

# INSIDE ISSUE 5

NEWSLETTER

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**beyondsmiles**  
*where a beautiful smile begins*



## From the desk of **Dr Karl Scarpin**

Welcome to our mid-year issue of our Beyond Smiles newsletter. We have now been at our new premises for over a year, and we love our new home! I'm sure most of you have been to our new practice by now, and we thank you for all of your positive feedback.

We are very happy to introduce Dr Katherine da Silva to our practice. Katherine is a very experienced dentist who has a keen interest in using Invisalign to orthodontically correct bites. She is very thorough and communicates treatment options clearly with her patients. She is also a keen user of 'The Wand'. Katherine has been very well liked by all who have been lucky enough to meet her. We are all proud to be working with such a warm, gentle and experienced dentist.

Dr Nichola Matto has recently completed a Graduate Diploma in Dental Sleep Medicine at the University of Adelaide, specialising in the dental treatment of sleep apnea and has successfully provided patients with sleep apnea devices as an alternative to CPAP. These devices are easy to wear and very effective in stopping snoring. If your partner keeps you awake at night, it may be worth getting them to see Nichola and organise a sleep study which can be done at home.

I continue my interest in tooth replacement with implants. The surgery can be done at our regular I/V sedation sessions, at our practice, and I am not only replacing single teeth but also able to stabilise dentures or replace a whole mouth of missing teeth with implants. More and more people are finding implants to be a life saver for ill-fitting or loose dentures. I am also using our new technology, CEREC, to cosmetically restore patient's front teeth. With the use of crowns and veneers we have transformed many smiles, often within days of starting treatment. Because of the short turn around time, I have been able to treat patients from interstate with this technology.

The last half of the year is always busy, as people rush in to make the most of their health insurance annual limits. Please make your appointments earlier if you need any major dental treatment, to avoid having to miss out due to appropriate times not being available. Thank you for your continued support and we look forward to seeing you soon.

Dr Karl Scarpin

BDS (Adel.), MRACDS,  
Post. Grad. Dip.Clin. Dent. (Oral Implants) Syd.



# Introducing Dr Katherine da Silva to **Advanced Dental Centre**

Advanced Dental Centre is excited to welcome our newest team member to the practice, Dr Katherine da Silva.

Dr Katherine da Silva graduated with a Bachelor of Dentistry with Honours from the University of Sydney. Having returned to Adelaide in 2008, she has worked as a clinical tutor at the University of Adelaide and has also worked in private practice in Morphett Vale and Adelaide CBD.

Dr da Silva believes in helping patients achieve healthy smiles through education and prevention. Her warm and caring nature has put many patients with severe dental phobia at ease including many children. She has special interests in preventative and restorative dentistry including CEREC and orthodontics including Smilefast and Invisalign.

Outside of dentistry, she is a keen golfer and enjoys travelling, photography, and a good bottle of red!

We would like all of you to help us welcome Dr da Silva to our team as we continue to offer quality care to all of our patients.



## PROTECT YOUR TEETH TO PLAY THE SPORTS YOU LOVE



Many Australians have a passion for sport, whether it's playing footy, netball, soccer, basketball or hockey. There is a thrill that appeals to sport lovers, but the spills can be devastating. According to the Australian Dental Association (ADA), about one-third of traumatic injuries to teeth are sports related. Sports Medicine Association Australia suggests that 50% of children experience some form of dental injury. Regardless of your age it is important for athletes to consider a custom-fitted mouthguard. Mouthguards minimise the risk and ensure maximum protection against injuries to teeth, mouth or jaw.

At Advanced Dental Centre our mouthguards are custom-fitted to ensure maximum protection and can be made in a selection of colours and include personal identification. A custom-fitted mouthguard acts as a buffer for impact to your teeth and jaws, ensures you can breathe well and are retained well in your mouth. Custom-fitted mouthguards provide a better fit than other varieties as they are made to suit your individual needs, and makes wearing them more comfortable. A custom-fitted mouthguard should not only be worn when playing contact sports, or any sports that involve a high risk of impact to the face, but also during training sessions.

As proud sponsors of the Goodwood Saints Football Club and Adelaide City Football Club we encourage members to have custom-fitted mouthguards. All custom-fitted mouthguards are made in our very own dental lab on site, using high quality material and equipment. For sponsorship enquiries or for an appointment please feel free to contact us.

