



NEWSLETTER May 2009

Welcome to our first Newsletter for 2009! Here at Chatswood Dental Associates we are always trying to think of something new and exciting for our patients and who can think of a better way other than a newsletter where we can share all our latest news and information with you.

Meet our Team

I often hear "I hate this gap! I get sore gums after chewing, it looks ugly, the teeth on both sides are falling over, and I can't eat as well as I used to. What can you do about it? Oh, and I don't want dentures..." In the past, and in some cases even now, dentures were the only option available, and they have served dentistry well. Unfortunately they are not always the most comfortable option, and because they are not fixed in place, a patient just told me how mortified she was when she her dentures fell out during a meal.

Fortunately current options to replace a missing tooth includes a fixed bridge (using the two adjacent teeth to support one or two ceramic teeth), or more recently (if there is sufficient bone), an implant supported crown or bridge to replace the missing teeth. The implants are much like new roots to replace those lost when you lose teeth.

Poe

Nutrition with Justine

The Immune system helps speed the process of healing and preventing infections from reoccurring, such as the case in gum disease and gingivitis. If the diet is deficient in nutrients the immune system is unable to run efficiently.

The nutrients required by the immune system are vitamin C, vitamin B, antioxidants, vitamin A, zinc, Vitamin E, selenium, flavonoids and calcium.

If the diet is inadequate the white blood cells, which are responsible in fighting infection such as in gingivitis gums disease, are then unable to fight the battle against infection. This can lead to chronic infection of the gums which can lead to tooth loss.

Ways you can help boost your immune system is to make sure you have daily intakes of:

Vitamin C eg Fresh citrus fruits

Vitamin B and folic acid eg fresh green leafy vegetables

Antioxidants eg Vitamin C and flavonoids: green tea, coloured fruits and vegetables, grape seed.

Calcium-milk, yoghurt, cheese, nuts

Gingivitis: is the first stage of gum disease.

Gum Disease or Periodontitis: is gums and bones that support the teeth are permanently damaged.



Shannell Jarrett is the newest member of our team. She grew up and lived on the central coast where she completed her apprenticeship and became a fully qualified hairdresser. Shannell is currently studying her Certificate 3 in Dental Assisting at Randwick Tafe. Shannell is 24 years old and still living on the Central Coast where she enjoys spending her spare time relaxing with friends and family, whilst she and her partner are saving for their first dream home!

Gum disease – how to recognise and prevent it...

When flossing or brushing, gums may feel tender and may start to bleed. This is called gingivitis. Nearly 75% of people over the age of 35 have had or now have gum disease. The early stage is called gingivitis, it is reversible but may be difficult to detect. To avoid gingivitis, it is vital that plaque is removed from teeth and gums by brushing twice a day and flossing daily. If gums have started to bleed, don't stop brushing and flossing – the tendency to bleed should stop after a few days. If it doesn't talk to any of our qualified professionals and they can recommend a personal care plan to help avoid gingivitis.

But gum disease will not kill me...

It may. From recent peer reviewed journal articles, there seems to be a consensus view that there is a link between gum or periodontal disease and coronary heart disease, specifically acute coronary syndromes (Medline abstracts available). An article from the Journal of General Internal Medicine, 2008 Dec, entitled "*Periodontal disease and coronary heart disease incidence: a systematic review and meta-analysis*" analysed articles published between 1966 and March 2008, and found seven that were deemed good or fair quality, and came to the conclusion that "*Periodontal disease is a risk factor or marker for coronary heart disease that is independent of traditional coronary heart disease risk factors, including socioeconomic status. Further research in this important area of public health is warranted.*"

So gum disease will not only give you bad breath, loose teeth and tooth loss, but will also lead to heart disease. Who would have thought caring for your gums reduces risk for your heart...

Competitions

We currently have a competition running for all our patients visiting our hygienist for active maintenance.

All you have to do is fill in an entry after your appointment and drop it into the purple box on our front desk for your chance to win.

The winner receives a choice between 2 prizes...

An Electric Toothbrush (Oral B Professional Care 8500 DLX)

Or

A \$150.00 Voucher to Rocket Restaurant in Chatswood.

Winner is drawn on Friday 8th May 2009

UPDATE 12TH May 2009

Winner is Rachel Kendrik who has chosen the electric tooth brush as her prize



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Opening Hours

Monday – Thursday 7:30am – 5pm

Friday 7:30am to 4pm

Other times by appointment

We close for lunch from 1pm-2pm daily

Healthy Titbits! Chocolate for Your Valentine a Healthy Idea

Expert says the dark kind protects against cancer, along with being sweet

Giving dark chocolate to your Valentine might be more than sweet; it could help guard your true love against cancer.

"The great news this Valentine's Day is that in addition to being decadent and delicious, moderate amounts of dark chocolate may play a role in cancer prevention," Sally Scroggs, a health education manager at the University of Texas M.D. Anderson Cancer Center's Cancer Prevention Center, said in a news release from the university.

Dark chocolate contains antioxidants that have been shown to combat cell damage that can lead to tumour growth.

These antioxidants occur naturally in the cacao beans used to make all chocolate products.

"The main reason that eating dark chocolate, versus milk or white chocolate, reduces cancer risks is because it has a higher percentage of cacao, and thus antioxidants," Scroggs explained.

"Savouring a small amount of dark chocolate is much better than gulping soft drinks or eating doughnuts. Remember, dark chocolate is still a calorie-dense food that can be high in fat. You can enjoy it daily as part of a balanced diet, as long as you keep your portion size in check," Scroggs said.

She recommended buying chocolate that can be eaten in small portions, such as individually wrapped chocolates. Check the ingredients to make sure the chocolate doesn't contain fats, such as palm and coconut oils, and that they are made without the use of hydrogenated or partially hydrogenate oils.

-- Robert Preidt
SOURCE: University of Texas M.D. Anderson Cancer Center, news release, Feb. 2, 2009 (sourced from *HealthDay News*)

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