

YOUR PRACTICE NAME HERE

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

You also receive a free web page on our find-a-dentist™ service. See a sample at: <http://www.dentist.com.au/demo>

For more information or an application form contact us on:

Telephone: (02) 9438 5333
Facsimile: (02) 9438 2999

Email: info@dentist.com.au
Website: <http://www.dentist.com.au>

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
Saturday 8.00am to 1.00pm

LOCATION

Explain the exact location of the practice with the nearest corner or landmark.

PARKING

Include information for your patients on where to park at the practice, street parking or parking stations.

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

Simply complete and return the Your Dentist Application Form to receive a draft of how your practice information will look. Your newsletters, your individual style. For ordering purposes, this is:

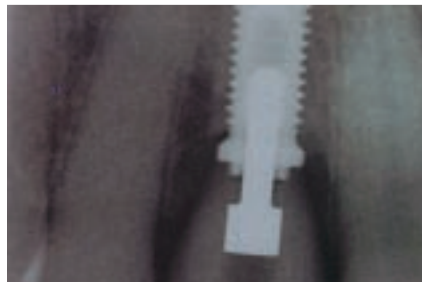
EDITION 6

Replace that missing tooth

Factors beyond our control like sporting injuries, accidents and hereditary defects, can cause us to lose a tooth prematurely. With new techniques and technology, your dentist now has several options available that can correct this problem.



Which tooth is an implant?



Only an x-ray can tell.

Solutions can be either removable or permanently fixed in place and your options depend on which tooth is missing and the strength of the supporting bone and teeth adjacent to the missing tooth.

Dentures are the best known removable options for replacing teeth. Dentures use a replica or false tooth to fill the gap left by a missing tooth. Dentures rely on suction retention on the palate (roof of your mouth), gravity retention and/or anchored retention (clasps) to remain in position.

Dentures provide support to the gums and bone where the tooth is missing, support chewing and maintain appearance. One of the advantages with dentures is that none of your other teeth are altered in shape or size. Disadvantages include

learning to adapt to placing the denture, altered speech in the beginning and care in cleaning the denture outside of the mouth. Dentures also have a tendency to accumulate food around them that can lead to further decay and gum problems.

Fixed options offer all day stability in chewing and aesthetics. A well known fixed method of replacing a missing tooth is with a bridge. As the name suggests, a bridge uses the teeth on one or both sides of the missing tooth as support for a replacement tooth. There are three distinct types of bridgework that can be used and each has advantages and disadvantages that will be fully explained by your dentist if this is considered the best option. In each case, the health of the supporting teeth must be considered.

The most conservative fixed solution is a single tooth, surgically placed, dental implant. Implants feature an embedded titanium post fitted with a porcelain crown constructed to look like a natural tooth. New technologies are bringing this option to the forefront often with the availability of immediate placement, where it previously required a period of three months to a year before treatment was completed.

If you have a missing tooth, your dentist will examine your full mouth in order to determine your exact situation and offer the best options to replace that missing tooth.



A 3-unit bridge

yd

A whiter shade of pearl

Whitening your teeth using a home bleaching kit prescribed by your dentist or professional in-office bleaching in the dental surgery can impact how we perceive our mouth. It has the potential to provide a positive influence on our overall assessment where discolouration, slight crowding or overlap of our teeth is present.

Whitening is a way of assisting a natural outcome that maintains our individual characteristics. The teeth remain in their same position, but we put less significance on this aspect as a result of the gleam of whiter teeth. The optical effect is strengthened by ALL teeth undergoing a uniform change in appearance.

Making whitening a first step in cosmetically altering your teeth may be the only step necessary as other



minor imperfections become less significant with a whiter smile. It can be similar to the “try before you buy” principle. It allows you to judge for yourself if further changes are required to accomplish a positive attitude about your appearance.

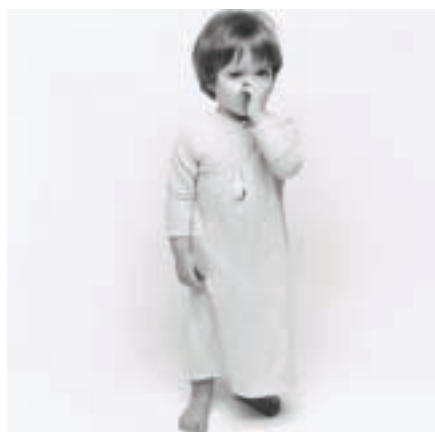
The cost for this conservative treatment is not so extensive to prevent you from pursuing additional cosmetic dental work should you desire.



