

INSIDE ISSUE 8

NEWSLETTER

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beyondsmiles
where a beautiful smile begins



From the desk of **Dr Karl Scarpin**

We have all heard the word unprecedented being used a lot lately, however the older generations will recall similar events that have affected our society as bad, if not worse, than COVID-19.

Unfortunately, we have no control over the process of this global pandemic, and it is this unknown that is the cause of a lot of stress in our community today. Our practice has been greatly affected, having to completely close for 3 weeks and we have had to work with restrictions in place that has limited the dental treatment we can provide. However, with increased screening of people entering our building, changes to the way we conduct ourselves, and social distancing we are now playing catch up to provide much needed treatment for all of our patients. We are working hard to provide as much treatment as possible for our patients with the realisation that we may be forced to shut down again or placed on further restrictions if there is another outbreak of COVID-19 in South Australia.

Although I know that most of our patients are thoughtful, intelligent people I want to emphasise how important it is to follow the guidelines set by South Australia's health authority. COVID-19 is not just like the flu, it is highly contagious and

has shown to cause serious illness in the elderly, medically compromised and also young healthy individuals. The last thing we want is for our hospital beds to be full and our doctors having to decide who gets treated and who does not.

Many of our patients have also been financially affected by this pandemic and we have catered treatment plans to take this into account. If you have a dental problem, please do not hesitate to seek treatment now, in case we get shut down or restricted again, even if we undertake a temporary procedure to get you through this difficult period.

I hope you all look after yourselves and our community, and please be assured that visiting our practice is a safe thing to do. We have a large open space to allow for social distancing, both in our waiting area and in our surgeries, and if you feel safer waiting in your car this can be catered for as well. We all hope our next newsletter will be COVID-19 free. Thank you again for your support.

Dr Karl Scarpin

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Drinking red wine could be good for oral health

Lovers of red wine, it's time to celebrate! 🥳
Researchers have now identified yet another reason why you should keep on enjoying this beverage. Some of us love to savour a glass of red or two with dinner every once in a while. The catch is that this drink can stain your teeth over time and can cause enamel erosion due to its acidic nature. If you are a wine taster you need to speak with us, as to how to manage this potential problem.

Red wine has previously been linked to a range of supposed health benefits, from helping the heart to lowering the risks of diabetes. Now a new study suggests it contains chemicals that can help in the fight against tooth decay and gum disease. Researchers found compounds from the drink, known as polyphenols, helped fend off harmful bacteria in the mouth. This research could lead to the development of new treatments, which could be life-changing as our oral health can impact everything from our gut, to our mood, our heart health and general wellbeing. Still, the researchers did stipulate that this isn't a 'green light' to enjoy the drop in excess.

IS SHARING REALLY CARING?

There are people completely unfazed by using their partner's toothbrush — whether it's a one-time thing or a regular occurrence — and those who are totally disgusted by the idea. To put it simply, know that sharing definitely isn't caring when it comes to your toothbrush.

When using a toothbrush other than your own, you expose your teeth and gums to new bacteria, and it may not play nicely with the bacteria your body already knows. The particular mix of bacteria in your mouth is unique to you, so introducing new bacteria makes it easy to catch a cold, flu or others germs from the bristles of your partner's toothbrush. You won't realise it when it happens, and even if your partner is clean and isn't suffering from a condition like a cold sore, using their brush spreads bacteria regardless, putting your teeth, gums and health at risk.

Not only should you never share a toothbrush with another person, you should also aim to replace your toothbrush every three months. That's something many of us forget to do unless we're prompted. So, if you've forgotten your toothbrush and desperately need one that might just be all the prompting you need.

Good oral hygiene is important for healthy teeth and gums, not to mention your overall health, so keep your brush to yourself, replace it regularly and take care of those pearly whites by booking in for your regular six monthly dental appointments to keep things in tip-top shape.



Meet Our Team Of Oral Health Therapists



Our team of Oral Health Therapists are an essential part of the dental team. Our friendly team includes Lizzy Owen, Sanam Rezaei, Courtney Brown, Diem Tang & Gi Song.

Oral Health Therapists provide a wide range of dental care in a variety of settings to children, teenagers and adults.

Oral Health Therapists can provide the following dental therapy services to children and adolescents:

- **dental examinations, diagnosis and develop treatment plans**
 - **take x-rays of teeth and jaws**
- **prepare cavities and restore teeth with fillings and crowns**
 - **preventative procedures eg. fissure sealants**
 - **taking impressions of the teeth eg. for mouth guards**
- **extract deciduous teeth under local anaesthetic when required**
 - **give dietary advice and oral health education**

Oral Health Therapists also provide dental hygiene services for people of all ages. Dental hygiene services include extensive scaling and cleaning of the teeth and gums, fluoride applications and oral hygiene instructions. Most recently Sanam & Courtney are now qualified to provide some types of restorative treatments to adults, including fillings which means they work closely with the dentists to provide a complete dental care plan.

chew on this

With plenty of options while waiting at the checkout, it's easier than ever to satisfy your sweet tooth and protect it from cavities at the same time. The next time you are in the mood for a sweet treat, why not bite into a piece of sugar free gum that is good for your teeth instead of a sugar-filled treat? Your teeth will thank you.

