

your dentist™

YOUR PRACTICE NAME HERE

Your Dentist dental patient newsletters are personalised with all the details of your individual practice including your contact details, opening hours, location, services and more.

You also receive a LEVEL 2 LISTING Our find-a-dentist service. See a sample at: <http://www.dentist.com.au/demo>

For more information, complete and return the Your Dentist Application form or contact us on:

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Here's a sample of what you can include about your practice:

DENTISTS

Dr Roy Douglas, BDS
Dr Virginia Douglas, BDS
Dr Nadine Walker, BDS

HOURS

Monday to Friday 8.30am to 5.30pm
Thursday 8.00am to 8.00pm

LOCATION

Douglas Dental Care is located 100m north of Fifthtown Railway Station on the corner of Fourth and Eden Streets.

PARKING

Ample parking is available at the rear of the practice. Enter via Doll Street.

SERVICES

Tell patients about your practice here and list the range of services you provide. The newsletters are designed as a professional way to keep in regular contact with your patients by advocating good oral hygiene in a non-threatening manner.

ORDERING

Please call (02) 9929 1900 to order a sample of Your Dentist personalised to your practice. Obligation free. For ordering purposes, this is:

EDITION 5

Want a perfect smile?

If you want to improve the look of your smile, Your Dentist is the perfect person to ask. Your Dentist can discuss with you how you want to improve your smile and then examine your teeth and recommend the best way to achieve the result that you want.



Before veneers



After veneers

If your teeth are stained or discoloured due to lifestyle factors, development problems, age or other reasons, Your Dentist may recommend whitening your teeth. Whitening or bleaching of your teeth is accomplished using a gel of hydrogen or carbamide peroxide that is applied onto your natural teeth to break down stains and permanently lighten the colour (shade).

If your teeth are chipped, heavily discoloured, have small gaps between them or are slightly crooked, then veneers may be an option. As the name suggests, veneers are thin shells that are bonded onto the front of your teeth to effectively hide these problems.

Very crooked teeth may require orthodontic treatment. Orthodontics uses braces and other devices to apply pressure to your teeth over time to gradually move one or more

teeth into their correct positions. Today, braces are available in a variety of materials including tooth coloured ceramics that are less noticeable than traditional stainless steel braces. Invisible plastic aligners worn like a sheer mouthguard may also be an option.

If you have a tooth missing, Your Dentist may recommend using a dental implant that is surgically placed into the bone where the tooth is missing to act as a replacement for the root. A precision fitted prosthetic crown is then attached to the implant to replace the missing tooth.

Alternatively, Your Dentist may use the teeth adjacent to the missing tooth (or teeth) as supports to attach a new prosthetic tooth. This is known as a bridge.

Your Dentist has many options available to help improve your smile and only a few have been mentioned here. There are also many factors to consider before undergoing any form of cosmetic dentistry including possible side effects and on-going maintenance requirements. Your Dentist will discuss all of these factors with you and will be happy to answer any questions you may have before any treatment begins.



Before



After

Peaceful, healthy, better sleep



Your Dentist may be the last person you'd think of to ask for help with snoring. If you're one of the many who for years have had to suffer all

the bad effects of snoring or sleeping next to someone who snores, then Your Dentist may be able to help by working in partnership with your doctor or a sleep specialist. It is important that people with sleep problems are first assessed medically, which usually involves having a "sleep study" to work out why the problem is occurring.

The design of your throat unfortunately is not ideal because it is not held open or supported by bone structure. As you sleep, the muscles and soft tissue in your throat and mouth relax and this may cause a partial or

even a complete blockage of your airway. When your reflexes attempt to get enough air into your lungs for your heart, your brain and your body

to function correctly, the speed of the air in the narrower space has to increase and this makes the soft tissues in your throat and mouth vibrate. As a consequence, you start to snore.

Dental appliances can be made to reposition the jaws to open up the throat and improve the flow of air. Your Dentist can select the right type of appliance to help. Often these look something like a double mouthguard and are worn at night. They will either stop your jaw falling back or bring it slightly forward to increase your airway space and so eliminate or at least reduce your snoring.

Just imagine what it would be like to experience and enjoy uninterrupted, deep, rejuvenating sleep. To awaken fully refreshed and to look forward to your new day. Now, Your Dentist can provide an important part of the solution to this medical problem. If you or your partner are snoring or think you have sleep apnoea, you should have a sleep study and then talk to Your Dentist about how dental appliances could help.

Get the story straight

If your teeth are in the wrong position in your mouth, are crooked or have gaps between them, then Your Dentist may recommend orthodontics as a solution.

Orthodontics works by applying gentle forces to your teeth over time, which causes the teeth to move.

Like all facets of dentistry, orthodontics has continually been changing and improving with new technologies in response to patient requirements.

Computer software, for example, is now available to assist Your Dentist to map how far your teeth need to move to achieve the result you're looking for.

Many will think of orthodontics as those conspicuous metal braces that they or their friends wore at school.

While metal braces are one of the options Your Dentist can use, there are also other alternatives.

Whereas braces are necessary in some cases to achieve the required repositioning of your teeth, they are now, for example, available in translucent, polycrystalline ceramics that are practically unnoticeable. Or, lingual braces can be fitted to the back of your teeth inside your mouth.

Plastic aligners that fit like a sheer mouthguard are also very popular and are virtually invisible.



There are also many other new developments in orthodontics, both for adults and children. So if you want to get the story straight, ask Your Dentist for more information.