Determining the best and most appropriate treatment relies heavily on giving a clear explanation to your dentist on your desires and expectations. Bleaching is not an appropriate treatment for everyone, and can only be determined with a full assessment by your dentist.

The safest and most effective results are achieved under the prescribed guidelines of your dentist. yd

Thumbsucking a problem?



Thumbsucking is a common habit of children. Many infants suck their thumbs during their first year of life, and over thirty percent of children continue to suck their thumb during

their pre-school years. In addition, five to twenty percent continue this habit after age six.

Thumbsucking is considered normal in young children, and often is connected to some other attachment, like fondness for a favourite blanket or toy.

Many parents worry about a child's prolonged thumbsucking. It may help to know that children do eventually grow out of the habit, most by the time they turn 5.

It isn't necessary to involve a health professional to stop thumbsucking, unless:

- The child is 7 years of age or older;
- The thumbsucking begins to cause

dental problems, like front teeth that stick out abnormally;

- Thumb problems such as infections occur;
- The thumbsucking seems to be related to an emotional problem;
- The child's relationships with friends or family begin to suffer because of the thumbsucking; or
- Thumbsucking interferes with normal speech.

To help prevent a thumbsucking problem, parents can give their infant a pacifier as a substitute for thumbsucking. It is important to choose an orthodontically designed model that prevents tongue thrusting and related dental problems. yd

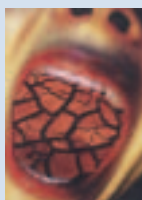
<http://www.dentist.com.au>

Find all the info and more @ Your Dentist on the internet. All information in this newsletter is © 2002.

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.

Dry mouth symptoms



Having a dry mouth is a bigger problem than you might think (see the story on Xerostomia on the back page). You should have your teeth examined by your dentist if you are experiencing any of these common symptoms:

1. The corners of your lips are dry and/or cracked;
2. You have frothy (aerated) saliva - tiny bubbles of saliva become visible at the corners of your lips when talking;
3. You have impaired speech because your tongue sticks to your palate (the roof of you mouth) when you speak, making a “smacking” sound;
4. Fissures (deep crevices) can be seen on the inside surfaces of your cheeks and on your tongue;
5. You have a burning or tingling sensation in your tongue;
6. You have thick, ropey saliva (sticky glutinous strings);
7. Food particles stick to the front surface of your teeth and on your gums below or above the teeth where the cheek tissue begins;
8. You have recurrent mouth ulcers;
9. Your gums become irritated and you have increased bleeding when you floss, brush and eat;
10. There are white and/or red patches present on your tongue, gums and inside your cheeks;
11. You have bad breath (Halitosis);
12. Your sense of smell and/or taste diminishes;
13. The fit and comfort level of your dentures change;
14. You have difficulty in chewing food and swallowing;
15. You have difficulty in swallowing pills or tablets;
16. Your sleep is interrupted with the need to drink water during the night;
17. You wake up with “Cotton mouth” in the morning and need fluid to relieve it;
18. All of your teeth becoming generally darker - either yellow or grey;
19. You experience an increased rate of dental decay.
20. You have long-term nasal congestion/sinusitis.

Four legged friends

Kittens

Kittens have 26 temporary teeth that begin to erupt at about two to three weeks of age. They have 30 permanent teeth that emerge at about three to four months.

Studies show that 70 percent of cats show signs of gum disease by age three. Symptoms include yellow and brown build-up of tartar along the gumline, red inflamed gums and persistent bad breath.



Puppies

Puppies have 28 temporary teeth that erupt at about three to four weeks of age. They have 42 permanent teeth that begin to emerge at about four months of age.

Studies show that by age three, 80 percent of dogs exhibit signs of gum disease. Symptoms include yellow and brown build-up of tartar along the gumline, red inflamed gums and persistent bad breath.



As with humans, there are products available to help our four legged friends with their oral health. See your local vet for advice.

