

INSIDE ISSUE 7

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beyondsmiles
where a beautiful smile begins



From the desk of **Dr Karl Scarpin**

I have noticed, in the last few years, more of my patients being placed on medications which affect bone metabolism such as Fosamax, Actonel and Prolia (bisphosphonates). Often, they are unaware of the consequences this could have if there are existing dental problems or with having some dental procedures. It is important that if you have discussed commencing treatment with your doctor, you should have a thorough dental examination, preferably before commencing treatment. The same principle applies if you are considering joint replacement surgery, heart surgery, and chemotherapy. It is often beneficial and easier for us to treat and discuss your dental health before you undergo these procedures. Dental infections are not always obvious, and often do not cause pain, however they can cause serious complications to other parts of your body.

Another consequence of medications, and getting older, is a reduction in the amount of saliva in the mouth. Many of my patients present with decay or teeth that are wearing down faster than usual. Often this is due to the lack of saliva available in the mouth. Saliva is important for keeping your teeth healthy, as it provides a perfect bath for your enamel. Many medications reduce the amount of saliva and we need to manage this problem to

prevent your teeth from breaking down. It should be discussed with us at your appointment so that we can give you some advice and tips on ways to combat this problem.

I am sure you have all heard of CEREC crowns being made in one day at our practice. You may not know that we can use the same technology to produce porcelain/resin fillings. The tooth can be scanned and the filling designed and made, much the same as a crown. The filling is then fit to the tooth like a jig saw puzzle. The advantage is that this filling is much stronger and better contoured than doing the filling by hand, and should make the filling last a lot longer. The procedure takes longer than a direct filling but the results are far superior which is evident by the number of patients now requesting this type of restoration.

I wish you all a great end of 2019 and look forward to seeing you at the practice.

Dr Karl Scarpin

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THE SOUR TRUTH



Many people drink water with lemon upon waking as part of a diet, detoxification or to simply stimulate the digestive enzymes. While drinking lemon water in the morning is quite fashionable, did you know it could potentially cause irreversible damage to your teeth?

If we take you back to science class, we measure acidity using a pH scale, the higher the pH number, the less acidic it is. The acidity in lemons measure as pH 2 - this is only one step above the acidity of stomach acid! Drinking water with lemon on a daily basis could potentially put you at risk of tooth erosion. Our mouth only needs to be pH 5.5 for this to happen. Tooth erosion is when the thin, protective layer of enamel slowly wears away from your teeth. The enamel on your teeth is the strongest substance in the human body; it is the hard covering on the outer layer of all your teeth that protects the sensitive inner layer of your teeth from daily wear and tear of biting and chewing, as well as temperature extremes from hot or cold foods and drinks. In saying

this, lemons aren't the only bad apples; there are various acidic foods or drinks that can contribute to tooth erosion. It is very important to do everything you can to prevent your enamel from eroding, unfortunately once the enamel has worn away your body does not make more to replace it.

If you can't go without your daily lemon water or other acidic foods or drinks, there are some ways to protect your enamel. Try drinking acidic drinks through a straw, this limits the liquids contact with teeth. Of course acid softens your enamel, so by brushing your teeth straight after consuming acidic foods or drinks it can speed up tooth wear before the enamel has time to remineralise again, which usually takes at least 30 minutes. Instead of brushing straight after, try rinsing your mouth with water, eating cheese or drinking milk to neutralise acids in the mouth.

As always prevention is better than cure so when life gives you lemons, be sure to protect your enamel by practicing good oral hygiene habits, like regular brushing with a fluoride toothpaste, flossing, and visiting us every six months for your dental check-up and professional cleans.

That's groovy baby!

