



Welcome To Our Newsletter



Welcome to our first newsletter for 2011. Since our last newsletter we have been busy welcoming new staff, giving educational talks, enjoying more than one Christmas party and winning money at the same time. Read on for more details.

In this newsletter we wanted to feature an informative article on overall wellbeing and how it relates to dentistry. You may be shocked at the latest research that proves that there is a direct relationship between the risk of heart disease, angina, stroke and many other medical conditions, and your oral health.

NEWS FLASH

Due to the number of patient requests we have had, we are pleased to announce that we now happily accept payment by American Express.

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



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STAFF News

We warmly welcome Jeong to our team of Dental Assistants. She assists all our dentists in a most capable and pleasant manner. She recently got married to Andrew and seems to be enjoying married life. When Jeong first arrived she was quiet and shy, however since then, she has slowly revealed her fun-loving nature and cheeky sense of humour. She fits in perfectly!!!

Dr Gautam Sridhar and Dr Kavita Lobo have moved on to explore other professional opportunities. Between them they have practiced at Dr David Young & Associates for 8 years. We wish them well in their future professional endeavours.



ARTARMON PUBLIC SCHOOL Band Program



As the major sponsor of the Artarmon Public School Band Program for the last seven years, we were delighted to attend the “End of Centenary Year Concert” held at the Macquarie Theatre, within Macquarie University, on Sunday, 5th December, 2010. This was a once in a 100 year occasion showcasing the talents of every member of the widely acclaimed Artarmon Public School Band Program.

Artarmon Public School are very committed to their music program and have just opened a brand new music room which will be exclusively used by the Senior Band, Concert Band, Junior Band, Training Band and Jazz Bands 1 and 2. We witnessed the official opening of the “Band Room” on Friday, 8th April. There was much excitement as we gathered to enjoy the inaugural Easter Breakfast Concert. We had sticky fingers from the hot cross buns and our ears were ringing with the sound of music.



EDUCATIONAL TALK – Stringybark Day Care Centre



On Friday, 28th January, 2011 Dr Eugene Foo and our Senior Nurse, Sharon Sedevic gave a talk to the children of Stringybark Day Care Centre located in Lane Cove. This was in fact the second time we had visited this lovely day care centre and we were very happy that the Centre had found the talks valuable. The purpose of these talks is to educate and motivate young children about the benefits of looking after their teeth. The feedback that we have had from the Director of the Centre, Gita, is that the children are still talking about it and it was very positively received. This would probably have a lot to do with Eugene’s playful and cheerful nature and his knack of talking to children on their level. Father of a young son, Eugene is used to entertaining youngsters and performing the odd magic trick. Sharon is a seasoned mum of 2 who equally loves ‘getting down’ with the kids while giving them important messages about their mouths.

If you are interested in our team visiting a childcare centre, preschool or school that you are associated with, please contact Sharon on 8456 6789.



ORAL B Competition Winners

We were pleasantly surprised by a phone call in January to tell us that WE HAD WON a competition run by Oral B. The competition asked participants to put on a 'Hygiene Xmas Party' and state in a paragraph exactly what they would do. We entered with much good cheer and celebrated our 'Hygiene Xmas Party' on the last day of work for the year.

We had olives on plectrums, mini mouthwash pendants, champagne in rinsing cups, gown clowns and more. It really was a lot of fun and we won \$1,000!



The DENTAL HYGIENIST

By now, most of David Young's patients will have experienced the effectiveness of a good hygienist. Miss Suzie Zerafa has been our hygienist for just over a year now. In this time, she has earned the reputation as an extremely thorough and caring dental hygienist.

Dental hygienists are specially trained to perform preventive treatment and maintenance of the mouth, teeth and gums. For most, this entails three years of university study. A hygienist will provide individualised care through teaching and demonstrating correct home-care techniques to patients to prevent dental disease and tooth wear. Home dental care is very important (and cannot be stressed enough) because dental disease can be prevented through effective home plaque control techniques. Gum disease and tooth decay are less likely to progress into more serious dental and overall health issues (see article on page 4), resulting in extensive and costly dental treatment and possibly even loss of life!

