

Nollamara
Dental Care
Nick Macpherson
& Associates

- ◆ Cosmetic Dentistry
- ◆ Tooth Whitening
- ◆ Crowns & Bridges
- ◆ Veneers
- ◆ Implants
- ◆ White Fillings
- ◆ Periodontal Treatment
- ◆ Root Canal
- ◆ Dentures
- ◆ Family Dentistry
- ◆ Mouthguards

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Smiles On Flinders



Bleeding gums can kill more than your smile.

Contrary to what you have been told, bleeding gums are not normal and shouldn't be ignored. Would you be concerned if your hands bleed every time you wash them? Your gums are no different.

Bleeding that occurs when you floss, brush, or eat is usually caused by a bacterial infection and represents one of the first symptoms of gum disease (Periodontal Disease). Researchers are finding links between periodontal infection and serious diseases of the human body. Heart Disease & Heart Attack, Stroke, Diabetes, Respiratory Disease, Cancer, Osteoporosis, Artificial Joints, and Pregnancy complications seem to be connected to your oral health. The current theory is that bacteria present in infected gums breaks loose, travels through your bloodstream, and attaches itself to your heart or other body parts. A recent study found that 85% of heart-attack patients have periodontal disease, making this connection higher than the relationship between high cholesterol and heart attacks.

Research using DNA testing has found that periodontal bacteria can be transmitted from parent to child and spouse to spouse.



Smiles On Flinders supports this program and encourages parents to make full use of it because good dental care habits formed during childhood are likely to benefit your child for life. Smiles On Flinders bulk bill for treatment under this scheme so there will be no out of pockets expenses for eligible treatment for families.

Eligibility is assessed by the Department of Human Services and vouchers are sent to eligible families. You can confirm your child's eligibility and balance amount by accessing your Medicare online account at my.gov.au or by calling the Medicare general enquiries line on 132 011.

Please let us know you are eligible for the Child Dental Benefits Schedule when making your appointment.

Instant claiming from your health fund.

On-the-spot electronic claiming of health fund benefits through HICAPS is available at Smiles On Flinders. This means you can claim the health fund benefit you may be eligible for at the time of treatment. The health fund benefit amount will be deducted from the overall treatment charge so you only pay the difference.

In addition, both Medibank and HBF also give you one free 'Scale & Clean' per year with a participating provider such as Smiles On Flinders. All you need to do is come in, swipe your card, and that's it – there's nothing to pay! Some health funds also offer 'no gap' dental treatment for children.

To check if you are eligible for any of these benefits contact your fund.

What Should You Do?

Keep your mouth healthy! It is not "just a cleaning" anymore. See your dentist or hygienist at least twice a year for periodic maintenance and screening. Periodontal disease is often painless until it reaches more advanced stages, however there is a simple test that your dental team can use to uncover this problem even in its beginning stages. Like most diseases of the body early detection is essential. Also, remember to brush and floss. You will need to be an active participant in prevention. Gum disease is a serious infection that should always be taken seriously.

Take a Self-Evaluation Quiz.

If you answer yes to any of the following questions you may have periodontal disease.

- Do your gums bleed when you brush, floss or eat?
- Do your teeth or gums hurt?
- Do your teeth feel like they are moving?
- Are your gums receding?
- Do your teeth look longer?
- Do you have persistent bad breath?

- Have you noticed pus around your teeth?
- Do your gums feel tender or look swollen?
- Is it difficult for you to chew?
- Does your bite feel different?

Other Factors

Over 80% of adults have gum disease. Smoking, excessive alcohol, diet, and poor oral hygiene can contribute to the onset and progression of the disease, but genetics seem to play a significant role. If there is a history of gum disease or premature tooth loss with your parents or siblings your chance of having this disease is extremely high.

Treatments

A better understanding of this disease has created new treatment alternatives.

Antibiotics, deep cleanings, laser treatments, mouth rinses, and homecare, used individually or in combination, are reducing the need for more aggressive options like surgery.

Child Dental Benefits Schedule

Financial support for basic dental services for children aged 2 - 17

The Child Dental Benefits Schedule is a new government program that provides financial assistance to families for their children's dental care. The program can provide up to \$1,000 over two years per eligible child towards basic dental services such as examinations, x-rays, cleaning, fillings, extractions and root canals.



We are always happy to welcome new patients . Please feel free to refer your family and friends to us and we promise to provide them with quality dental care.

Dental X-rays or Radiographs

How are X-rays Used?

X-ray images, also called dental radiographs, are among the most valuable tools a dentist has for keeping your mouth and teeth healthy. By understanding what the structures of the mouth look like normally on an X-ray film, dentists can diagnose problems in the teeth and jaws.

