



## Welcome To Our Newsletter



Welcome to our patient newsletter. If you are anything like us, you may well be asking “Where has 2009 gone??” So, in preparation for spring and summer, our theme for this month’s issue is “Rejuvenate” with the focus on fresh breath and the benefits of healthy saliva. We also focus on dental care for “littlies” – babies and young children. It’s a common misconception that caring for baby teeth isn’t important as “they’re just going to fall out anyway”. Our dentists explain why having this attitude could have serious ramifications for your child’s oral health in the future. In other practice news, over the past 6 months we’ve been proud to be sponsors for a number of really worthwhile community organisations and events including the Police Association of NSW, St Ives Junior AFL Club’s Mother’s Day “Strike me Pink” pink socks campaign, and the Volunteer Fire Fighters Association.

As always, please feel free to give us your feedback regarding the newsletter and any other services or treatments that we provide. It is extremely valuable in helping guide how we continue to build, shape and develop the practice for you, our patients.

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**The team at Dr David Young and Associates look forward to seeing you soon**



Open Monday - Saturday

Emergency and after-hours appointments

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(Malvern Ave Carpark Entrance - 3 hours FREE Parking)

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# ARTARMON Public School

This year Dr David Young and Associates have been sponsors of the Artarmon Public School Bands. There are around 180 children involved in the various Artarmon School Bands and to date there have been 2 fundraising concerts – for Easter and for Father’s Day.

In June the bands competed in a number of competitions with impressive results. In the Yamaha Festival, the Junior Concert and Senior Bands were all awarded gold. Jazz band 1 was awarded silver and Jazz band 2 was awarded bronze. Some of the bands also competed in the McDonald’s Eisteddfod which is the biggest music Eisteddfod in NSW. In the finals both the Concert band and the Senior Band came first in their category (for the 7th and 4th consecutive years respectively). These are great results as the bands were competing against both primary and high school bands. Our warmest congratulations to all involved!!



# CHILDCARE Visits

We are continuing on with our visits to local childcare centres. Since May, Dr Kavita Lobo and Sharon our senior nurse have visited Atchison Preschool at Crows Nest, ABC St Leonard’s Central and ABC West St North Sydney. The aim of the visits is to teach the children about the importance of caring for their teeth, even from a very young age. We pass around various instruments that the dentists use to clean, polish and count teeth, and we also dress up in the gowns, gloves and masks the dentists and nurses wear, in order to familiarise the children with what a visit to the dentist involves.

If you are interested in our team visiting a childcare centre, preschool or school that you are associated with, please contact Joanne, our manager. All the visits we have done this year have been referred to us by patients and friends of the practice and there is no charge for the visit.

## THE IMPORTANCE of healthy saliva

Saliva protects teeth by providing a protective barrier against sensitivity, erosion and decay. It does this by neutralising the acids that are produced after eating and drinking. The average person will produce at least 500ml of saliva per day.

Studies show bacteria that cause mouth problems prefer to live in an acidic environment as well as in the coating that builds up daily on the teeth and tongue. Saliva is the natural cleaning agent of teeth, gums and tongue. It helps to wash away the coating before it forms, as well as clearing accumulated food, bacterial debris and plaque. It also helps moisturise the soft tissues of the mouth and increases tastebud sensitivity. Demineralisation of tooth enamel occurs at an acidic pH of 5.5 or less. Saliva contains buffering agents that neutralise acid effects of food and drink. It also contains calcium and phosphate to help remineralise tooth structure and make teeth less susceptible to decay. Saliva contains immunoglobulins which help fight mouth infections and it also reduces the stickiness of bacterial plaque to teeth.

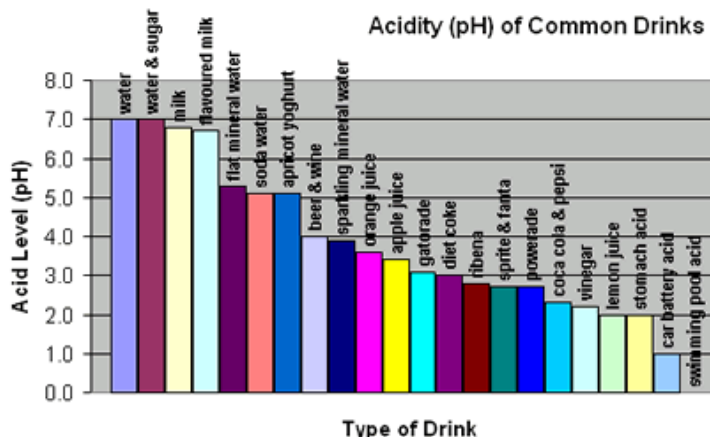
Saliva quality and quantity can be poor if you are ill, if you take prescription medications, if you have had treatment for cancer, or if you are dehydrated, especially after physical exertion. This can lead to an acid environment in the mouth, severe dental problems and bad breath. Also as we get older, our body naturally slows down its saliva production. Your dentist can perform a simple saliva test of your buffering and pH levels. Other factors that can affect saliva are mouthwashes, coffee, smoking and sports drinks.