Dental disease occurs at any age, therefore treatment and advice from a dental hygienist is beneficial to all. A child who is taught and establishes correct home care techniques, will enjoy excellent oral health for the rest of their life.

Our dentists will refer you to our dental hygienist for more specialised oral care, while they provide you with complex restorative and cosmetic dentistry. Suzie has been working primarily with Dr Young's patients, however, she is available to all patients of the practice.



DENTISTRY & Overall Wellbeing

It is becoming increasingly clear that oral health and overall health are inseparable. Many people do not realise just how closely these are related. When your dentist or dental hygienist examines your teeth, gums and other oral tissues, what he/she sees mirrors the condition of your whole body. More than 90% of all systemic diseases have manifestations in the mouth. This is why your dentist is the most important health care provider you see on a regular basis.

Are you at risk of heart disease? You may not know but your dentist will! Recent studies have shown that people with periodontal disease (gum disease) have up to a 70% higher risk of developing heart disease (heart attack, high blood pressure, heart rhythm disorders, heart murmurs and tachycardia). If you have gum disease, you are over 2 times more likely to have a heart attack than someone with healthy gums. Periodontal disease usually means that large amounts of bacteria are present in the mouth, usually from neglecting to clean efficiently. By the time this happens, brushing and flossing are not enough and gums can bleed and become open to receiving bacteria into the blood stream. The connection between dental health and heart disease occurs because of how our bodies respond to the inflammation that can be caused by the bacteria in your mouth. The inflammation causes thickening of the lining in the walls of your arteries, contributing to atherosclerosis and artery blockage.

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The systemic effects of gum disease do not stop in your heart. The latest statistics are startling. Gum disease can potentially put you at a greater risk of developing the following:

- pancreatic cancer (especially in men)
- kidney cancer
- blood cancers, such as leukemia, myeloma and non-Hodgkin's lymphoma
- lung cancer
- tongue cancer
- premature birth and low birth weight babies
- Dementia and Alzheimer's disease
- increased severity of gum disease in diabetic patients
- blood clots and stroke

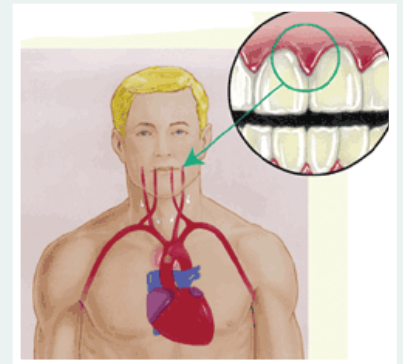


Image from Google

It needs to be stated that the more severe the gum infection, the greater the above risks appear to be.

What do I check for? Symptoms of gum disease can include bleeding gums when you brush or floss, a foul taste or bad breath, pain or soreness in the gum tissue and gingival recession. However, the only way to correctly diagnose periodontal disease is by seeing a dentist.

So, what is the good news? Periodontal disease is preventable with regular attendance. It is also easily diagnosed and can be treated and controlled. With regular scaling and polishing, regular check-ups, brushing, flossing and good oral hygiene habits at home, you can protect yourself against oral health problems that may contribute to more serious health risks.

If a patient is diagnosed with gum disease, it is very important to create an appropriate treatment plan which is both remedial and proactive. Your dentist may suggest antibacterial mouthwashes that can help reduce bacteria in your mouth in addition to flossing.



Understanding your dental health will help you smile for life and put you and your family on the path to good, preventative care habits. Achieving and maintaining your oral health will do more for you than help keep your breath fresh, your gums healthy and your teeth sparkly white. Good oral health is also vital for your overall wellbeing. If you are concerned about your oral health and feel that it may be contributing to other health issues you are experiencing, talk to us today ☺.

Oral health and overall health are inseparable