

# INSIDE ISSUE 9

NEWSLETTER

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



From the desk of  
**Dr Karl Scarpin**

Welcome to our newsletter. We have been so lucky in South Australia in terms of COVID-19, and this year we seem to have a bit more certainty for the future as the vaccine rolls out. Some of our staff are already vaccinated and we hope that soon most of us, including our patients and the community in general, will also receive the vaccination. It gives us hope that our freedoms are restored and we can put the dreaded lockdowns in the past.

At Advanced Dental Centre after our brief closures in 2020, due to COVID-19, we are now back into full swing with some procedural changes to keep everyone safe. As we are an accredited practice our infection control was already at a high standard, however you will have noticed a check in process, and a special disinfectant mouth rinse before aerosol procedures as well as social distancing being maintained in the waiting room. Unfortunately, we are still not providing iPads or newspapers

and magazines while you wait, but we do have USB charging points if you bring in your own device!

Our digital dentistry is still advancing, with more procedures able to be done this way. We are now providing SureSmile and Invisalign orthodontic treatment by taking a digital scan of your teeth, and treatment planning your tooth movement on the computer. Clear aligners are then provided to move the teeth, over a period of time, as treatment planned. We can also use this technology to provide veneers and improve your smile.

I hope you enjoy this newsletter and until we see you again, stay safe and keep smiling.

Dr Karl Scarpin

BDS (Adel.), MRACDS,

Post. Grad. Dip.Clin. Dent. (Oral Implants)



**Advanced  
Dental  
Centre**

# Advanced Dental Centre on tour...

The Advanced Dental Centre team ended 2020 in style! 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 a wine tour around the beautiful McLaren Vale region. We enjoyed visiting Mitolo Wines, D'arry's Verandah Restaurant for a lovely three course meal and Beresford Wines. We cannot thank Dr Scarpin & his wife Angela enough for another wonderful year.



## would you like botox with that?

Beautiful skin dresses up a smile and we are now able to do this with facial injectables. In October last year Dr Cathryn Gill was lucky enough to have director, Dr Myles Holt from AADFA (Australasian Academy of Dento-Facial Aesthetics) come to the practice for one-on-one training. Two of the most common forms of facial injectables which Dr Karl Scarpin & Dr Cathryn Gill use are muscle relaxants (like Botox) and Dermal fillers. Both can help make your face appear smoother and more youthful, but there are a few key differences.

### **Botox**

One of the most common uses is in the treatment of dynamic lines or wrinkles on the face, which are those caused by the action of the muscles of facial expression. These lines can cause skin deterioration and aesthetic defects which appear to artificially age a person and have a significant impact on self-esteem. Botox injections relax the action of the underlying muscles and minimise the resulting lines on the skin. The treatment of Temporomandibular disorders (TMD), tooth grinding (Bruxism), "gummy smiles" and many other conditions caused by undesired muscle action, can now be made simpler and less invasive through the use of Botox injections.

### **Dermal fillers**

Dermal fillers are used to apply extra collagen to the skin. This helps reduce the appearance of wrinkles known as static wrinkles. These are caused by depleted or sunken skin and are apparent whether or not the muscles in your face are in motion.

### **How they work**

Using either Botox or dermal fillers, an injection is made to a specified area of the face. This causes the muscles in your face to relax, smoothing out the lines in your skin for about three to four months. With dermal fillers, these effects can last as long as 18 months after regular treatments. Results are not immediate. Results will improve in the days/weeks following treatment. If you're interested in facial injectables, schedule a consultation today.



# protect your smile

Mouthguard season is upon us! 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 one 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.



## let's talk about dental implants

There are many options for replacing teeth but dental implants have provided us with a very natural looking, and predictable treatment option that does not affect the remaining teeth. Dental implants are widely accepted to be the most successful method of tooth replacement used today. Dental implants have a screw like bottom that will be placed where your dental roots were and over time bone grows around the implant which helps to hold it in place. If there is insufficient bone, it is also possible to build the bone up, and this is called bone grafting. After a thorough examination, which may involve x-rays, stone models, and photographs of your teeth (among other records) we will be able to advise you if dental implants are the right solution for you. Dr Karl Scarpin has been working with and restoring implants since he graduated in 1994. He has undertaken extensive training in implant dentistry and takes pride in informing his patients about the benefits of dental implants, as well as the steps involved in treatment. Get in contact with us today!



# PHILIPS ZOOM!

## TEETH WHITENING OFFER

Put the sparkle back into your smile, \*Pay just \$690 for ZOOM! WhiteSpeed Teeth Whitening and you'll receive a special take-home kit including customised bleaching trays and a top-up syringe to maintain those pearly whites at home!

\*Valid until 30/06/2021



# are you falling into the sugar trap?

As a parent, you often think you're making healthy choices for your kids and saying no to sugary foods and drinks because they're not great for their teeth. So then why is it that, according to a Child Dental Health Survey, 1 in 2 children aged 6 years has tooth decay in baby teeth and by 12 years of age, 50% have tooth decay in adult teeth. With increasing rates of overweight and obesity and type II diabetes, Australia is in a sugar-induced health crisis impacting on quality of life. The answer, according to Australian health experts and dentists, is **SUGAR**. The average Australian consumes 14 teaspoons of sugar per day, more than double the World Health Organisation's recommended maximum of 6. While studies confirm that sugary food and drinks lead to tooth decay, many oral health experts are also looking at the ways we consume sugar and how they can increase our risk of a dental cavity. The amount of sugar we eat isn't the leading factor in causing tooth decay (although too much sugar can add up to other significant health issues such as obesity and diabetes). When you eat sugar and for how long are just as important than what you eat. If you snack on sugary stuff between meals, it's worse than only having dessert after dinner then brushing. This is because your teeth are exposed to acid-causing bacteria for longer. The form and composition of sugary foods, sticky sweets for example, may be critical. The type of sugar may play a part – whether it's refined sugar (soft drinks, confectionery) rather than food containing 'simple sugars' (carbohydrates) like wholegrains.

## The ADA recommends these five top tips to stop childhood teeth decay in its tracks:

-  Avoid snack foods that are sticky, chewy or sweet
-  Avoid grazing! Have set meals times and form a routine
-  Limit fruit to two servings per day. Fruit is good but too much can be harmful
-  Give your kids water with every meal to help wash away lingering food
-  Be selective with snacks. Vegies, cheeses and lean meats are great and tasty options

## WELCOME to the team

We would like to take this opportunity to welcome our new Oral Health Therapists Alicia Marciano, Seja Majeed & Zoe Stapley to the Advanced Dental Centre family. The girls have settled in wonderfully and they are all very valuable members of the team. We are thrilled to have them on board! Our Oral Health Therapists provide a wide range of dental care in a variety of settings to children, teenagers and adults.



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