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From the desk of **Dr Karl Scarpin**

Hi and welcome to our second issue of Beyond Smiles.

I had an interesting conversation with a patient recently and I wanted to share it with you. It was all about what distinguishes one dental practice from another – how do you know you're getting top quality service when the end product is often hidden inside your mouth and rather difficult to evaluate and compare!

In my opinion, you can spot a good quality dental service by what's going on around you. Does the dental surgery re-invest money into the practice, or does the place look grey and shabby? Does the practice look clean and inviting with modern facilities and technology, or is the dentist still working with his 20-year-old drill? And just as importantly, are staff members happy and enthusiastic about the work they do?

I'm proud to say Advanced Dental Centre keeps up to date by re-investing every year in the latest evidence-based technology. This can vary from a slight change in materials and regular staff training, right up to purchasing expensive, cutting-edge equipment. Every year, my staff and I change the way we practice for the better.

Advanced Dental Centre is now fully accredited. Although not compulsory, accreditation is independent recognition

that we're meeting strict requirements and criteria. This means you can rest assured that we're meeting the highest of standards in every aspect of the business, from infection control through to medical emergency training.

We're carrying out more dental implants than ever before, as patients increasingly recognise the benefits of replacing missing teeth or keeping their dentures secure. We carry out the surgery right here in the practice (with or without sedation) and can also create your new prosthetic teeth with our CAD/CAM technology.

True, dental implants aren't cheap. But it's important to remember that they're with you a long time, so it's worth doing the job well the first time around. I've worked on many patients who've received inferior implant systems from other practices – they all agree the initial savings aren't worth the trouble. The long-term benefits of well-placed implants are huge, and there's nothing more satisfying than knowing I have changed a patient's life with this amazing new technology.

Thank you for choosing Advanced Dental Centre. We look forward to welcoming you again.

Kind Regards,

Dr Karl Scarpin

BDS (ADEL)
Grad. Dip Clin. Dent. (Oral Implants) Syd.



Goodbye missing teeth & loose dentures, hello *happy smile!*

If you've been putting up with loose dentures – or worse, missing teeth – dental implants could radically improve your life.

Dr Karl Scarpin has studied implant dentistry at top institutions in Sydney and California. We've also invested in state-of-the-art CEREC dental restoration technology, which has revolutionised dental techniques through the use of computer-aided design and 3D photography.

Better still: our in-house expertise and technology mean we can surgically place and restore implants for single or multiple teeth – right here in our Clarence Park practice. With a choice of intravenous sedation or local anaesthetic, you can rest easy during the procedure.

So, why replace missing teeth or traditional dentures?

When you lose a tooth, the supporting bone begins to break down and other teeth start to fight for the empty space. Eventually, this can lead to tooth decay, gum disease, fracturing or even root canal issues. Missing teeth also aren't there to support your lips and cheeks, which can quickly make you appear much older.

In the past, dentures were commonly used to 'replace' missing teeth – but they often cause their own problems: eating and speaking difficulties; an inhibited

sense of taste due to the acrylic lining in the roof of the mouth; general discomfort as the dentures invariably loosened; and even gagging in some patients.

Dental implants are a state-of-the-art, versatile option for replacing single or multiple teeth. They're made from titanium, which integrates with the jaw bone and serves as an artificial root on which a tooth crown can be attached. (and with our CEREC technology here at Advanced Dental Centre, we can fit crowns in a single sitting.)

Implants can also be used to securely anchor very natural looking, removable teeth replacements, which we call an 'overdenture'. Often a denture can be secured with as few as two implants. There's no need for that annoying acrylic lining in the roof of your mouth, and they can be easily removed for cleaning.



The result? You can say goodbye to uncomfortable old dentures or missing teeth – and say hello to a natural new smile.

USE IT ^{OR} LOSE IT!

Are you using ALL your dental benefits?

Here are two things you might not know about health funds -

- 1. Most run on the calendar year**
- 2. Benefits don't carry over from one year to the next**

With the end of the year fast approaching (hard to believe, we know!) it's time to maximise your health fund by planning dental treatments before your 2014 benefits expire on December 31. The final months of each year get very busy in the surgery, as patients take advantage of their annual health fund benefits, so please don't delay in booking an appointment.

Don't forget – you've paid for these benefits with your health fund premiums, so you might as well take full advantage of them!



ZOOM into a Hollywood Smile

When you think about it, our teeth put up with a lot these days. Coffee, tea, red wine, soft drinks and cigarettes all take their toll on the natural brightness of our beautiful pearly whites.

Advanced Dental Centre is a fully-accredited ZOOM! Tooth Whitening Centre, offering cutting-edge light-activated technology that's clinically proven to whiten teeth by up to eight shades in one office visit!

In just a couple of hours, our extremely safe, ZOOM! AP whitening procedure removes all signs of staining to give you the kind of "Hollywood white" smile you're used to seeing on extreme makeover TV shows.

