

# INSIDE ISSUE 12

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# beyondsmiles

*where a beautiful smile begins*



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

I wanted to take a moment to share some updates from the team at Advanced Dental Centre.

Many of you will know Kristina, who began with us as a trainee with no dental background. With the support of our experienced team, she completed her Certificate III in Dental Assisting, then went on to achieve her Radiography Skill set. Kristina's dedication didn't stop there — she later decided to study Oral Health Therapy full-time, which meant stepping away from the practice. Despite her studies, she stayed in touch and regularly filled in when her schedule allowed.

We're very pleased to share that Kristina has now returned to the practice in a permanent role. Not only did she do exceptionally well academically, but she also extended her qualifications to include adult scope. This means she can now diagnose periodontal (gum) disease, scale and clean teeth, restore children's teeth, and perform examinations and some minor restorations for adults. We're incredibly lucky to have her back. She is an outstanding clinician and brings a wonderful energy to the team — her positive attitude and warm laugh are always appreciated by staff and patients alike.

Another familiar face returning to the team is Jacinta Vickers. After many years with us, Jacinta decided to explore a new career direction and left the practice. Her presence was definitely missed — not just by us, but by many of you who regularly asked about her. As

the first person our patients often met at reception, Jacinta built strong connections and was known for her professionalism, kindness and ability to make everyone feel welcome. After a year away, Jacinta realised how much she missed working at Advanced Dental Centre and being part of our community — and we're very happy she decided to return. She's settled right back in, and it's wonderful to have her experience and familiar face back at the front desk.

This year has continued to be busy, and we've been working hard to provide care tailored to each patient's needs — especially as we approach the end of the year, when many people try to use their health fund benefits before they reset. With the rising cost of living, we understand the importance of making dental care as accessible as possible. We do our best to create treatment plans that work with each individual's circumstances.

If you have private health insurance, we encourage you to read the article in this newsletter about **extras cover** — it's worth reviewing to ensure you're getting value from your policy.

Thank you to all of our loyal patients for your continued support. It's a privilege to care for your oral health, and we look forward to seeing you at your next visit.

Dr Karl Scarpin  
BDS (Adel.), MRACDS,  
Post. Grad. Dip.Clin. Dent. (Oral)



**Advanced  
Dental  
Centre**

# Have you checked your health insurance lately?

We often get asked, “What’s the best extras cover for dental?” While we can’t recommend a specific health fund, we can help you make a more informed choice.

First things first: hospital cover and extras cover (which includes dental) are separate. You don’t have to stick with the same fund for both—you can mix and match to suit your needs.

## Is Extra’s Cover Worth It?

That depends. Extras policies come with limits, gap payments, and restrictions. In some cases, the rebates don’t justify the premiums—especially if you rarely claim. But if you find it hard to budget for dental care, a good policy can provide peace of mind.

Just remember: premiums often go up every year, even if your benefits don’t. So, it’s worth reviewing your policy regularly to make sure you’re still getting value.

## Where Can I Compare?

The best place to compare health insurance is the free, official government website:

**[www.privatehealth.gov.au](http://www.privatehealth.gov.au)**

It’s independent and shows *all* available funds—unlike commercial comparison sites, which only list providers that pay to be featured.

## Funds Worth A Look

Some of the best value comes from smaller, industry-specific health funds. These often offer better dental benefits, like:

- Teachers Health
- Doctors Health Fund
- Emergency Services Health
- Police Health
- Defence Health
- Navy Health
- CBHS
- TUH
- RT Health
- ACA Health

*Many of these cover up to 80% of dental fees, offer gap-free check-ups, orthodontic cover, and even rollover on major dental limits. And good news—eligibility is often broader than you’d think.*

Other non-industry funds that offer strong dental value (without the big marketing budgets) include:

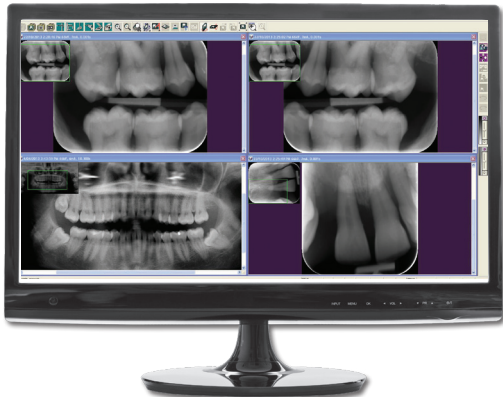
- GMHBA
- Phoenix Health Fund
- Peoplecare

*These funds tend to focus more on benefits than advertising.*

Extras cover can be worth it—if it provides real value for your needs. So take 10 minutes to review your health insurance. You might discover better dental cover and save money at the same time.



