



NEWSLETTER AUTUMN 2010

Here at Chatswood Dental Associates we are always trying to think of something new and exciting for all our patients to read. Now we can share all our latest news and information with you.

How time flies; I can hardly believe that by the time you read this, it is almost mid-year already. One thing I have been meaning to do is book in for my annual medical examination. I'm ashamed to say my excuse is one I often hear all the time in my practice; not enough time, forgot about it because I'm too busy and others similar. Detecting and preventing problems early means less major and extensive treatment; in the case of dental health, it can also affect your overall health due to higher risk of diabetes and heart disease (amongst other) of chronic gum infection. So I'll book in for my medical, and hope if it has been some time, you'll book in to your dental maintenance visit.

As an aside, if you have had, or are planning to have major dental (or medical) work done, any out of pocket expenses over \$1500 will generate a 20% tax offset; the expense will have to be incurred before the end of this financial year.

Keep Smiling.
Poe Lim

Meet our Team

Elysha Bailey –

Elysha joined the team at Chatswood Dental Associates in 2007, and completed her Certificate III in

Dental Assisting and her Senior First Aid Certificate in at the end of 2008. She is currently studying Dental Radiography by correspondence.

She enjoys working as part of a team to provide the best quality care for our patients.

Elysha is also a qualified beauty therapist with several years experience, so feel free to ask her for tips on looking good!



Alex Cullen won the \$150.00 Voucher to Rocket Restaurant drawn in September.



A big thank you

We have found from past experience, great patients like you have friends and family who also make great patients.

Our practice continues to grow with your kind referrals to family, friends and colleagues.

What to do if a tooth is knocked out

Most dental injuries can be avoided. But if an accident does occur, in most cases, even a tooth that has been knocked out completely can be saved if proper care is taken in the first 20 minutes.

If your tooth is knocked out, remain calm and act quickly. The following steps should be taken immediately:

1. Locate the tooth and, handling it gently by the crown, ensure it is clean. The crown is the smooth white part of the tooth that is normally visible in the mouth.
2. If the root of the tooth is dirty, and the patient is calm and conscious, ask them to gently suck the tooth clean. Alternately, rinse the tooth in milk or very briefly in water.
3. Immediately place the tooth back in the socket making sure it is facing the right way. Immediate replacement is essential and should ideally occur within 5-10 minutes of the tooth being knocked out.
4. Hold the tooth in place by biting gently into a soft cloth or by using aluminium foil placed over the tooth and teeth on either side to stabilise the tooth.
5. If you are unable to replant the tooth back in the socket, keep it moist by putting it in a cup of milk, sealing it in plastic wrap or placing it in the conscious patient's mouth, next to the cheek.
6. Immediately seek dental treatment! Time is critical to prevent permanent damage

Receive a tax rebate on out of pocket medical and dental expenses **over \$1500.00!!!**
Speak to your accountant or Financial Advisor.

Opening Hours
Monday – Thursday 7:30am – 5pm
Friday 7:30am to 4pm
Other times by appointment
We close for lunch from 1pm-2pm daily

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How to avoid Dental Injuries

Dental trauma can occur any time. The most common types of injuries are the results of toddlers falling down and children and teens injured while playing sports. The peak period for trauma to primary, or baby teeth, is between 18 to 36 months -- a time when children are curious, yet uncoordinated. With permanent teeth, sports accidents are the most common cause of dental trauma, especially in teenagers. Swinging arms and elbows and butting heads are common causes of injuries in football, baseball, and basketball.

Dental injuries can be the cause of lifelong expense, yet most can be prevented.

If you have a toddler, childproof your home by placing gates across stairs and padding sharp edges of tables.

A mouth guard is mandatory for children who are active in sports or other activities like skateboarding. While a store bought guard is a good start, a custom-fitted mouth guard provides much more protection.

It's important to have a dental home - a dentist dedicated to your child's oral health and maintain regular visits. You don't want your child's first visit to the dentist to be for a potentially frightening situation such as this. So come and give us a visit at Chatswood Dental Associates during this school