have you thought about aesthetically improving your smile? Then why not have a look at Dentiques' album. It consists of before and after photographs of cosmetic treatment done by Dennis.

Look What's New!

Curaprox Tongue Cleaner

Curaden Swiss have released the new Curaprox tongue cleaner. Each set consists of 2 specially designed tongue cleaners to thoroughly clean all surfaces of your tongue. We think it does a fantastic job



Tooth Mousse And Toothmousse Plus

Tooth Mousse is a delicious tasting cream' that is beneficial for your teeth. It contains the major minerals that teeth are made from to give them extra protection. Tooth Mousse may be recommended for people who are at an increased risk of decay, have xerostomia (dry mouth), receiving orthodontic treatment and for sensitivity. Tooth Mousse **Plus** has all of the benefits of regular Tooth Mousse. However it also contains fluoride, and it is prescribed if one is at an even higher risk of tooth decay.



Oral B Satin Floss

Oral B Satin floss is easy and comfortable to handle due to its satin-like texture. It has a strong two-layered design which makes it easier to insert even between the tightest spots. It has a refreshing mint flavour.



DENTIQUE ONLINE

Have you had a look at our website recently?
Our website is www.dentique.com.au

Dentiques Trip To The Gold Coast

The team at Dentique were treated to a fabulous trip to the Gold Coast in March. The long weekend consisted of team building activities as well as relaxing at the beach, golf, going to Movie World and eating at fantastic restaurants. We took a drive to Brisbane one evening to visit our patients Kate and Matthew Harvey. We dined at their stylish restaurant 'White Rabbit' and enjoyed a fabulous meal. We would highly recommend White Rabbit to anyone visiting Brisbane.



DID YOU KNOW...

...that most fizzy drinks are just as acidic as vinegar!



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From the Chair of Dennis Teoh

Dear Valued Clients and Friends

Hello and welcome once again to Dentique Dental Solutions. As we approach our 20th year here in North Sydney, I reflect back on all wonderful memories of the interactions with my patients. Over these years, patients have become good friends of the practice, incredible news and tales of holiday experiences have been shared, teenage schoolchildren and young men and women in courtship have become parents, budding new graduates have become highly successful individuals; how time flies! It is truly rewarding not only to improve your smiles and maintain your dental health but to see your achievements in family and career. Contrary to popular belief, dentistry is not just about working in a dark hole. I am truly grateful for your loyalty, referrals and the opportunity to share all your amazing experiences.

Our Zeiss Operating microscope (featured in our last newsletter) has been in use for over a year now. The use of the microscope has not only allowed us to provide a higher standard of dental care but at the same time show you the improved result on the plasma screen. If you haven't had the chance to see our microscope in action, please ask for a demonstration the next time you visit us.

It takes a long time for a professional service provider or any business to mature and be consistent in providing an excellent service to its clients. I believe the team at Dentique has attained that maturity.

As we approach the end of another year, we wish you all the very best in your health, career and happiness. We hope you will find the following information provided in this newsletter useful.

Keep smiling!

Dennis

Competition Winners

Thank you to everyone who has participated in our competitions. Each competition runs for 4 months. Our competition winners for the past 12 months are:



Bridge Climb – **Fred Webster**
Angsana Spa voucher - **Peter Kerney**
Portsea Estate wine – **Peter Mildenhall**
...must be a female's turn next time!!

Congratulations to you all.
We hope you thoroughly enjoyed your prize.

Children's Corner

Congratulations to our young competition winners. Pictured is Adam Dakin and Molly Wills with their FANTASTIC prizes

Our children's room now has an exciting new theme and competition every four months. So far we have had 'Winter Wonderland' and "Fun in the Sun".



Inside this Issue

- Competition winners
- Children's Corner
- Diabetes and oral health
- Tooth eruption
- Caring for primary teeth
- Why is flossing so important
- Changes to your health?
- Snacking and grazing
- Dental phobias
- What are Dental Radiographs used for?
- Disclosing tablets
- At your next Dental appointment, have a look
- Look what's new
- Dentiques trip to the Gold Coast
- Did you know?

DIABETES AND ORAL CARE

Research has shown that diabetes has a strong link with our oral health.

Anyone who has diabetes is at a higher risk of gum disease because their body is more vulnerable to the bacteria found in our mouths. The extent of the risk, however, relates to the duration and control of the diabetes, with the likelihood of periodontal (gum) disease increasing when diabetes is poorly controlled.

