

INSIDE ISSUE 6

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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. Thank you to all our loyal patients, and our new patients, who have embraced our new premises that have allowed us to expand on the services we provide. We have significantly improved our practice with the introduction of two very experienced dentists - Dr Cathryn Whittenbury and Dr Roxane Francisco.

Dr Cathryn Whittenbury, has extensive experience with CEREC and Invisalign and loves meeting new patients at the practice. Cathryn has been missing in action for a while with the arrival of her beautiful baby daughter Charlotte. However, Cathryn is now back at work and she is enjoying a break from baby duty!

Dr Roxane Francisco graduated in 1994 and has worked in both country and various city locations, giving her a wide breadth of experience. Roxane has embraced making restorations with CEREC and the ability for single visit crowns. She is continuing to educate herself in this area by attending a course in Melbourne later this year. She is a wonderful addition to our practice.

Recently we have introduced a Cone Beam Volumetric Tomography (CBVT) x-ray machine into our practice. This technology takes 3D images similar to a CT Scan but with less radiation. We are currently using these

images for planning implant positions, as well as for endodontics (root canal treatment), for wisdom teeth extraction, and for many other examinations where a plain radiograph does not show us everything we need to see.

We love all of the positive feedback about our new building. It certainly has allowed us the room to continue providing best practice dentistry and the natural light provides a great environment for the high aesthetic cases where colour matching teeth is critical.

Adam Lake has now set up his practice upstairs providing physiotherapy services for a wide range of conditions. He has been very popular and has worked together with us in relieving facial pain for those who suffer from bruxism.

I wish you all a great year ahead and hope you enjoy the newsletter.

Dr Karl Scarpin

BDS (Adel.), MRACDS,
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**Advanced
Dental
Centre** PTY LTD

Keeping up with Advanced Dental Centre

We are excited to welcome Dr Cathryn Whittenbury to our team at Advanced Dental Centre. Cathryn completed her Bachelor of Dental Surgery in 2002 and has worked both in Cairns and Adelaide. Cathryn loves all facets of general dentistry and finds it most rewarding to see patients and their families grow over time. Outside of dentistry Cathryn loves being a Mum of her two gorgeous children, Eddie & Charlotte. Even if you don't get to see Cathryn, you'll be sure to hear her laughter & bubbly personality throughout the building.



The importance of regular dental visits



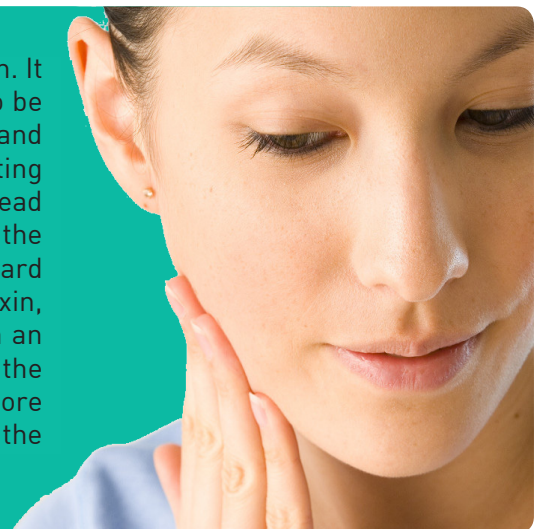
There is no question that we all want to avoid toothaches, tooth decay and gum disease. Ultimately, we all want the same thing: our teeth for life. The best way to maintain excellent oral health is by brushing and flossing daily using a high-quality toothbrush, toothpaste and floss, as well as regular dental check-ups and cleaning by a dental health professional. At Advanced Dental Centre, we focus on keeping your teeth and gums healthy. We are a proactive dental practice with a strong belief in preventative dental care. As a minimum we recommend six-monthly hygiene visits and will encourage you to book appointments in advance.

Our preventive dentistry service includes:

- Tooth cleaning: removing the build up of plaque and calculus from the teeth and restoring soft tissue health.
- Comprehensive dental examination: includes examination of teeth and soft tissues using visual, tactile and imaging techniques, and X-ray analysis.
- Education programs: advice on at-home care and nutrition.

