



Welcome To Our Newsletter



Welcome to the second issue of our patient newsletter. We are excited to provide you with the latest news from our practice. Firstly we would like to thank all of our valued patients for their continued support; we enjoy seeing each and every one of you, whether it's at your routine check up or for a treatment appointment. We hope you find this newsletter useful and we welcome your valuable feedback to any of our articles. If there are any topics you would like to see covered in future issues, please feel free to email or phone and let us know.

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



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Emergency and after-hours appointments

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Meet our ADMINISTRATION TEAM

Joanne Young

Joanne is married to David and is the manager of the practice. She has been involved with the surgery since 2006 and has seen the front desk area grow from 1 receptionist to a space that is able to comfortably house 3 staff. Joanne and David have 2 daughters, Lauren aged 3 and a half and Evelyn who is 20 months. She is looking forward to returning to part time work in May as a GP at Balgowlah Family Practice on the northern beaches after almost 2 years of “maternity leave”.



ARTARMON Public School

With so many of our patients coming from the Artarmon area (given our past history there for over 20 years) we were delighted to be involved with fundraising efforts at Artarmon Public School in 2008. In November the surgery was a major sponsor of their “Parents Night Out” social and fundraising evening at Chatswood RSL club. A night of dinner, dancing, raffles, lucky door prizes and a silent auction was enjoyed by many from the Artarmon community, as well as our surgery staff and Joanne’s parents, Keith and Wendy who are both alumni of APS. All in all, the evening was a great success – close to \$20 000 was raised to purchase interactive whiteboards for the children’s classrooms.



In 2009, Dr David Young and Associates, is extremely pleased to continue our association with Artarmon Public School, this year as the Artarmon School Band Sponsors. There are around 180 children in total involved in the various Artarmon School Bands, with three fundraising concerts to be held this year: Easter Breakfast, Father’s Day Breakfast and the End of Year Concert.

Amy Simons

Amy is our senior receptionist who has been working with us for a year, coming from a background of orthodontic reception and nursing. Her highly efficient, organisational skills coupled with a charming phone voice help keep our appointment books under control while her calm, unflappable manner helps keep not only the administrative team, but also the whole clinical team (including the dentists!) firmly in line!!



Shu Su

Susu as she is affectionately known is our multitasking pocket dynamo who ably assists Joanne with all the “behind the scenes” work, as well as nursing and helping on the front desk. She is also in charge of marketing and is our IT person extraordinaire (which includes setting up and managing the entire website on her own). On top of all this, she makes a mean pizza and excellent tiramisu for staff lunches!



Nicole Ng

Nicole is our part time receptionist on Mondays and Tuesdays who has a background in administration and also with running her own small business. She is married to Ben and is the proud mother of 2 year old Jamie. In her limited spare time she loves baking and we all love her baking as well!!



Alyce Sedevic

Alyce is our other part time receptionist who works evenings, Saturdays and at times when she isn’t at University studying psychology (she’s in her third year). She also gives us great advice as to the best makeup to buy, having worked previously as a cosmetics consultant.



DENTAL CARE at Home



With a few simple steps you can reduce the chance of ever having to undergo many time consuming and costly dental procedures. Follow the few simple steps listed:

- **Daily Cleaning** – Brush your teeth twice a day with a soft toothbrush and use fluoride toothpaste. Carefully clean between your teeth once a day with floss or an interdental cleaner to remove any food debris or accumulated plaque. You may also like to rinse with a specially developed mouthwash, although this is not necessary.
- **Healthy Diet** – Eat a well balanced diet and limit snacking on sugary, acidic and sticky foods. Reduce your consumption of sugary drinks and keep hydrated by drinking water.
- **Regular Examinations** – Attend scheduled visits for examinations, professional cleanings and routine radiographs.

The Importance of ORAL HEALTH

You're probably aware that smoking, being overweight and having high cholesterol or high blood pressure levels can put you at increased risk for heart disease. But, you may not know that healthy gums play a vital role in maintaining a healthy body too.



New research is suggesting a link between gum disease and diabetes. While it's established that people with diabetes are more prone to developing gum disease, this new research implies that chronic gum disease may be a risk factor for diabetes. Gum disease can cause bacteria to enter the bloodstream and activate cells that produce inflammatory biological signals that have a destructive effect throughout the body. In the pancreas, the cells responsible for insulin (the hormone responsible for regulating blood sugar levels) can be damaged or destroyed. Once this happens, it may trigger Type II diabetes — even in a healthy individual with no other risk factors for diabetes.