Why do your teeth need fissure sealants? Because they're groovy baby! Fissures are the grooves on the biting surface of your back teeth that naturally occur. Food and bacteria can become stuck in the fissures of your teeth, particularly in the back molars. If the fissures are very deep and narrow, it makes the teeth difficult to clean leading to decay. A fissure is five times more likely to develop decay than any other tooth surfaces. A fissure sealant is a special resin coating which is then set using a special LED light. A fissure seal is designed to fill the pits and grooves in your teeth to protect them from plaque and decay. Sealants are ideal for children and teenagers as fissure decay can begin as soon as the back teeth erupt, however adults can benefit from protective sealants as well. It's important to remember that fissure sealants are not a magic prevention to tooth decay, with a strong belief in preventative dental care we recommend a good oral hygiene routine at home and to see us at six-monthly hygiene visits so you can do the best for your chompers!

BEFORE

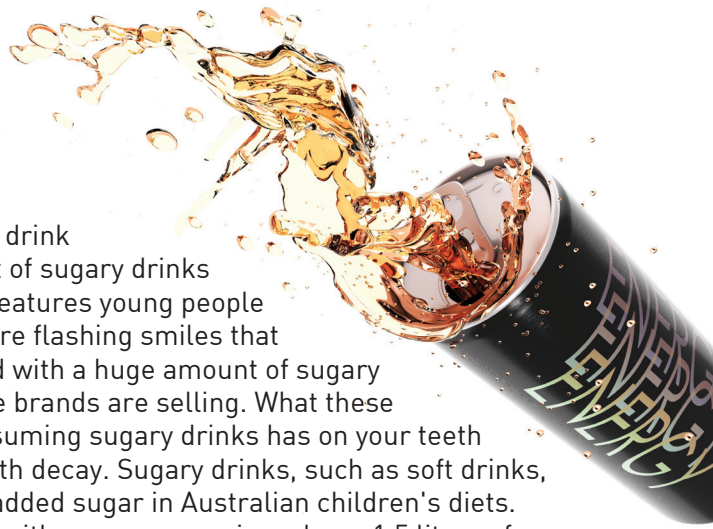


AFTER



SUGARY drinks

The truth is hard to swallow



A new public health campaign that mocks the appeal of soft drink advertisements is urging Australians to consider the impact of sugary drinks on their teeth. The **Rethink Sugary Drink** health campaign features young people drinking red cans of drink that appears to contain cola, before flashing smiles that reveal rotten teeth. Every day young Aussies are bombarded with a huge amount of sugary drink marketing and the supposed 'sweet' deal big beverage brands are selling. What these brands don't advertise is the serious damage regularly consuming sugary drinks has on your teeth such as tooth erosion, enamel loss, tooth sensitivity and tooth decay. Sugary drinks, such as soft drinks, sports drinks and energy drinks are a major contributor of added sugar in Australian children's diets. Many young males aged 12-24 are hooked on sugary drinks with some consuming a huge 1.5 litres of soft drinks, sports drinks or energy drinks a day. These super sugary drinks don't just ruin your smile; in the long run they can increase the risk of serious health problems. Our teeth will be much stronger and healthier if we simply cut back on sugary drinks or remove them entirely from our diet.

Taking a bite out of composite fillings..



Fillings are extremely common in Australia and are generally used to treat dental decay. It's vital to avoid decay if possible and often best to treat it immediately. Tooth decay is Australia's most prevalent health problem, according to the ADA (Australian Dental Association). Unsightly silver fillings are a thing of the past. We use composite resin material to create tooth-coloured fillings that match the shade and shape of your original teeth. But what other options do you have? As time goes on we are doing more and more tooth-coloured ceramic fillings. You've never heard of ceramic fillings? What are they? These ceramic fillings are typically referred to as inlays or onlays. When it comes to the very latest in 3D dental restoration, CEREC Dentistry is where it's at. CEREC is short for Ceramic Reconstruction. While you lie back in the dental chair, we use 3D photography and CAD/CAM technology (that's computer-aided design and computer-aided manufacture) to create inlays or onlays and other restorative options such as crowns or veneers out of tooth-coloured ceramics in a single visit. Inlays or onlays are often recommended when broken or decayed teeth are located at the back of the mouth. Strength is one of the main advantages of inlays/onlays as they are constructed from a high quality material made of porcelain or high strength resin which is both durable and aesthetically attractive as well as an average lifespan of 10-20 years. As good as ceramic fillings are we encourage you to focus on protecting your natural teeth, that way, you don't need fillings and you can keep enjoying the natural beauty of your teeth for a lifetime.