Can *Botox* be used instead of an occlusal splint?

Bruxism is the habit of excessive clenching or grinding of the teeth. It is a behaviour which occurs most frequently at night but can also be experienced during the day. Long-term bruxism leads to excessive and permanent wear on teeth, places stress on the ligaments supporting the teeth and the temporomandibular joint (TMJ) which can lead to irreparable long-term damage. To prevent further damage, the use of an occlusal splint, more commonly known as a night guard can be worn while sleeping. But did you know that Botulinum toxin, also known as Botox can help prevent bruxism? Botox is used in an attempt to reduce the effects of over active Masseter muscles, the main muscle involved in bruxism. If you would like to know more about this procedure, we can make an assessment and discuss the options available for you. Please call us on 8297 4777.



LET'S GET TECHNICAL

3D Imaging - KNOW WHAT YOU DIDN'T KNOW



Technology is doing amazing things in our fast-paced world. In the past, we were only limited to traditional 2D x-rays but now that has all changed... Who would have predicted that, in dentistry, we would see our patient's anatomy in 3D, and from all angles? We are excited to announce we now have a Cone Beam CT machine on site. This technology has changed the way we practice by allowing us to see your mouth in ways we wouldn't have been able to previously.

In order to understand more about your diagnoses and treatment plan for your needs, a Cone Beam helps us to prepare for a wide range of dental procedures such as:

- ACCURATE PLACEMENT OF DENTAL IMPLANTS
- EXTRACTION PLANNING FOR IMPACTED TEETH
- PLANNING FOR ROOT CANAL TREATMENT
- DIAGNOSING TEMPOROMANDIBULAR JOINT DISORDER (TMJ)
- EVALUATION OF THE JAW, SINUSES, NERVE CANALS AND NASAL CAVITY
- DETERMINING BONE STRUCTURE AND TOOTH ORIENTATION

Cone Beam technology offers us unique benefits with more clarity compared to traditional 2D x-rays of hard tissues. The 3D digital image provides us with an enhanced visualisation of your teeth, bones and surrounding hard and soft tissue with minimal radiation exposure. This technology allows our patients to have any necessary 3D imaging on site which saves the hassle of going to a radiographer. Our approach to dentistry is to combine highly experienced dentists with the latest technologies and techniques, while at the same time, creating a friendly and comfortable environment.



NEW KID ON THE BLOCK

We are excited to welcome our new neighbour in the upstairs space of Clarence Park Health Centre, **Physiocare 360**. Physiocare 360's modern and holistic approach to physiotherapy allows clients to be confident that with their help they will achieve the most positive health outcome possible. Physiocare 360 provides physiotherapy for spinal pain, sports injuries and musculoskeletal conditions such as shoulder and knee pain while the gym studio provides a beautiful space for rehabilitation as well as the 360 Gym group classes. Physiocare 360 is currently offering GAP FREE* or HALF PRICE initial assessment's for Advanced Dental Centre patients. To make use of this great offer please book online at www.physiocare360.com.au or call 8297 1169 for an appointment. For full terms and conditions please contact Physiocare 360.



PHYSIOCARE360

all is merry AND bright*



The Advanced Dental Centre team ended 2017 with a bang! Every year our Christmas parties are always something to talk about and last year was no different. We were all very lucky to be treated to an evening at Maximilians Restaurant located in the Adelaide Hills. We enjoyed hitting some golf balls (some more talented than others) along with a delicious three course meal and espresso martinis which seemed to be popular. Sadly a few staff members were unable to celebrate with us as they were already on holidays.

Thank you again Karl and Angela for an incredible Christmas breakup party as always!



babies on board



At the beginning of the year Advanced Dental Centre's team had not one but two little additions to our team. We would like to firstly congratulate Dr Cathryn Whittenbury and husband Gavin on the arrival of their adorable baby girl Charlotte, born on January 12th. Secondly, a BIG congratulations to Rebecca and her partner Julien who welcomed their gorgeous baby girl Bronwyn into the world on February 16th. Both families are doing well and we have certainly enjoyed the cuddles with the new babies.

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