your dentist™
Newsletter of Your Dental Practice

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:

CEREC EDITION 1

All in one visit with CEREC

New technologies are making our lives simpler and easier everyday and dentistry has certainly not been left behind. Thanks to a great new system called CEREC, you can now have a high-tech smile in a single visit.

In days gone by, you may have needed to visit the dentist two or three times to have a quality, white ceramic restoration. The dentist would need to take a special 'impression' to make a plaster model for the dental laboratory to generate an exact replica of your tooth in order to hand-make your porcelain restoration. The craftsmanship of the laboratory technician is highly regarded, but generally requires a minimum turn-around time of two weeks, leaving you to function with a temporary, generally plastic, restoration.

CEREC, instead, uses the latest Computer-Aided Design and Manufacture (CAD-CAM) techniques to give you perfect, white fillings, veneers or crowns, all in a single visit.

Here's how it works.

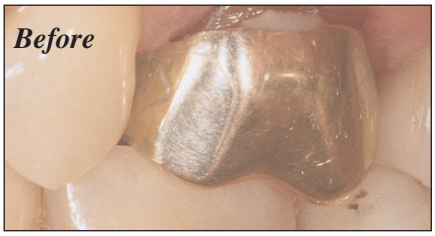
Once your dentist determines that CEREC is the correct course of treatment, your visit will begin by preparing the tooth. Any decay, if present, is removed, leaving as much as possible of your healthy tooth to support the CEREC restoration. Next, your dentist will use a specially designed electronic camera that makes a digital 3D model of your tooth in seconds.

You can then watch your dentist design your new restoration on a computer screen, right beside the dental chair using the 3D image created by the camera. The virtual filling is then transferred into reality, again using CEREC. A solid block of porcelain ceramic is inserted into the machine and automatically machined to exactly match this computer model.

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour! CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of your teeth. The ceramic material is biocompatible and is not effected by hot or cold.

Ask your dentist for more details about CEREC or make an appointment for a check-up today.

Before and after: CEREC restorations look and feel better than amalgam (above) and gold (below), and can be completed in a single appointment.



Decay: Your teeth's worst enemy

Dental decay is usually defined as acid attacking the tooth surfaces. Acid is produced when sugar from foods we eat comes in contact with plaque bacteria on and in between the teeth. Each sugar intake produces up to 30 minutes of acid production. If decay is not detected, it can cause extensive damage to the tooth. But don't be too alarmed, teeth do recover from early stages of decay, and damage can be repaired.

The first signs of tooth decay.

Early decay usually first appears as white spots. If the decay is not treated, the white spots can change colour and develop into cavities which need filling.

Decay operates in different ways, which varies in length of time and intensity in individuals and different population groups. There are two groups which are most at risk from decay: people aged between 15 and 30 and those aged over 60. Children aged under 15 are much less susceptible to decay having "grown up" with fluoridated tap water. Research has found that children who have decay-free baby teeth have a 75% chance of their permanent teeth remaining decay-free.

As we get older, our gums recede and more tooth surface is exposed. Our tooth roots have no protective enamel, so decay can occur more rapidly and undermine the strength of the tooth.

The rate at which decay builds depends on a balance between many factors. A variety of preventive methods may be used by your dentist to help limit the decay process. Important preventive strategies include proper nutritional advice, good personal oral hygiene and use of fluoridated or remineralising products.

Avoid foods and drinks which are high in sugar, like sugar-coated biscuits and soft drinks. Have regular, healthy meals and try to cut out between meal snacks. You will need to be diligent in removing food debris that gets trapped between teeth with the use of floss or wood-sticks. It is important to clean porcelain restored teeth just as you would your natural teeth. Porcelain cannot decay, but the tooth structure they are supporting certainly can.

Saliva is another ally which protects the teeth and helps fight acid. If the mouth is dry, drink tap water or chew sugar-free gum to increase saliva flow. Teeth are more susceptible to decay in a dry mouth.

Regular visits to your dentist; proper daily brushing and flossing; and a healthy diet will help guarantee your teeth will be with you well into old age. yd

Restore life in your mouth with porcelain

Biocompatible materials support the normal, healthy functions of the body. Porcelain meets this quality standard as it is resistant to corrosion and its hardness is twice the strength of tooth enamel.

Porcelain dental restorations can assist in the following areas:

Turn "metal mouth" into a natural smile

Aged fillings, crowns and bridges can be replaced with metal-free restorations. Porcelain restorations reflect the translucence of natural teeth. Your new metal-free fillings won't show wear or cause the teeth they contact to erode and their fit gives a natural tooth appearance.

Cover unsightly teeth with ultra-thin porcelain veneers

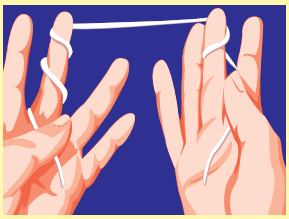
Veneers are thin shells of porcelain that are custom made to fit on the front of your natural teeth. They allow your dentist to change the shape, colour and length of your teeth.

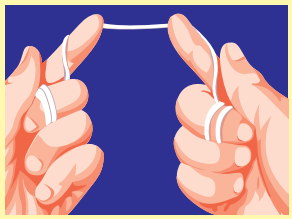
Keeping teeth for a lifetime with porcelain crowns

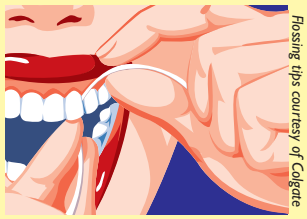
A porcelain crown restores missing or reduced tooth surfaces by providing coverage over all five sides of your tooth. Your natural tooth is then protected and can function normally. Porcelain crowns look natural and reflect light with a natural healthy glow. yd

Don't forget to floss

Flossing your teeth should be done once a day. This helps to remove plaque that builds up between your teeth and under the gumline and cannot be removed by a toothbrush.