Mouthwashes - Most people don’t know that virtually all commercial mouthwashes contain alcohol, with levels as high as 25% in some of the more popular brands. Although alcohol is excellent at killing bacteria, it also has a severe drying effect on mouth mucosa.

Coffee - Coffee is a stimulant which has the side effect of decreasing saliva flow, and thus increasing mouth dryness. Coffee is also a diuretic which can lead to dehydration. This in turn reduces salivary flow.

Smoking - When you smoke you reduce the oxygen intake into the mouth and increase carbon monoxide levels instead. Also you stimulate the nervous system and in some cases increase metabolism. All these factors lead to a slowdown of saliva production and therefore an increase in dry mouth.

Sports drinks - Acidic drinks are most destructive during and after strenuous exercise and sport. This is because sport and exercise can be dehydrating and so decrease salivary flow. If the protective saliva is lacking, the acids in the sports drinks can attack the enamel and tooth structure. So during sport, the best solution is to stay hydrated and to not use sports drinks. What people often do not realise is that most drinks increase acid content, as seen in the graph below. In fact, even carbonated water contains acid.



# FRESH BREATH

Bad breath or “halitosis” is a common concern. We all suffer from it at some point in our lives, and whilst it’s an embarrassing condition, there are steps we can take to minimise or avoid it.

Bad breath is believed to be caused by a group of compounds called Volatile Sulphur Compounds (VSCs). These compounds are released when the protein in oral bacteria break down. We all produce VSCs, but some of us more than others, depending on the mix of bacteria in your mouth. When VSC levels are high, our breath becomes offensive to others.

Most mouthwashes and mints will mask the odour of halitosis only temporarily. We often recommend a mouthwash containing chlorine dioxide, a compound that chemically degrades VSCs. Vigorous rinsing reaches most of the surfaces concerned and is an effective daily treatment. Regular brushing and flossing is essential and tongue brushing or scraping is also recommended. Other causes of bad breath include:

- Gum disease - VSCs are released if you have gingivitis and periodontal disease. These conditions can be treated by your dentist with professional cleaning and hygiene instruction.
- Some foods - transient halitosis can be caused by eating foods such as garlic, onions and cheese. Protein rich diets will also cause more VSCs to be released, and acidic foods and drinks exacerbate the problem as they create the perfect environment for bacteria to flourish.
- Dry mouth - Saliva washes bacteria and debris out of your mouth. It neutralises acids and can break down VSCs. Reduced or poor quality saliva results in an ideal environment for bacteria build up and bad breath.
- Smoking and alcohol - Both have a drying effect on the mouth.
- Medications and medical conditions - Some can cause a dry mouth.

One or a combination of the above can contribute to breath problems for which there are many solutions. However until the cause is diagnosed and treated correctly, you may find that your bad breath will persist. It is also vital to maintain a rigorous at-home routine of brushing and flossing, and to keep regular appointments with your dentist to remove the build up of oral bacteria and plaque.

# PARKING UPDATE

Now that most of the Chatswood Chase renovations around Havilah St and Malvern Ave have been completed, here are all the available options for parking nearby for your next visit.

- 1** 2 hours free parking and disabled parking along Malvern Ave across the road from the surgery
- 2** 2 hours visitor parking in the driveway of our building (limited)
- 3** Chatswood Chase carpark - 3 hours free parking. The Malvern Ave entrance is conveniently located next door to our building, or else enter via Victoria Ave or Archer St. After you park, you will need to walk through the shopping centre and out through either the Havilah St or Archer St exits to access Malvern Ave, as there is no pedestrian access through the Malvern Ave carpark entrance.
- 4** 2 hours free parking in Havilah St and walk through to Malvern Ave via the pedestrian access
- 5** Unlimited parking around Beauchamp Park and walk through to Malvern Ave via the pedestrian access



# TEETH WHITENING FOR A GREAT SMILE!

Back by popular demand

From now until the end of March 2010

**35% OFF** at home whitening treatments

Normally \$570 now **\$370**

Please note that all patients require a full checkup (of oral exam and Xrays) to assess their suitability for whitening as it may not be appropriate for every patient. Also, some patients may require dental treatment prior to whitening in order to obtain the best possible results from the whitening.