Ask Your Dentist

Do you want to know more about the information on this page?
Ask Your Dentist and they will be happy to help.

Putting the bite on heart disease

Keeping your mouth healthy is increasingly being shown to be a key factor in keeping your whole body in great shape. According to a world-first study at Sydney's United Dental Hospital, healthy gums dramatically cut the risk of heart attack, stroke and cardiovascular disease by reducing blood clot risk factors. Results of a patient trial provided strong evidence supporting a link between gum disease and an increased risk of developing blood clots, which could lead to the onset of more serious conditions.

Periodontal disease is the most common infection in the world affecting more than 50 per cent of the population at any one time.

"This condition is common and treatable. It's a simple statement to make but improving dental health can significantly reduce the risk of stroke and cardiovascular disease," said Dr Barbara Taylor, a periodontist and coordinator of the trial.

Ask Your Dentist for more information.

Ice cream headaches

If you've ever suffered an 'ice cream headache', brought on by eating something cold, then you're not alone. Approximately 30% of people suffer this reaction, triggered by the sudden change in temperature that results when ice cream, or any other chilly food or beverage, is placed in your mouth. When the substance touches the roof of your mouth, the sudden cold causes your body to rapidly compensate. A nerve reaction swells the blood vessels in your head in an effort to compensate and heat up your brain. It's this swelling of blood vessels that causes an ice-cream headache, otherwise known as "brain freeze" or "frozen-brain syndrome". Fortunately, the intense pain in your head only lasts for 30-60 seconds and can be avoided by keeping cool foods away from the roof of your mouth.



Short bites

• The FBI in America is developing a high speed dental identification system that will be able to compare thousands of dental records in minutes, just like fingerprints.



• Researchers at Guy's Hospital in London have identified a peptide that keeps cavity-causing bacteria from sticking to your teeth. The Horticulture Research Institute in Kent, England is looking for ways to introduce this peptide into apples.

• According to a new Australian study, people with rheumatoid arthritis are twice as likely to develop gum disease than people without arthritis.

• Oral health is still a problem in India to the point where the government is to set a new standard that Indians should retain 85% of their teeth by the age of 18.

• A new report suggests that people with diabetes who ensure they are free of gum disease by having regular dental procedures such as cleanings and periodontal scaling, can lower their overall medical costs by 10-12%.

• Because of their potential to cause dental cavities and childhood obesity, the American Academy of Pediatrics has recommended parents limit the amount of fruit juice given to infants and small children.

Passive smoking cavities



Children whose parents smoke are more likely to develop dental cavities, according to a study from the University of Rochester's Strong Children's Research Centre.

It was found that the higher the exposure to smoke, the more cavities a child developed. Of the 3,783 children sampled, it was reported that 47% had cavities in their baby teeth and 26% had cavities in permanent teeth.

"This study should serve as a sobering wake-up call to parents who still don't see the danger in smoking around their children," says pediatrician Andrew Aligne, MD, the study's lead author and assistant professor of general pediatrics at the University of Rochester. "This study indicates that second-hand smoke accounts for a significant proportion of cavities in children."

Prevention is for everyone

Many people who are filling and/or decay-free often become relaxed about the hygiene of their mouths. "I don't spend much time worrying about my teeth as I don't have any decay," is a common statement. However, while having no decay is fantastic, decay is not the only indicator of a healthy mouth.

There are many bacteria in our mouths and the majority of these are very beneficial to our immune system, digestion and taste. However, three distinct adverse actions can occur from these bacteria - dental decay, gingivitis and gum disease (periodontal disease). Being decay-free doesn't prevent you from having gingivitis or gum disease and vice versa.

It is often people who are decay-free that have gingivitis (inflammation of the gum tissue) and gum disease (periodontal disease) because they have not maintained regular dental visits. One of the first signs of these gum problems is bleeding gums when you brush your teeth.

Your Dentist can help set up a programme tailored to meet all your dental needs. This will involve professional teeth cleaning on a regular basis performed by Your Dentist or a Dental Hygienist, and practical oral hygiene advice, information and instruction that will assist you in preventing gum problems. Establishing the proper techniques in tooth brushing and flossing are equally as important in the prevention of gum infections and diseases as it is in preventing tooth decay. Work with your dental professionals to ensure your technique is correct.

Our tooth structure can also undergo a destruction called erosion, which occurs in the absence of bacteria. It is literally the melting away of your teeth due to acid. The source of this acid comes from the food we eat and our gastric (stomach) juices. Many people may have experienced



the condition called reflux, which is the reverse flow of stomach acid through the oesophagus into the throat and mouth. This is the same action that happens when we vomit, but to a much smaller degree.

The acidity of the food and drinks we consume play a significant role in erosion, especially if we have a dry mouth. As an example, orange juice, apple juice and wine are 10,000 times more acidic than tap water whereas some soft drinks can be up to 100,000 times more acidic.

Saliva plays an important protective and reparative role for our teeth. It has the ability to neutralise (buffer) the acid in our mouths and to harden (remineralise) the minerals of our teeth when acid has softened them.

The simple way to assist the saliva function is by rinsing with water or chewing sugar-free gum after consuming any acidic foods or beverages. Your dental professionals can also assist you in identifying oral health products on the market that boost the action of saliva, particularly if you have a condition known as xerostoma (dry mouth).

Remember, it is very important NOT to brush immediately after consuming any acidic foods or drinks (or experiencing vomiting or reflux), as we can permanently damage our teeth as they will have been temporarily weakened by exposure to the acid.

Overall, erosion can result in our teeth shrinking in size and shape.