The relationship between oral health and diabetes goes both ways – not only may people with diabetes have more susceptibility to periodontal disease, but also periodontal disease may make it more difficult for people who have diabetes to control their condition.

Periodontal disease responds well to treatment and can be managed successfully if the patients is with well-controlled diabetes.

Diabetes has also been linked with other oral infections, oral mucosal disorders and salivary dysfunctions, such as xerostomia (a dry mouth) A lack of saliva can increase the risk of tooth decay.

Like all of us, people who do have diabetes need to have regular hygiene appointments and check ups for close monitoring, early detection and minimal intervention to help keep both aspects of your health under control.

Caring For Primary Teeth

Primary (baby) teeth may be temporary but they deserve good care. They need to be kept clean and healthy to remain free from decay as infection from primary teeth can cause damage to the permanent teeth developing under them. They are needed to chew, eat and to hold a place in the jaw for the permanent teeth

The risk of tooth decay in primary teeth can be reduced by not allowing your child to sleep with a bottle of milk, juice, formula or sweetened liquids – water is best!

Your baby's teeth need to be cleaned as soon as they come through. This is usually a difficult task, however it can be made easier with the use of an Infadent. This is a small finger toothbrush and gum massager.

As your child grows, the appropriate toothbrush needs to be used according to their age and it is recommended for parents to clean their child's teeth for them to ensure they are being cleaned properly.



SNACKING AND GRAZING

Frequent snacking can be our teeth's biggest enemy. What you eat isn't as important as when and how often you snack! It all has to do with the "plaque reaction," and this is how it works:

Everyone has plaque bacteria in their mouths. When these plaque bacteria meet up with the sugars and starches that are found in most snacks that you consume the plaque reacts to create acid and a "plaque attack" occurs. Sugars and starches give plaque the opportunity to make acid. Each "plaque attack" can last for up to 20 minutes after you have finished your snack. During this period, the plaque acid is attacking tooth enamel, making it weak. That's when cavities can start!

The good news is, you can take a stand against plaque! By brushing twice daily with fluoride toothpaste and by reducing the number of times you snack each day, you can help prevent tooth decay.

When it comes to snacking, it's best to choose something nutritious, to snack in moderation and drink plenty of fluoridated water to help strengthen and remineralize your teeth. It's also better to eat the whole snack at one time! Here's why: eating five pieces of a snack at one time exposes your teeth to possible tooth decay — for approximately 20 minutes. Nibbling on those same five pieces at five different times exposes your teeth to possible tooth decay for approximately 100 minutes. What a difference!



Why Is Flossing So Important?

Flossing is an essential part of the tooth-cleaning process because it removes plaque from between teeth and at the gumline, where periodontal disease often begins. Flossing removes the bacteria that escape the toothbrush by hiding in the tiny spaces in between teeth. Daily flossing is highly recommended as plaque build-up can lead to tooth decay and gum disease. If you do not floss you are allowing plaque to remain in between teeth where it eventually hardens into a substance known as tartar or calculus.

Over time, levels of more dangerous types of bacteria build up within the tartar. The bacteria produce toxins which irritate and inflame the gums. This condition is known as gingivitis. If gingivitis is left untreated it can progress to a more advanced periodontal disease - a condition where bacteria and their toxins invade not only the gums but also the bones and the structures supporting the teeth.