# DENTAL CARE FOR BABIES AND YOUNG CHILDREN

Your child's first teeth are as important as their adult teeth. Called "primary" or "baby teeth", they allow children to chew and speak properly and they also preserve the correct space in the gums for the permanent teeth. Daily care is required to prevent decay (caries). This is important because decay is faster in reaching the nerves of baby teeth than in adult teeth, and once there, can be very painful for children. Subsequent treatment is often distressing for all concerned, especially parents! Primary molars need to be in place until a child is 11 to 13 years old. If primary teeth are lost too early, the reserved space can be lost and bite distortions occur. Often this can result in serious orthodontic problems of the permanent teeth that require extensive and costly treatments. A child who is taught to look after their primary teeth is more likely to look after their permanent teeth and have an attractive smile.

## Early childhood caries (ECC)

An infant or young child with decayed, missing or filled teeth has "early childhood caries" (ECC). The main risk factors are:

- settling a baby to sleep with a bottle of milk, sweet flavoured milk, cordial, soft drink or fruit juice.
- a high sugar diet with frequent snacking or "grazing".
- certain oral health problems, such as dry mouth (lack of saliva) and mouth breathing
- genetics

## Tips to prevent Early Childhood Caries (ECC)

- Don't dip a dummy in honey or other sweet jams or syrups
- Regular cleaning: Start cleaning teeth when teeth first appear with a facecloth and make it part of the daily routine. For toddlers, electric brushes can be a fun novelty and so are more effective for compliance. Use just a smear of children's (low fluoride) toothpaste on the brush.
- Regular flossing: As about 80% of ECC occurs between the first and second molars, the most effective thing you can do to prevent decay in your child is to floss in this space. This often causes alarm and is beyond most parents! But take heart – there are only four spots to floss, one in each quadrant of the mouth. Floss gadgets can make the job a lot easier. Ask our dentists at your child's next check up for a demonstration.
- Encourage your children to drink water.
- Do not let babies sip juice all day, as this results in many sugar and acid "attacks" per day.

- Decay can be related to the number of acid attacks, so "grazers" are at risk. It is better to eat all the snacks in one go (!) rather than throughout the day.
- Beware of "natural" confectionary, fruit strips, honey, "health" bars and even dried fruit, as they all contain concentrated sugars.

## Dental check-ups

Your child's first visit to the dentist should be at about one year of age. This is not a formal checkup (a one year old is unlikely to be very cooperative!) but more a general discussion with parents regarding teething and caring for a baby's teeth at home. Children should start checkups at the age of 3. Children who have regular check-ups become comfortable with visiting the dentist and have fewer dental problems. They are also less likely to be afraid of dental treatments.

During your child's check-up, we may:

- Assess the risk of ECC or crooked teeth
- Clean the teeth and apply a fluoride treatment
- Take a diagnostic X-ray
- Provide dental treatment
- Screen for problems that may require referral to other dental or medical specialists. This is important as conditions such as mouth breathing and obstructive sleep apnoea are linked to dental growth patterns. They are often overlooked or treated too late or not at all, and can have far-reaching consequences. We can easily assess for these things and point you in the right direction.



## Anxiety of dental visits

Understandably, some kids are frightened of seeing the dentist. So it's important to present a positive image of dentists at home rather than the usual negative stereotypes. Treating the appointment as a normal event rather than a "big deal" is also helpful. Try to make appointments at a time when your child will be less likely to be tired or irritable, usually in the morning.

## SPECIAL OFFER FOR CURRENT & NEW PATIENTS

It has been 2 years now since we have moved to our Chatswood rooms and we have been delighted by the warm patient response to the new larger premises. Many of you show your support by referring new patients to the surgery and it is rewarding to know that you speak of our practice in such a positive way.

As a token of our appreciation, we would like to offer our CURRENT patients a

### **GIFT CERTIFICATE TO THE VALUE OF \$30.00**

for every new patient who you refer to us. We will contact you to choose a gift certificate once someone has indicated to us that they came to hear about Dr David Young and Associates through you.

For every patient you refer, we would like to offer them an introductory offer of a

### **FREE CHILD CHECK-UP (AGED TO 14 YEARS)**

with every full adult check-up (full examination, x-rays, clean and polishing).