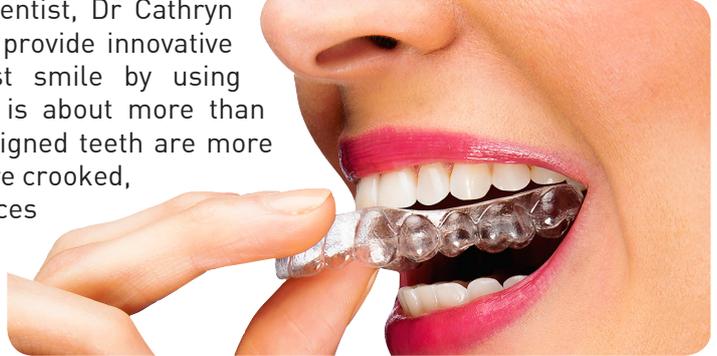
Not all of us appreciate chewing gum, especially when you have to watch or listen to someone's constantly rotating jaw, but did you know chewing of any kind increases the production of saliva, which helps clear away food, strengthen tooth enamel and reduce the levels of acid in your mouth that cause tooth decay. In saying this, avoid citrus flavours like orange, lemon or lime as these contain acids that damage your teeth in other ways, instead go for the mint flavour.

Chewing sugar-free gum can be a useful add-on to an oral health routine, but don't throw away your toothbrush just yet! You still need to brush and floss twice daily to remove plaque from your teeth. Avoid chewing any gum if you already have health conditions involving jaw joint pains or have other reasons to avoid chewing for extended periods.



A smile that's sure to impress

At Advanced Dental Centre, our experienced dentist, Dr Cathryn Gill, has an eye for attention to detail and can provide innovative dentistry to help patients achieve their best smile by using clear aligners. Straightening a crooked smile is about more than appearance. It's important to realise that misaligned teeth are more prone to gum disease and cavities. When teeth are crooked, patients who wish to avoid years of metal braces are often pleased to hear that clear aligners are an option. SureSmile and Invisalign are two leading brands of clear aligners.

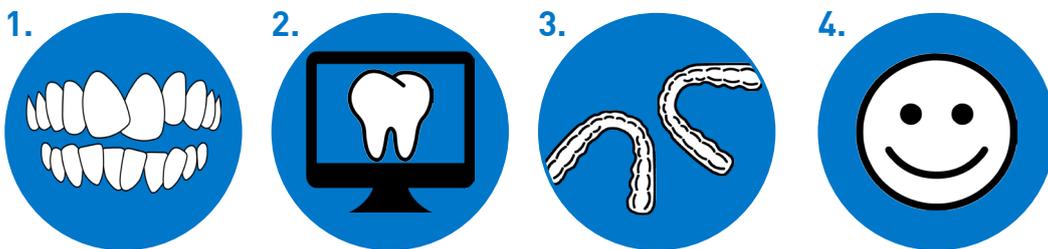


About SureSmile Aligners

Perhaps you've heard about Invisalign for misaligned smiles. Whilst Invisalign was the first widely available system for clear aligners, competitors have now appeared on the market. SureSmile (like Invisalign) allows us to create a 3D model of your teeth. We then use advanced computer software to design your new smile. Your set-up is sent to a lab where your aligners are created and printed with a 3D printer. Each and every aligner is custom-made to fit your teeth and move them gradually into a straighter position.

How Does SureSmile Work?

Let's take a look at the process:



1. The first step in the SureSmile process is technology driven using digital scans to create a 3D computer model of your teeth and bite with the help of advanced imaging technology which allows us to analyse your mouth from every angle.

2. Once we have created the 3D model of your teeth, we will see how your teeth fit together from a range of angles. With the use of the SureSmile treatment planning software we make use of virtual simulation tools. The tools enable us to see the final position of your teeth so we can then determine an effective plan for your needs.

3. Once we have laid out your treatment plan, the SureSmile technology makes a series of aligners according to your prescription. The aim of the aligners is to deliver gentle forces to move your teeth consistently and directly to the desired end position.

4. Start smiling!

Are SureSmile Aligners for You?

Together with Dr Cathryn Gill, we will determine if SureSmile aligners is the right treatment for you and your smile needs. If you're interested in SureSmile treatment, please schedule a consultation with Dr Cathryn Gill to discuss your unique needs and related treatment options.

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