

absolute insight



Paul's Piece



Merry Christmas from
the team at
Absolute Dental Care!
We hope you enjoy
the season and have a
wonderful start to
2018!



As I write this article for our newsletter we are now in mid November and Christmas is knocking at the door being only 6 weeks away. And it has crept up on me yet again. There just never seems to be enough time to get the things done that we need to.

2017 has been yet another busy year for us all both at work and on the home front and juggling this can be quite a challenge. As I reflect on work I am exceptionally grateful for the wonderful little team I have and I would like to acknowledge their efforts and dedication to Absolute Dental Care. I am very proud of my team and I would like to express my sincere appreciation of their hard work during this busy year.

We had Coralie off on four months (felt like 4 years) maternity leave whilst she had her baby daughter Alix. Coralie has been with us for 9 years and it is so wonderful to have her back at the front office where she seamlessly manages the reception.

Qian is our senior dental nurse who keeps me in line in with us for 8.5 years. She too has been with us for 8 years and too is a delight to have in the surgery. Qian knows my every move and is 2 steps ahead of me so

I don't have to think. Once again when she is away, things aren't as easy. Casey our hygienist tirelessly works in the Active Maintenance department ensuring our patients maintain excellent oral health. Casey has been with us for some 6 years and is the plaque queen and achieves some awesome results. Sophia our other part time hygienist has also been with us for about 4 years and like the rest of the team she is a delight to have around. Last but not least we welcome Heidi our newest staff member to our team and we hope she will be around for a long time. Thanks team for everything.

The team is here to serve you the best way we can and any feedback you have will be welcome so that we can continually improve our service to you. Our dental family (which includes all of our awesome patients) is so important to us and we value you entrusting us to care for you. The greatest thanks we can get is someone walking away with a huge confident smile and then referring their family and friends to us.

On the home front, this year has been the year of the house with us finishing our new home and moving in. No matter how organised you are, there always seems to be a mad rush to get it all

done. When you see how many boxes are packed, you really wonder how you fit so much into your home and the unpacking never seems to end. I guess the holiday break will be unpacking more boxes and with any luck I might be able to get around to getting back into my model railway and enjoying it now that we have the space. Even though our lives are so busy, and it only seems to be getting worse, it is important to stop and look after ourselves both mentally and physically (and yes I am guilty of not doing this). Spending more time with our children and loved ones is paramount as is looking after our health. Set aside the time to achieve these goals and stick to it. In the surgery we hear way too often of people saying "I don't have enough time to brush or floss my teeth". Not flossing is a little like having a shower but not cleaning under your arm pits. Spending as little as 3 minutes twice a day brushing and flossing can be the difference between a healthy mouth to one that is a train wreck.

In closing, I would like to wish all our dear friends a very merry Christmas and prosperous and safe New Year.

Paul

Cracked Tooth Syndrome

There are a variety of signs and symptoms (some you can be totally unaware of!) that can be evident if your tooth has a crack/fracture.

Often if a tooth has a crack/s then it can be saved if diagnosed and treated early, and this will often prevent further cracks/fractures.

Cracks usually occur in molar (back) and premolar (side) teeth, but can occur in front teeth also. Cracked tooth syndrome may involve:

- Teeth with large restorations (60% or more filled)
- Teeth with minimal or no fillings where the tooth has been subjected to heavy biting forces due to grinding
- Teeth that have suffered trauma

Signs and Symptoms

- Sharp pain on biting, or after release of biting pressure – however there is not always pain
- Hot or cold exposure

- Difficulty in determining which tooth is causing discomfort/pain

Causes

- Large restorations that have weakened the tooth over time
- Clenching and grinding (bruxism)
- Eating of hard foods such as ice, hard lollies and habitual chewing of objects (eg pens)
- Trauma

Diagnosis

During your dental exam, your teeth are checked for multiple things such as:

- Wear
- Large fillings with weakened cusps
- Leakage of old fillings
- Cracks on the surface of teeth and fillings

Unfortunately, cracks cannot be seen on x-rays.

Cracks can start at the crown of the

tooth (part above the gum level) and just affect the crown of the tooth. Sometimes a crack can run vertically to the root surface of a tooth. If it travels too far (which really isn't that far) down the root, the only option, unfortunately, is to have the tooth removed. This is due to being unable to seal the cracked area, which will now allow access for bacteria to enter the tooth and cause decay/abscesses. The longer a small crack is left untreated, the more likely it is to become a complex crack.

