

absolute insight



Paul's Piece



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We are always welcoming new patients. The greatest compliment you can pay me is to refer our services to your friends

Our team at Absolute Dental Care is becoming very excited with our new surgery just around the corner. It is hard to comprehend that in a few months we will have moved into our new home. The whole team have had input into the design of the new surgery from designing of our new logo, to the layout of the surgery, the design and even the finer aspects to ensure the function of our new digs works for all of us. The aim is we should be open by early October.

One of the major changes is we have decided to not only make our infection control procedures easier and safer for our staff but at the same time exceed the requirements set out in the National Standards. We will be introducing a cassette system where our instruments are placed into a stainless steel cassette chair side, taken to the instrument processing room (sterilising room) and placed into a thermal instrument washer. The washer is essentially a dishwasher on steroids washing instruments at an extremely high temperature. From here

the cassettes get placed into the autoclave and instruments sterilised as per normal. The cassette is then ready for use chair side. The biggest advantages are there is less instrument handling, time saving in processing times and less likelihood of sharps injuries for staff processing instruments. This whole process is tracked and instrument loads can easily be recorded in patients charts which also exceeds the current standards. The state of the art room will be well laid out and colour coded to demark clean and contaminated zones.

The surgery will also see us add a fourth treatment room for our future expansion. We will also be surrounded by a number of other specialists from many other specialities including visiting oral surgeons that will use the day surgery theatres in the hospital upstairs. These are very exciting times for Absolute Dental Care and our dental family. We can't wait to unveil the new surgery and share it with our wonderful patients.

On a patient care point of view, we have seen a

disturbing increase in the number of patients having to have teeth extracted because they have left things go for far too long. Deferring regular examinations and active maintenance as well as treatment only results in either far more pain and expense for the patient or worst case a patient loses a tooth which can lead to very expensive treatment. I can assure you, dentists do not enjoy pulling teeth out as it means we have lost the battle with that tooth and quite frankly we hate losing. Preserving teeth and actively maintaining them via regular six monthly visits is key to having a healthy mouth and more money in your pocket with no pain.

On a personal note, my family continues to grow up with my awesome daughter turning 12 and my amazing son about to turn 15. Time flies past us all and kids are a horrible marker of time. My son Tim achieved his Australian Scout Medallion in March this year which is the highest award in the Scout Section. It was a huge effort and we are very proud of his achievements.

Paul's Piece cont'd

At school he is also doing well in design and science. Stephanie continues with her dancing and she is a part of C-Gen (Creative Generation) which is a huge stage performance at the Convention Centre in June/July holidays. At school she has also improved with a new founded wish to do better. We are so proud of her especially as she had a really rough trot earlier this year.



My wife also continues with her ballroom dancing competing on a professional level as well as coaching competitors and now teaches bridal couples from all walks of life. Jody also chairs one of the Ballroom dancing associations which runs 3 competitions a year.

Tim and I continue with our trains and collecting our models and planning is underway to expand our current layout which is very exciting especially with what is available these days.

My Scouting continues with my role as Assistant Regional Commissioner in

Brisbane South Region where I coordinate Adventurous Activities which includes water activities, abseiling, dirt karts etc. The development of dirt kart racing for kids in Scouting is awesome. I have also been seconded back onto the Association of Tourist Railways Australia (ATHRA) which is an organisation founded in 2003. I am now responsible for insurance and am deputy Chair of the Board. Additionally I am working with the Office of the National Rail Safety Regulator to help simplify the accreditation process for our members. Busy times, but loving it.

Anyway, next time I write we will be in our new surgery and we look forward to seeing you there. Feel free to drop into our new home which is across the road from our current location. Keep smiling and enjoy life.

We are moving!!



Absolute Dental Care is moving later this year. We are scheduled to move in about September. It's just a short move to the **new hospital across the road**, but it will be a rather big exercise.

We will have four surgeries, so there will be plenty of room to grow.

There will be **onsite car parking** with four parks allocated to Absolute Dental Care.

Follow us on Facebook to stay updated with the progress of the move, and we will be advising patients via phone at reminder calls once the move has taken place.

We look forward to our new rooms!

PRACTICE HOURS

Did you know that we are open from **8.00am** weekdays and one week we close at **5.00pm**, the next week we close at **7.00pm**. Pretty good hey?

The practice is closed on the weekends.

OUR MOST POPULAR APPOINTMENT TIMES:

The most popular times for patients are **8.00am** and anytime after **3.00pm** every day. If you want any of these times you may need to book ahead.