# WHY DO I NEED DENTAL X-RAYS?



We get this question a lot — and it's a good one! There's a lot happening in your mouth that we just can't see with the naked eye. That's where X-rays come in. These 2D images help us spot things going on beneath the surface — between your teeth, under fillings, and inside your jaw — that would otherwise be invisible.

X-rays are an essential part of diagnosing and planning treatment. They give us a much clearer picture (literally) so we can figure out exactly what's going on and what needs to be done. If needed, we can also share your X-rays with other dental specialists to make sure everyone's on the same page about your care.

Already had X-rays done recently? No problem — just let us know. We can email you a form to request them from your previous provider, and ideally have them sent through before your appointment with us.

And here's something even cooler: thanks to the latest tech, we can now view your teeth and jaw in 3D! That means we can take detailed scans right here in the clinic — no need to visit a separate radiographer. This kind of imaging lets us see your mouth from every angle, helping us provide even more accurate care. Staying on top of the latest technology has truly changed the way we practice — and it helps us take better care of your smile.

## The importance of kids dental visits

As parents, we all want our children to have healthy, beautiful smiles.

Did you know that regular visits to the dentist play a crucial role in maintaining their oral health? At Advanced Dental Centre, we love instilling healthy dental habits into our patients from a very early age, because we know how important a confident smile can be as children grow into young adults.

### Why Are Dental Visits Important for Kids?

**Early Detection of Issues:** Dental check-ups help identify potential problems like cavities, gum disease or misalignment before they become bigger issues. Catching these problems early means less discomfort and fewer visits to the dentist in the future.

**Building Positive Habits:** When children visit the dentist regularly, they become more comfortable with oral care. Our friendly Oral Health Therapist helps teach kids how to properly brush and floss, reinforcing the importance of good oral hygiene.

**Preventive Care:** Dentists don't just treat problems—they prevent them! Professional cleanings remove plaque and tartar buildup that brushing and flossing might miss, ensuring your child's teeth are as healthy as possible.

**Education for Parents and Kids:** Kids learn the right way to take care of their teeth, while parents get tips on diet and habits that promote oral health. It's a team effort!

By making dental visits a regular part of your child's routine, you're setting them up for a lifetime of healthy, happy smiles.





# SAY HELLO

## to our new Oral Health Therapist!



We're excited to officially welcome our new Oral Health Therapist Kristina! Kristina is no stranger to Advanced Dental Centre - she first joined us in 2017, completing her Certificate III in Dental Assisting and then went on to gain her Dental radiography skill set. Now, she returns with even more to offer, having recently graduated from the University of Adelaide with a Bachelor of Oral Health (Extended Adult Care) in 2024.

Kristina has settled in beautifully, she's always been a valuable member of our team, and we're excited to see her continue to grow in this new role.

## Congratulations Seja

We're thrilled to share that our wonderful Oral Health Therapist, Seja, has recently completed a postgraduate course in Adult Therapy, expanding her scope to include restorative treatment planning and procedures for adults. She'll now be working more closely with our dentists to assess and enhance your oral health.

In August 2024, Seja was honoured to join a Ryder-Cheshire-supported dental team in Timor-Leste. During the week-long trip, Seja developed and delivered a dental radiography program designed to align local practice with Australian radiographic standards. The first three days were dedicated to intensive theory training, followed by two days of hands-on implementation, including a local anaesthetic refresher. The program was endorsed by the Timor-Leste Health Minister, who awarded Seja and the team in recognition of their contribution. Seja is looking forward to returning to Klibur Domin in the near future.



## Bright Smiles in Cambodia



Our Oral Health Therapist Kristina, was selected to take part in an intensive two-week overseas study tour in Cambodia late last year whilst studying at the University of Adelaide. During the tour, Kristina delivered vital oral health education and preventive care in both private clinics and school settings, helping improve community wellbeing. The tour also offered deep insights into Cambodia's dental health system, cultural and political history, and included training in cultural awareness and language.

Kristina returned with a wider outlook and a renewed passion for advancing oral health—at home and abroad. We are so proud of her for being selected to take part in this opportunity.

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