WE'VE GONE PLATINUM!

We are excited to announce we are now proudly part of the Bupa Members First Platinum network. Have you ever avoided the dentist? We know it isn't always something you look forward to, but we're determined to make sure that the cost doesn't get in the way of your dental care. The Bupa Members First Platinum network is designed to reduce the financial burden of dental check-ups while also providing financial peace of mind by helping make dental treatment affordable. Patients with combined hospital and extras cover* will have no out of pocket costs on a range of common preventative dental services. This includes general check-ups, scale & cleans and x-rays.

*Refers to Bupa customers with hospital and extras cover where benefits are payable. Waiting periods, funds and policy rules apply.



Members First
Platinum



FIFTY SHADES OF WHITE

Going back 4,000 years the Egyptians tried whitening their teeth with vinegar. Later the Romans used urine to brush their teeth (yes you read that correctly) for a whiter and brighter smile, but did you know the effect of modern teeth whitening was discovered rather by accident? In the 19th century while looking for a way to treat gum disease, dentists discovered that hydrogen peroxide was not only effective at treating gum disease, but was also effective in whitening the teeth. After more experimenting, dentists discovered in 1918 that a heated lamp in conjunction with hydrogen peroxide would whiten the teeth. And in the 1960s, it was discovered that letting teeth soak in peroxide overnight left teeth much whiter. It wasn't until 1989 that teeth whitening procedures became similar to what we know today and the dental market exploded with whitening tooth pastes, treatments, and at-home whitening kits that were both safe and effective.

The market for teeth-whitening has blossomed over recent years, with products promising to help you maintain (or regain) a bright white grin. Dental associations around the world, including the ADA (Australian Dental Association), are stressing that teeth whitening should only be performed by dental professionals, a recent ADA study found more than two-thirds of people aged 18-35 who've whitened their teeth didn't go to a dental professional. Despite this we are noticing more and more boutique whitening salons along with people continuing to flock to off-the-shelf or online teeth whitening kits in pursuit of an idealised standard of dental beauty popularised by social media platforms. With the need for the perfect set of gleaming white teeth the ADA reported last year that "almost three-quarters (73%) of women aged 18-25, and over half of men aged 18-25 (51%) have considered whitening their teeth."

Every mouth is unique, and hence why we are the best people to assess the possible risks or side-effects associated with whitening your teeth. Before commencing any whitening treatment, you will need to see us for a dental examination and teeth cleaning. So are you asking yourself what can I do to whiten my teeth? Teeth naturally begin to change colour and get darker as we get older. Day to day activities such as drinking coffee, tea, red wine, soft drinks and smoking can cause changes in the colour of your teeth. The preferred option for many of our patients is the in-chair **ZOOM! WhiteSpeed Teeth Whitening**. Having your teeth whitened in-chair produces faster and more reliable results compared to doing it yourself. This is because as a dental practice we are allowed to use higher concentration of whitening gel, applied under controlled conditions. Bleaching gel is carefully applied to the surfaces of your teeth, which is activated by light. The process takes approximately 2 hours and is often recommended to follow up with home whitening to maintain the colour.

Keep in mind that crowns, veneers and fillings don't change colour when you have your teeth whitened. It is also important to keep in mind that not everybody benefits from this procedure and therefore other solutions may be more appropriate such as veneers.

fun fact!

They help you chew, speak and smile, but how much do you really know about your teeth? Here is a fun fact to prove your teeth really are remarkable. Whether we're talking about the *20 baby teeth* that serve us in childhood or the *32 permanent teeth* we have in our adult years, no two teeth are exactly the same shape and size. Each tooth in your mouth has its own unique profile, and teeth also vary widely from person to person. So your smile really is a true mark of your individuality!

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