Relying on the fact that "it doesn't hurt so nothing's wrong" can be very detrimental to your oral and systemic (overall) health. This is why it is important to maintain your regular visits as advised by your dentist and hygienist, so that any problems (cracked teeth, gingivitis, periodontitis, decay, early oral cancer lesions etc) can be detected early. Early detection will mean less time spent in the chair and more money in your hip pocket!

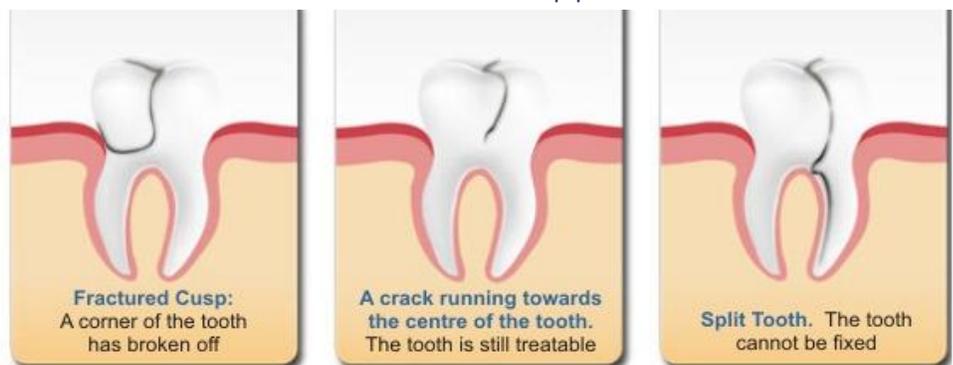
PRACTICE HOURS

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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Holiday Hygiene

Cleaning you teeth when you are away camping or on holidays - what is best when out of routine... what you need to clean best with limited items

Quite often when we are on a camp or on holidays, our routine changes and more often than not people skip brushing their teeth. This could be because we forgot our tooth brush/floss, we simply forgot, we are slack because mum and dad aren't watching (very often the case).

Rest assured when you go on holidays, the bacteria in your mouth doesn't. That furry feeling is millions of bacteria growing and they can double their numbers in 24 hours.

When out of routine, you are more at risk of developing

decay and gum and jaw bone disease. Even not cleaning for two days can cause some significant inflammation in your gums which can affect your health.

Brushing twice a day and flossing daily is still recommended whilst on camp or holidays. At a bare minimum, brushing once a day for a short period would be satisfactory. Packing a toothbrush and a small tube of toothpaste isn't difficult. Small sample tubes of toothpaste are available at your dentist. Floss is also easy to take.

The biggest challenge is to stick to your routine. Brushing after breakfast and before bed ensures your mouth remains healthy.



*What do you call a bear without teeth?
A gummy bear!! 😊😊*

Welcome back Coralie!

Coralie returned from maternity leave late October. She is working part time for the rest of the year and will be working most days next year.

We are happy to have her back looking after our patients.



Welcome Heidi!

Heidi joined us in October and works on reception and as a dental assistant.

Heidi has three years experience in dental.

Heidi enjoys health and fitness, cooking, music, movies and travelling.

We look forward to working with Heidi.



Set your smile straight without braces

If you're ready for a smile that transforms your appearance, **Invisalign is your answer**. Invisalign treatment straightens your teeth through a series of clear, comfortable and removable aligners. Each aligner is slightly different, moving your teeth gradually into the desired position.

Metal brackets and painful wires are a thing of the past.

Invisalign is the virtually invisible and hygienic alternative to braces that can help you or your teenager achieve a proper bite and a healthy confident smile – comfortably. Using advanced 3D software, Invisalign even allows you and your teen to see the end results of treatment before you even start. Invisalign won't interfere with yours or your teen's lifestyle – and has even been proven to be as effective as traditional braces for treating a wide variety of orthodontic issues. Make the healthier choice for you or your teen's teeth and gums and protect yours or their confidence. Ask about Invisalign today. Invisalign is the modern way to straighten your teeth without the pain and embarrassment of braces. Virtually invisible, Virtually invisible, removable and comfortable, Invisalign can transform your smile in just a few months. The best part is, a new smile doesn't wash off at the end of the day – you can enjoy it for the rest of your life!

For more information on Invisalign, contact the practice for a factsheet or check out our website: www.absolutedentalcare.com.au/services/invisalign



HOW MUCH ARE YOU REALLY GETTING BACK?

Are your extras rebates shrinking while your premiums keep growing?

#time2switch