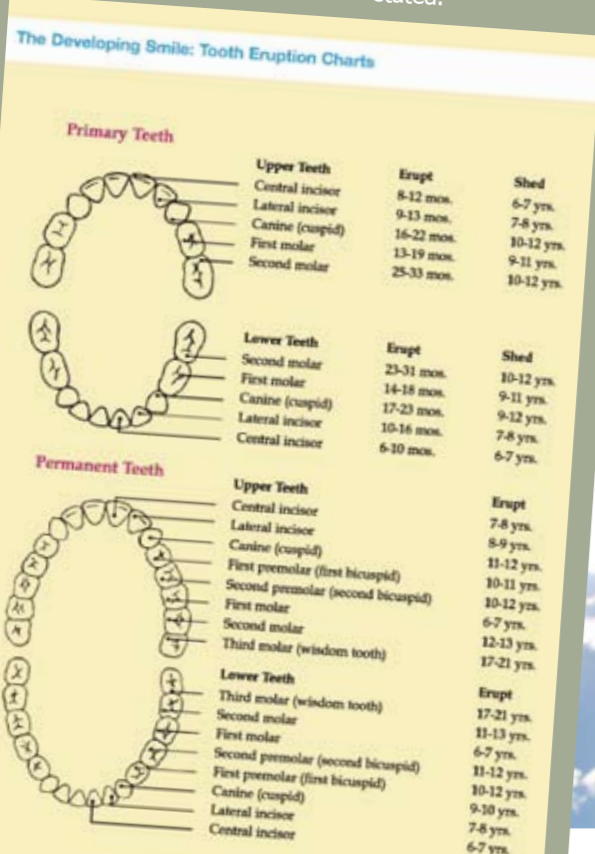
This can lead to bone loss, loose teeth and loss of teeth. By brushing and flossing we help to eliminate the bacteria which can lead to bad breath, gingivitis, and periodontal disease thus creating smiles which last a lifetime.

If you find using floss awkward or difficult, ask our dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.



Tooth Eruption

We are often asked questions regarding tooth eruption. The following charts are a guide showing the average age that teeth generally erupt for both primary (baby) teeth and permanent teeth. It is always possible for teeth to erupt earlier or later than stated.



CHANGES TO YOUR HEALTH

If there have been any changes to your general health, including a change in medications it is important that you inform us at your next appointment. It is quite common for medications and changes to our general wellbeing to affect and alter our oral environment.



DENTAL PHOBIAS

It is understandable that some may be apprehensive about going to the dentist. The common causes are from an unpleasant past experiences and that it might be painful.

At Dentique we do our very best to make your appointment pleasant, relaxing, enjoyable and painless in all areas of treatment. If there is something that makes you feel apprehensive about dental appointments please share your worries with us so that we can do our absolute best, to make you comfortable.

We have a wide range of complimentary special touches that are available to you at all times, they include:

- hand treatment
- soothing eye mask
- warm blankets
- soft pillows for head, neck and back support
- heat packs, especially nice for back aches
- Aromatherapy
- Scented candles
- Cordless headphones for the plasma or to listen to music
- Refreshing hot towels
- Kids room with Playstation 2, videos, books, toys and competitions to enter

If there is anything that we can possibly do to improve your experience with us we would really value your feedback.

WHAT ARE DENTAL RADIOGRAPHS USED FOR?

Dental radiographs are vital in the diagnosis and management of most dental conditions. They allow us to detect problems that may not be seen by an oral examination alone. There are four main categories for dental films and they all show a particular view of your teeth.

Bitewing films (so named as you bite down on a film holder) are taken at least once every two years. Their main purpose is to detect decay within your teeth and monitor the health of the surrounding bone levels. They enable us to detect decay in its early stages and work with a minimal intervention approach towards your treatment. They will show a clear image of the crowns of your molars and pre molars of your top and bottom teeth.



Periapical films show an image of the entire tooth from the end of the root (apex) to the top of the crown. They are taken if there is a specific concern to a particular tooth. Bone loss, cysts, cracked teeth and infections are detected with this film.



Panoramic films (OPG) show an image of all of your teeth and the surrounding areas of the upper and lower jaw. The OPG gives Dennis and the Hygienists an overall view. It also identifies abnormal growths within the jawbone, trauma to the jaws and problems with wisdom teeth. They are generally taken once every five years. OPG's do not show the finer details that are visible in bitewing films; this is why they both need to be taken for a complete picture.



Lateral Cephalometric films are taken when orthodontic treatment is required.

Disclosing Tablets

A disclosing tablet is a harmless coloured dye that is attracted to plaque. Plaque is made of groups of bacteria that grow on your teeth and if not removed properly reacts with sugars and starches in foods to produce acids and other substances that can cause damage to your teeth. Plaque is a sticky invisible film and is extremely difficult to see.

The dye colours the plaque to allow you to see how thoroughly you are cleaning your teeth and helps identify areas that require more attention when brushing and flossing. The tablets are easy to use – after brushing your teeth simply chew a disclosing tablet for about 30 seconds and then rinse with water. If there are any coloured areas on the teeth they are indicating areas that are being overlooked, the dye is then easily removed with a toothbrush.

Please let us know if you would like to try some disclosing tablets.