For adults, radiographs can:

- Show areas of decay that your dentist may not be able to see with just a visual examination, such as tiny pits of decay that might occur between teeth.
- Find decay that is developing underneath an existing filling.
- Find cracks or other damage in an existing filling.
- Alert the dentist to possible bone loss associated with periodontal (gum) disease.
- Reveal problems in the root canal, such as infection or death of the nerve.
- Help your dentist plan, prepare and place tooth implants, orthodontic treatments, dentures or other dental work.
- Reveal other abnormalities such as cysts, cancer and changes associated with meta-

bolic and systemic diseases (such as Paget's disease and lymphoma)

For children, radiographs are used to watch for decay and to monitor tooth growth and development. Dentists will use periodic X-rays to see whether there is space in the mouth to fit all the new teeth, whether primary teeth are being lost quickly enough to allow permanent teeth to erupt properly, whether extra (supernumerary) teeth are developing or whether any teeth are impacted (unable to emerge through the gums). Often, major problems can be prevented by catching small developmental problems early and then making accommodations.

How Often Should Your Teeth Be X-rayed?

Even though no X-ray can be considered routine, many people require X-rays on a regular basis so that their dental condition can be monitored.

Exactly how often this happens will depend on your medical and dental history and current condition. Some people may need X-rays as often as every six months. For others,

X-rays may not be needed for as long as two years.

Who needs more frequent or regular radiographs?

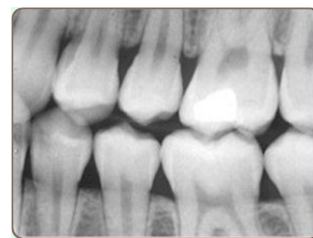
They include:

Adults with extensive restoration work, including fillings - All the conditions that helped create the caries to begin with continue, making it necessary to check for decay beneath existing fillings or in new locations.

People with periodontal (gum) disease - Periodontal treatments may need to be stepped up if there are significant or continuing signs of bone loss.

People who have Dry Mouth Syndrome (see related article overleaf)

Smokers, due to their increased risk of periodontal disease.



Why Replace Missing Teeth?

Many people want to know why it is necessary to replace a missing tooth? After all, we have 32 of them, and a few missing here and there is not going to reduce chewing efficiency? Let's see what happens when a missing tooth is not replaced.

Every tooth in the mouth is flanked by a tooth on either side, with the exception of the wisdom teeth. Every tooth meets with a tooth in the opposite arch, and hence the biting action takes place. Front teeth are used for incising the food, and supporting the muscles of the face—we have all seen the sagging face when a particular front tooth has been lost. Back teeth are used for chewing and for giving fullness to your cheeks. They also maintain the proper posture of the jaws—loss of teeth leads to wrinkling of the face and over closure of the lips and jaws.

The remaining teeth having lost the support of that missing tooth, tend to lose their alignment over time. What was once a stable bite is now changing. What was once a self cleansing tooth arrangement is now a food and plaque trapping situation. Chewing can become more difficult and tooth decay and gum & jawbone disease become more prevalent.

The loss of a back tooth can result in the following consequences:

Bite Changes

The teeth adjacent to the space left by the missing tooth will tend to drift and fall into this space (see illustration (1)). This creates gaps between the teeth and areas to trap plaque and food. (2) This can lead to gum disease and possible decay. More force is also placed on these teeth and they are more susceptible to cracks and breaking. The corresponding tooth in the opposite arch will tend to move into the space of the missing tooth (3), it will over erupt and also create gaps between itself and the adjoining teeth, again leading to food traps, decay and gum disease. The tooth will also lose bone support resulting in it becoming more mobile. As well as this, changes in the bite can lead to clenching and grinding of the teeth and irreparable damage to the jaw joints.

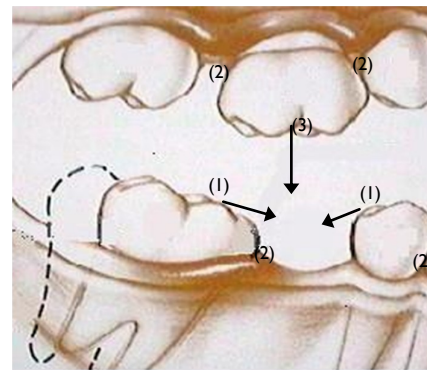
Jawbone Deterioration

As soon as a tooth is lost, either from disease or extraction the supporting bone in the jaw begins to dissolve. The longer a tooth is missing, the greater the bone loss. This can have a considerable effect on chewing capacity and quality of life. Studies have shown that 29% of denture wearers eat only soft foods and 50% avoid some foods altogether. Over time, more of the bone degenerates until it becomes difficult to place any dental restoration, including dentures.

The sooner the missing tooth is replaced the less the impact on the remaining teeth, gums and bone.

There are three ways to replace a missing tooth or teeth.

- 1). A denture that is taken in and out by the wearer and not fixed permanently to the natural teeth.
- 2). A fixed bridge that is cemented permanently to the existing teeth and replace the missing tooth.
- 3). An implant that is fixed is placed into the jaw and integrates with the bone.



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Smiles On Flinders Nollamara Dental Care



Revitalize Your Smile



Whitening erases stains and discolorations for a rejuvenated smile.

Veneers or Bonding conceal severe stains and chips, overlapping, and uneven teeth with custom hand-crafted porcelain or tooth-coloured composite that contours to your front tooth surfaces.

Crowns repair and strengthen damaged teeth and fit over a tooth to restore, and improve its function, shape and colour.

Implants replace missing teeth with natural looking implants.