*"We are strong believers in supporting our local community"*



# GIVE YOUR **child** A HAPPY **smile**



At Advanced Dental Centre, we love encouraging healthy dental habits from a very early age, because we know how important a confident smile can be as children grow into young adults. Generally behaviours learnt when children are young tend to stick with them throughout life. With tooth decay among children on the rise, the need for this is increasingly important with more than half of all 6 year olds having some decay in their baby and adult teeth, according to the Australian Institute of Health and Welfare.

## When is the best time to bring my child in for their first visit?

Generally speaking, we would suggest the best time to bring your child in to see a dental professional is at the age of 1 at the latest, or within 6 months of the first tooth appearing. Your child should come in for regular six-monthly visits and understand that visiting us is an important part of growing up and being healthy.

## How much will I expect to pay?

If your family has private health insurance, we offer **gap free check-up and cleans** providing your private health insurance covers at least half of the total cost. If you don't have extras health insurance we also offer **half price check-up and cleans**. As we are a BUPA preferred provider, all other treatments for children are also gap free with most BUPA family policies. If you receive benefits such as Family Tax Benefit A payments, you can take advantage of government programs such as the Child Dental Benefits Scheme, which provides eligible children with \$1000 over 2 years. The scheme that is being federally funded allows families to afford best possible dental treatment, without the financial stress.

## What can I do to protect my child's teeth at home?

Ensure your child is brushing twice daily with a soft toothbrush and a pea-sized amount of fluoride toothpaste, remembering to brush for at least two minutes at a time. Try using an egg timer to make keeping time fun for your child.

To develop strong teeth, your children need a healthy, balanced diet made up of fresh foods such as vegetables, cheese and lean meats, minimal high-sugar foods such as biscuits and muesli bars, and drink fluoridated tap water.

Our friendly team of Oral Health Therapists including Lizzy Harbison, Kate Spicer, Malvina Filip, Kim Barbetti and Robyn Pavy look forward to taking care of your children's dental needs.

## WELCOME BACK ROBYN

It is with great excitement that we welcome back our Oral Health Therapist, Robyn Pavy. Robyn has recently arrived back from maternity leave. We are so excited to have her back in action.

After a number of years in the dental industry, including an extensive stint with the school dental service, Robyn Pavy knows exactly how to make children feel welcome and comfortable at the dentist.

"My biggest passion is working with kids and getting them involved and on the right track to great oral hygiene," the mum of two says. "But I also love working in dental hygiene and interacting with adults - especially as I know the right treatment can make all the difference to their overall health and confidence."

Robyn graduated as an Oral Health Therapist from The University of Adelaide in 2009 and raved so much about her chosen profession that she's even enticed her brother to switch from studying psychology to dentistry!



# CELEBRATING 10 YEARS!



Congratulations to Jacinta our Front Desk Coordinator who celebrated her 10 years of service at Advanced Dental Centre in February. Jacinta is a very valued and loved team member here at Advanced Dental Centre, not only by us but also our patients. Past and present coworkers have found a lifelong friend in Jacinta due to her caring nature and laughter that she brings to work with her everyday. We certainly could not imagine work without her.

To start off the celebrations we went Go Karting, with a team of sixteen women and one male. Of course the girls were on a mission to beat Dr Scarpin on the racing track. Kate Spicer (Oral Health Therapist) was slow and steady at the race but unfortunately didn't win anything except for the "driving Miss Daisy award"! Unexpected winner on the day was newbie Dental Assistant, Crystal Young. We were then treated to a lovely dinner at Chianti in Hutt Street where we enjoyed delicious Italian food and wine.

We would like to thank Dr Scarpin and Angela for putting on a wonderful celebration for us all to enjoy.  
**Here's to the next 10 years!** 🥂

## DID YOU KNOW ?



Here at Advanced Dental Centre we love getting new things to play with. Dr da Silva and Sunshine were excited to receive this new piece of equipment called 'The Wand'.

We want all of our patients to have a positive and comfortable experience in the dental chair, but unfortunately for those with a needle phobia it may not always be the case. The Wand allows us to deliver anaesthetic without the need for a traditional syringe. The Wand is a computer-controlled local anaesthetic system which is delivered slow and steady, making the experience more comfortable. You can expect to be so happy that you tell all your friends and neighbours about your great experience at the dentist. "The Wand is the MORE comfortable injection for the dentist and is the MOST comfortable injection for the patient"

Call our friendly staff today on 8297 4777 and ask us how The Wand can help make your dental experience more comfortable.

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