Lollies and chewing gum

Just because lollies are sugar free does not mean they are good for your teeth. Sugar free lollies can be problematic if they contain certain preservatives. Numbers in the ingredients list identify which preservatives are used and the ones to look for are 300, 330, 331 and 338. These indicate that the lolly contains Citric Acid and Phosphoric Acid, which are linked to the destruction of the tooth enamel and dentine. This condition is known as erosion.

Also contributing to erosion is the habitual chewing of gum. Sugarfree chewing gum has been shown to reduce mouth acid by increasing your saliva flow. Maximum benefit for your teeth, however, is best accomplished by limiting chewing time up to the point where the flavour is lost from the gum. Stomach reflux can result from long-term gum chewing. Stomach reflux is when highly acidic digestive juices from your stomach come up your throat into your mouth, which leads to tooth breakdown.



How dry is your mouth?

Xerostomia (Dry Mouth Syndrome) relates to the absence or reduction of saliva or moisture in the mouth. Rapid tooth deterioration can occur when saliva is diminished or completely absent. Bad breath, recurrent mouth ulcers, fragile teeth, higher decay rate, increased gum infections and tooth loss are the result of untreated xerostomia. Where dentists once relied on the patient's expression of mouth dryness to initiate treatment, there is more attention focused now on identifying early signs and prevention.

The occurrence of xerostomia relates to our physical and mental health, our body features, our occupations and our lifestyle choices. Aging used to be considered a cause of xerostomia. This is not true today. Xerostomia has become more common in the aged population mainly due to changes in physical and mental health along with polypharmacy - the intake of multiple daily medications.

Side effects of prescription and non-prescription medications are a significant contributing factor in the increased incidence of xerostomia. Leading the way are the Anti-hypertensives (blood pressure), Anti-depressants, Anti-histamines, Decongestants, Diuretics, Diet Pills, Smoking Cessation and Recreational Drugs (heroin, cannabis and amphetamines). Keep your dentist current on all medications you are taking.

How we breathe also has some influence on our saliva. A normal breathing pattern generally occurs through our nostrils. Mouth-breathing is a condition where breathing is deferred to the mouth, mainly from deviations in the

structure of the nose. Correcting this problem at an early age is more beneficial to your overall dental health, and can be coordinated with the individual's growth process.

Bouts of Colds or Flu involving diarrhoea, vomiting and sweating are conditions that alter body fluid levels and therefore saliva. These symptoms tend to be temporary, but



they also lead to chronic conditions with the aged as well as people with the eating disorders Anorexia and Bulimia. The athlete involved in repetitive strenuous physical activity will also experience depleted saliva production. Saliva production lessens to a “non-essential” function as their performance requires peak muscle function.

Severe burns and excessive bleeding also alter the saliva resulting from an imbalance in our body fluid as part of the inflammatory response. Health conditions such as rheumatoid arthritis, scler-

oderma, Sjogren's syndrome, lupus and diabetes can involve progressive saliva changes that result in the classic “desert” dry mouth. The use of a mouth moisturiser is a beneficial aid in maintaining a healthy mouth.

Smoking, alcohol and caffeine make up the ‘dental health trilogy’ and have a significant impact on the depletion of body fluid, especially our saliva. Smoking limits blood flow by narrowing our blood vessels. Our gum tissue and bone support deteriorates from the loss of nutrients carried in our blood, and destructive plaque bacteria activity increases. Alcohol dries the mouth and promotes increased bleeding of our gum tissue. Caffeine, a diuretic, alters saliva production through the action of increased sodium and water loss throughout the body.

We face more challenges today, in modern society, in the pursuit of optimum dental health. Filtered water is by far the best source for replenishing our body fluid. Water is not acidic, it has no sugar content and represents 70% of our body weight. Choosing drinks such as fruit juices, soft drinks, coffee, tea and sports drinks as replenishing fluids is likely to lead to poor dental health. These beverage choices, in xerostomia, can rapidly destroy tooth structure. Sugarfree lollies and chewing gum can be a source of further tooth breakdown (see lollies and chewing gum on the previous page).

Consult with your dentist on any mouth dryness symptoms you are experiencing. Utilise your dental professionals to help find the right dental products for your individual needs. Early detection is essential for good dental health.