Flossing tips courtesy of Colgate

Begin by taking about 30 to 45cm of floss and winding the ends around your centre fingers. Grip the floss firmly with the index finger and thumb.

Guide the floss between the teeth using a gentle sawing motion. Using an up and down motion with the floss curved around the tooth, scrape the sides of the teeth but be careful not to snap the floss onto your gums. Unwind the floss when needed to ensure that a clean piece is used for every tooth. Don't forget to floss between the back teeth as well as the front teeth.

If your gums bleed or feel tender after flossing, do not be alarmed. Gums often take a little time to become accustomed to flossing. If the bleeding or soreness lasts for more than a few days, however, see your dentist.

Keeping your fingers close to your teeth helps control the floss. Poor technique as shown may hurt your gums. Ask your dentist to guide you in good technique.

If your teeth are crowded, you may find it easier to use a teflon dental ribbon to avoid shredding and breaking the floss.

A good foundation first

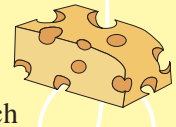
Teeth need healthy strong jaw bones if they are to last for a lifetime. Restoring and strengthening weak teeth come second to ensuring the bone supporting the teeth is healthy and strong. Calcium intake and absorption are some of the building blocks to achieving strong bones and teeth. A deficiency in calcium can lead to Osteoporosis.

Osteoporosis is a condition that is most commonly experienced by elderly individuals, but it can be seen in young adults. Osteoporosis is defined as a loss of bone mass to a specific level that is determined by your ideal peak bone mass. Your peak bone mass is usually achieved in your twenties, and then declines from that point. If a young adult does not achieve their ideal peak bone mass, then they may develop osteoporosis at a much earlier age.

Nutrition influences our bone stability in the food and drink choices we make. Soft drinks cause a decrease in calcium absorption. Studies indicate that soft drinks that contain phosphoric acid can impair the ability of calcium to be absorbed within your gut as well as deplete the calcium in long bones. Phosphoric acid is found in many popular brands of soft drinks and can be as high as 164 mg/L, which is very high! This further confirms that beverage choice is one of the best targets to improve nutritional health in children and young adults.

Anorexia can significantly accelerate bone loss. Anorexia is a condition that primarily affects young, athletic women. While exercise has been shown to increase bone mass under normal conditions, in individuals with anorexia, bone loss is accelerated. Irreversible bone loss begins at very early ages in individuals with anorexia, and these people have a much higher risk of bone fractures. A normal, healthy diet is thus critical to optimising bone health. **yd**

Calcium good for gums



A U.S. study has found eating at least three servings of calcium-rich foods a day could substantially reduce the risk of gum disease. The researchers found that men and women whose intake of calcium was less than 500mg a day were almost twice as likely to have gum disease and tooth decay. People aged between 20 and 40 were most at risk. The study involved 13,000 people and showed milk, cheese and yoghurt helped reduce tooth decay. Foods such as green leafy vegetables, bread and baked beans - all high in calcium - also helped reduce decay levels. Calcium helps prevent osteoporosis, strengthens the jaw bone and the sockets in which teeth are placed.

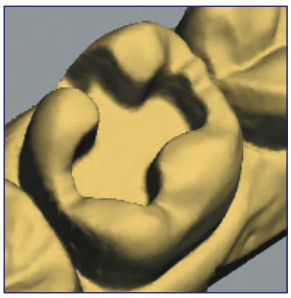
CEREC - is totally high-tech: Here's how it works...

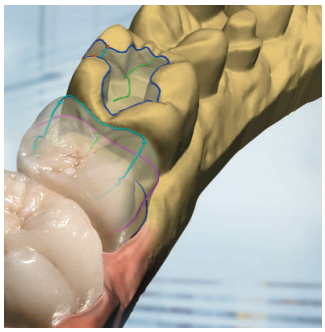
CEREC is a one-of-a-kind high tech system that your dentist uses to firstly take a 3D digital model of your tooth on a computer, then to make a porcelain ceramic restoration to replace any of your natural tooth that may be missing.

The gallery on the right shows just some of what CEREC can do. Every restoration is custom-made to exactly fit your tooth because it is made from an exact model of your individual tooth.

The best part is, all this can be done in a single visit, usually in less than an hour.

If you have an old filling that needs replacing and CEREC is appropriate, your dentist will start by removing all traces of the old filling as well as any tooth decay that might be present. Then the CEREC 3D camera is placed in your mouth and a digital image or "impression" is taken. CEREC now makes a computer model of your tooth (right).





Your dentist then uses the advanced high tech Computer Aided Design (CAD) features of CEREC to design exactly how your new restoration will look.

Once your restoration is designed on the CEREC computer, a solid block of porcelain ceramic is placed in the CEREC milling unit. Special tools then sculpt your restoration to the finest detail based on the restoration designed on the CEREC computer.

The completed restoration is then bonded into your mouth. The before (left) and after (right) in around an hour!

http://www.dentist.com.au

You can find all the info from your dentist on the internet at the above address. © 2003.

CEREC GALLERY