

absolute insight



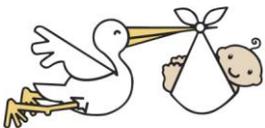
Paul's Piece



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CONGRATULATIONS TO CORALIE, SHE IS EXPECTING HER FIRST BABY IN JUNE!



With Christmas come and gone, February has gone and we are now staring at Easter down the barrel, once again we ask ourselves, "Where does life go?" I keep joking at work, "Christmas decorations will be out soon." Scarily enough that might be the case especially considering Hot Cross Buns were out on New Year's Day quickly followed by Easter Eggs (as if we need more fattening food after Christmas).

I don't know about you but I think this is commercialism gone wrong. Now don't get me wrong, there is a time and place for these but three and a half months before Easter is a little too much. Christmas in 2016 wasn't even that early. Now I really like Hot Cross Buns but maybe the solution is just sell them as fruit buns? I am Christian and appreciate the significance and support that but the commercialism is a little much for me.

Anyway, all that aside, this day and age it is very difficult to advertise or market well without bombarding the poor customer with enormous amounts of advertising which very few people read anyway. At Absolute Dental Care we use Social Media to educate patients and help them keep in touch. Please follow us on FaceBook and Instagram to pick up some tip bits along the way and stay part of the Absolute Dental Care Family. Also check out and watch for updates to our website. Sandy is doing some awesome work in this area for us.

Many of you may not know that we actually reward our patients for referring their family and friends. There is nothing more rewarding to us to treat your family and friends because it means you trust us with their health too. When you refer one of your family or friends or colleagues to us, you will be placed into our rewards system and the more people you refer to us the greater the reward. Additionally, every person you refer to us gives you an additional entry into our draw every 4 months for a \$300 Woolworths of Coles gift voucher. This is just one way we can show our appreciation back to you for entrusting us to look after those you care about.

Our team at Absolute Dental Care is a very special one. Several of our members have been here for many years. Coralie (Front Office) and Qian (Dental Assistant) are our longest serving employees and been here for nearly 8 years and we are so lucky to have them both here and they are the rock of our business. Casey (Hygienist) and Charlotte (Dental Assistant and Front Office) have been here for 5 years and Sophia (Hygienist) for 3-4 years. Our newbie is Sandy (Dental Assistant and Front Office) and she settled into her new career very well and is an additional asset to our wonderful team. I am so proud to call them my team and they are wonderful to have around. It is fantastic to have a great team who work well together and I can rely on them to just get in and get the job done. It is such a great feeling to have finally got a team like this. The value of such awesome employees like this is not to be underestimated and a team that sticks together and pulls together in times of need. Thanks Team.

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Paul's Piece cont'd



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As usual, I had better close this out by mentioning my beautiful family. Tim is in grade eight this year and loves school. He is also working towards his Australian Scout Medallion (the highest award in the Scout section). Steph is in grade 6 (yes my baby is in her last year of primary school, yikes). She also loves her Scouting. This year Steph has for and been accepted to have an audition into the C-Gen program at school for a performing arts production and she is so excited to be able to dance. My wife Jody continues with her ballroom dancing and is still competing now as a professional, comparing and coaching her own students including teaching bridal couples. As for me I am working around our new property as our home is being built and we have now shifted our railway carriages to the new place so I can work on them regularly and actually get something done. The move took 2 days, 2 semi trailers, 2 Franna cranes and a flat bed truck, a vehicle pilot and a team of mates. We nearly rolled one of the carriages not once but twice. I don't need to tell you what my heart rate was like that day.

Well time to sign off yet again, stay tuned for our next newsletter and in the mean time stay safe and **SMILE** and the whole world will smile with you.



Paul

3 tips to book the appointment time you want...

- Book hygiene appointments six months in advance (we will always remind you)
- Ask to be put onto our priority standby register if it is a late notice booking.
- As soon as you receive your treatment plan – book all of your appointments. (we can always move them for you)

Health Fund Watch

If you feel you are not getting enough out of your health insurance, or are increasingly disappointed with your rebates, please visit the [time2switch website at www.time2switch.com.au](http://www.time2switch.com.au) for an effective comparison tool to see if your fund is right, and working, for you.



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.

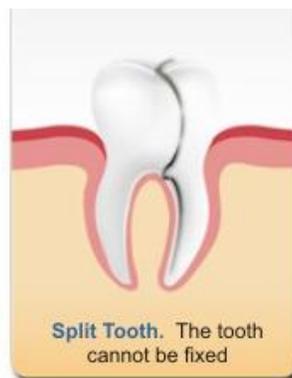
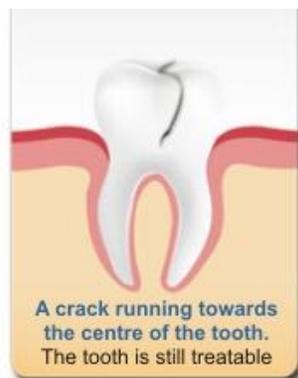
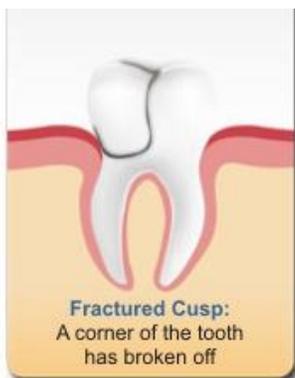
Treatment

There are a variety of options available, and these options can depend on where the crack is, how big it is and how long it is left before treatment. The different treatment options can range from:

- Do nothing
- Replace existing filling
- Root canal treatment
- Crown placement
- Porcelain bonded restoration (PBR) placement
- Extraction – which has its own options of again do nothing, denture replacement or implant placement.

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!



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Absolute Dental Care at Absolute Dental Care
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Visit us again soon at:

4/15 Morrow Street
Taringa, Qld 4300
Phone: 07 3870 1300
admin@absolutedentalcare.com.au

We're on the Web!
See us at:

www.absolutedentalcare.com.au



Why see the Hygienist?

Dental hygienists are tertiary trained members of the dental team who work along with the dentist to provide comprehensive oral health care. A hygienist not only "cleans teeth" but also provides individualized oral health education, and will show you how to clean your teeth at home effectively so that you can maintain your oral health, which contributes to your overall health.

Part of your treatment will be to see the hygienist, as most people need to have their teeth professionally cleaned twice a year. Some people need to come more frequently. This will be assessed each time you visit, as things can change quite quickly in the mouth.

Seeing a hygienist allows you to have two sets of eyes to detect any problems, and that in turn allows you and us to sort out any problems soon rather than later (small/easy/less expensive fix rather than larger/more complex/more expensive treatment).

Dental hygienists are registered with the Australian Health Practitioners Regulation Agency and are required to undertake ongoing professional development as part of this registration.

At Absolute Dental Care we have two hygienists, Casey and Sophia, to help you to look after your oral health.

Have you considered whitening your teeth?

Teeth whitening can give you an unexpected confidence boost. Teeth whitening is safe and effective when done by dental professionals.

At Absolute Dental Care, we offer two forms of whitening. There is take home whitening and laser whitening.

Take home whitening involves impressions of your teeth being taken and trays made individually for you. You wear these trays twice a day for half an hour for 10-14 days and you will get a gradual whitening and brightening of your teeth during this time. We offer this service for **\$299** at present.

Laser whitening is done "in house" during a 90 minute appointment. The whitening agent is applied to your teeth and then the laser light activates the agent to whiten your teeth. At the end of the appointment you leave with a whiter and brighter smile. We offer laser whitening for \$1150.

Both are as effective as each other.