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Head and Neck Cancer Statistics

Estimated number of new cases of head and neck cancer diagnosed in 2017: **49 56**, that's



3.7%: the estimated % of all new cancer cases diagnosed in 2017

Estimated number of deaths from head and neck cancer in 2017: **1 026**, that's



2.1%: the estimated % of all deaths from cancer in 2017

69%: the chance of surviving at least 5 years (2009–2013)

15 352: the number of people living with head and neck cancer at the end of 2012 (diagnosed in the 5 year period 2008 to 2012)

Reference: www.head-neck-cancer.canceraustralia.gov.au/statistics

Oral Cancer Screening

As part of your active maintenance examination, Dr Rollason, Casey and Sophia perform an oral cancer screening. We have always done this as part of the care provided to our patients, but have not always verbalized this.

Early oral cancers can go un-noticed as they may not be painful. When diagnosed and treated in the early stage, there is a very good prognosis and treatment is minimally invasive. When left to progress, even as little as a few months, the treatment options become more involved and the prognosis is not as good, as well as the increased risk of the cancer spreading to other parts of the body.

The leading contributors of developing oral cancer are smoking, heavy alcohol consumption and the Human Papilloma Virus (HPV), although oral cancers have been diagnosed in non-smokers/drinkers and people who do not have HPV.

Signs and symptoms can include:

- Ulcers that do not heal within 2 weeks
- Sores in the mouth that bleed easily and do not heal
- Red or white patches that do not go away
- Lumps or tenderness/soreness in the head/neck/mouth/throat
- Difficulty in swallowing/chewing/speech
- Persistent cough

If you ever experience any of these symptoms, it is best you book in for an examination with Dr Rollason. It may be nothing, or it may be the start of something.

With early intervention, you will have a better chance at treatment.



ADC's Dental Product Recycling

Absolute Dental Care now has a recycling program in place for all of your dental product packaging waste.

"TerraCycle is Eliminating the Idea of Waste® by recycling the "non-recyclable." Whether it's coffee capsules from your home, pens from a school, or plastic gloves from a manufacturing facility, TerraCycle can collect and recycle almost any form of waste".

This allows the diversion of millions of kilograms of waste from landfills and incinerators each month.

The programs accepted waste includes: Toothpaste tubes and caps, toothbrushes, toothbrush and toothpaste tube outer packaging, floss containers

Please note: Electronic toothbrushes and electronic toothbrush parts are not recyclable through this program.

In order to recycle this waste properly, please make sure all

excess product has been removed (i.e. leftover toothpaste or floss). If you choose to rinse your product, please note that it must be completely dry prior to drip off.

Once collected, the tubes and brushes are separated by composition, shredded and melted into hard plastic that can be remolded to make new recycled products.

TerraCycle points can be redeemed for a payment of \$0.02 per unit received to the non-profit organisation or school of your choice. Absolute Dental Care will be passing all our rewards to Scouts Queensland.

We have a collection bin located in our reception area, so please bring your products for recycling to your next visit.

For more information on TerraCycle's programmes, visit their website at www.terracycle.com.au

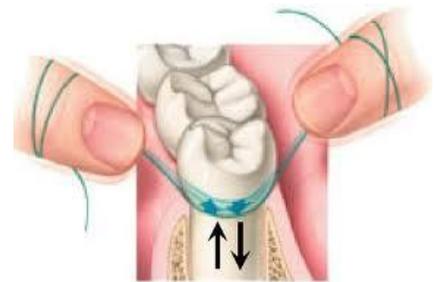


It's not about what product you use, it's about how you use the product

It's **how** you use your tooth brush that matters more than whether you use a normal or electric toothbrush (the only real concern here is that the bristles are **soft** - not medium or hard as you can 'over brush' your teeth and cause problems this way). Angle your brush 45 degrees towards your gums and a gentle circular motion is advised, taking about 2 minutes to brush all teeth.



It doesn't matter whether your floss is waxed/corded/flat etc, again it's **how** you use the floss. Wrapping the floss as much as you can around the tooth and taking the floss under the gum line until you feel resistance is going to get you the best flossing action. You can do the same with flossettes. Using an interdental brush (a little bottle brush for in between teeth) is also good if you cannot manage to use floss/flossettes.



Mouthwash is **not** necessary on a daily basis. Mouthwash is usually recommended for a specific reason. Flossing and brushing is what cleans your teeth on a daily basis.