After applying a bleaching gel to the tooth surface, we activate bright light technology to remove telltale stains and yellowing. The active ingredient in the gel is hydrogen peroxide – as it breaks down, oxygen enters the enamel and dentin and bleaches the tooth surface.

By following our simple post - whitening care instructions, your teeth will always be lighter than they were before. We recommend flossing, brushing twice daily and occasional touch-ups with the ZOOM! Home Maintenance Kit that you'll receive as part of the procedure.

SPECIAL OFFER

*Pay just **\$690** for ZOOM! Advanced Power Tooth Whitening procedure and you'll receive a special take-home kit including customised bleaching trays and top-up syringes

*Valid until 31/10/14

NERVOUS? We've got the answer

At Advanced Dental Centre we love everything about dentistry – but we also know that not everyone shares our enthusiasm for coming into the surgery.

That's why we offer intravenous (IV) sedation, also known as sleep dentistry. IV sedation is a very efficient, safe, and effective way of providing anxiety relief and pain control during any dental procedures. It's worth considering if you -

- ARE EXTREMELY NERVOUS ABOUT RECEIVING DENTAL TREATMENT
- HAVE A STRONG GAG REFLEX; OR
- REQUIRE SURGICAL OR COMPLEX DENTAL TREATMENT

While under IV sedation, most patients experience a state of deep relaxation and partial or full memory loss about the procedure. You do remain conscious, though, and have limited capacity to speak.

IV sedation is performed in our surgery by a qualified anaesthetist accompanied by a registered nurse. Throughout the procedure your breathing, heart rate, blood pressure and blood oxygen levels are closely monitored to ensure the procedure is carried out safely and effectively.

Following the procedure, you will be cared for in a recovery room by a registered nurse, until you feel comfortable enough to be accompanied home by a responsible adult who can stay with you for 24 hours.

For more information on sleep dentistry at Advanced Dental Centre, please contact our practice today. Please note that we do require advance notice if you would like IV sedation for any procedure.



Ask us about **sleep apnoea** and rest easy



If you're prone to snoring, or suspect you might even suffer from sleep apnoea, take heart!

Advanced Dental Centre's Dr Nichola Matto is currently undertaking a Graduate Diploma of Dental Sleep Medicine, offered jointly by the University of Adelaide and the University of Western

Australia, gaining expert knowledge that will help us to help you.

Sleep apnoea is a serious disorder affecting about one in 20 adults. It's caused when the airway from the mouth to the lungs collapses during sleep.

According to Sleep Disorders Australia, sufferers stop breathing for 10 seconds or more. The brain then wakes up in order to resume breathing, which results in poor-quality sleep.

Most sleep apnoea sufferers don't know they're regularly waking up during the night, but many complain

of morning headaches, excessive daytime fatigue, personality changes and depression, loss of memory and concentration, excessive snoring or choking during sleep, insomnia or waking up with a dry mouth or sore throat.

Snoring is a major indicator, and of course it's often detected by the sufferer's partner who is also subsequently forced to endure rough nights without sleep.

Interestingly, though, dentists also often play a crucial role in detecting sleep apnoea in their patients, through conversations about less evident symptoms such as extreme tiredness, morning headaches or dry mouth.

The good news is that oral appliances are often effective in treating snoring and moderate sleep apnoea, by helping to position the jaw and tongue to increase the volume of air flow and prevent soft tissues in the mouth from collapsing.

If you're worried about snoring, sleep apnoea or dry mouth, talk to one of our dentists about treatment options today.

Tips to fight sensitive teeth

Lots of people suffer from sensitive teeth as they get older, due to gum recession, tooth wear or grinding and clenching.

Also called bruxism, excessive clenching or grinding generally occurs when we're asleep, although some people unconsciously do it during the day too. In the long term, it can cause extensive damage to your teeth and supporting ligaments.

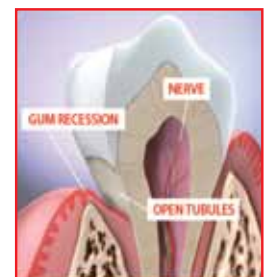
Common signs include the following -

- WORN TEETH
- CHIPS OR FRACTURES
- TOOTH PAIN
- HEADACHES
- HOT/COLD SENSITIVITY
- FACIAL PAIN
- EAR ACHES
- JAW STIFFNESS

So, what to do about it? As stress is a major cause, it obviously helps to think about your lifestyle and reduce pressures where possible.

Damage already caused can be treated with fillings, crowns and other orthodontic work.

For prevention, we often recommend using a night guard – a simple device made from moulded hard plastic with a soft lining. The guard is custom made to fit over your upper teeth and fit into the opposing lower teeth, to prevent clenching and grinding during the night.



DID YOU KNOW

Gift certificates are now available at Advanced Dental Centre. Perhaps we're biased, but we think the most precious gift you can give your loved ones is a happy, healthy smile!