There is also increasing evidence of a link between gum disease and heart disease. One theory is that bacteria released from the infected gums enter the bloodstream where they may activate the immune system, making artery walls inflamed and narrowed. Or the bacteria may attach directly to fatty deposits already present in the arteries which contributes to further narrowing. This condition can cause blood clots and may lead to heart attacks.

The combined effect of having a good at home maintenance plan and regular dental visits is a great way to ensure you have a happy healthy smile.



CHILDCARE Visits

We are continuing on with our dentist visits to local childcare centres. In November we visited Kindycove Childcare at Lane Cove on 2 occasions and were the lucky recipients of 2 lovely thank you cards from the children we spoke to. We have started the visits for this year with 2 visits to ABC Berry St in North Sydney on 10th and 20th February. Dr Kavita Lobo, who joined us this year and is a mum of three little ones herself, spoke to over 50 children (over 4 talks) ably assisted by Sharon our senior dental nurse.

If you are interested in our team visiting a childcare centre, preschool, or school that you are associated with, please contact Joanne, our manager. There is no charge for the visit. Our aim is to educate and spread the word: good habits start early and oral care for children is important too!

Healthy eating for HEALTHY TEETH

What you eat is not only important to your overall health but it can also affect your oral health. Poor nutrition levels can contribute to gum disease and a diet high in sugar can lead to tooth decay.

A well balanced diet can include milk, cheese, vegetables, fresh fruits, nuts, grains and lean meats for non vegetarians. You should also keep hydrated by sipping water throughout the day. Try to limit your intake of lollies, chocolates, cakes and soft drinks as these are known to be the biggest causes of tooth decay.

The secret to avoiding tooth decay is to limit your intake of the harmful foods and be sensible. Along with brushing and flossing, following a sensible well-balanced diet is your best defence against developing tooth decay.



DENTAL IMPLANTS

Dental Implants can be an ideal solution to replace one or more missing teeth. An implant is made of two major components – a titanium screw (the implant) and the final restoration (implant crown or implant supported bridge or implant supported denture). Most people who have implants placed in their mouths feel that they are identical to natural teeth in feel, appearance and function. A dental implant requires no help from one's existing teeth to function and enables patients to eat and speak efficiently as well as provide significant aesthetic benefits.

Many long term studies indicate that dental implant procedures are highly successful. However, each potential patient needs to be assessed carefully prior to undertaking the procedure. An assessment can include a full medical check, a 3-Dimensional CT scan of the jaw, and treatment of any existing disease processes among many other things. Age is generally not a restriction to implant procedures. However, people who smoke or are diabetic can have lower success rates associated with these procedures.

A Dental Implant procedure, after initial assessment, is generally broken up into two phases – a surgical phase and a final restorative phase.

The surgical phase involves the placement of the titanium screw within the jaw bone. This is done by making a small cut in the gums and using a series of drills prior to placing the implant. Stitches are usually placed after this. This procedure is generally done with the patient awake and numb. Patients are understandably often concerned with the pain associated at this stage. However, most people report very little to no pain during or after the procedure. The implant is then allowed to heal for a period of some 3-6 months depending on each individual situation. This process is called osseointegration.

The final restorative phase involves taking an impression or mould of the osseointegrated implant and fixing the final implant crown using a titanium or gold screw. This part of the procedure does not require any form of anaesthetic in most cases.

Caring for dental implants is like caring for one's own teeth. They require regular brushing and flossing and regular six-monthly checks by your dentist. Decay cannot affect implants but poor hygiene habits leading to gum disease can seriously destabilise the titanium screws.

No procedure can be 100% successful. However, complications associated with implants are minimal and are always discussed with patients at the initial assessment stage. These can be highly individualised and is done on a patient by patient, tooth by tooth basis. Dental implants have been in use for over thirty years and once osseointegrated, can be expected to last for a very long time.

The range of problems that can be solved by using dental implants is ever increasing. These days, we can extract a broken tooth, place an implant and a temporary implant crown on the same day and expect it to work well.

If you have any missing teeth that you would like replaced or would just like more information regarding dental implants, please call and make an appointment.



IMPLANT INFORMATION EVENINGS

Implants are the greatest development in dentistry in the last decade.

In order to provide you with more information on what implants are, and if they are a suitable option for you, we are holding two complimentary information nights on Thursday 28th May and Monday 15th June at 6pm.

If you have ever thought about looking into implants, this is a great opportunity for you to talk directly to the dentists and to ask any questions you may have.

Please call the surgery on 8456 6789 to reserve your place.

