



TWEED
smile
care
DENTAL

Welcome

Welcome to the first edition of the Tweed Smilecare newsletter; providing you with an update of what is new in our practice and some of the treatments we provide.

There are always new and interesting dental solutions available and we ensure that our team is constantly updated as to the latest technologies and treatments that will assist you, our patient, in achieving optimum health.

We would love to hear your feedback on our newsletter. If there are any topics you would like to see featured in upcoming editions please mention them to us at your next appointment, for it's our aim to make our newsletter relevant to your needs.

As always, thank you for entrusting your care to our practice; we truly appreciate it and look forward to seeing you at your next visit.

Regards,

Dr Steve Potts and the Tweed Smilecare team



Practice Philosophy

Our philosophy is to provide optimum dental care and advice relevant to our patient's health and wellbeing, and to foster an environment of mutual respect, compassion and support.

Our focus is to provide treatment in a timely, friendly and professional manner, and to educate and encourage our patient's towards a lifetime of superior oral health.

Phone: 07 5536 3018

Fax: 07 5536 8568

admin@tweedsmilecare.com.au





My partner snores ... help!

It may be a laughing matter for some or just a kick during the night, but for others it's an exhausting condition that can affect a relationship and overall health.

Snoring is a common problem with almost half of adults snoring at least occasionally. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, creating the sound of snoring.

There are some lifestyle changes that can be made to help stop mild snoring problems such as avoiding alcohol, losing weight or sleeping on your side. For more disruptive snoring, there are other solutions that can help.

At Tweed Smilecare, we can best advise you on the most suitable solution for you or your partner's snoring condition. An oral appliance may be recommended which can put a stop to snoring and give you back not only a peaceful night's sleep, but a happy, healthier life.

An oral appliance is a small device that is similar to a mouthguard. It is worn during sleep to prevent the soft throat tissues from collapsing and obstructing the airway. The appliance works to relieve snoring and occasionally mild sleep apnoea by realigning the jaw and/or tongue in relation to the head.

We must stress that as with all dental solutions, this option is based on individual needs and health. It is important that you talk to us about your snoring condition in order for us to recommend the best solution for your personal needs.



HEALTH TIP

Does thumb sucking cause future problems for my child's dental health?

The way your child breathes can affect the development of their teeth and facial bone structure as well as their oral and general health. Breathing through the mouth instead of the nose can cause underdeveloped jaws, cheekbones and nasal passages, which can lead to airway obstruction, snoring and sleep apnoea episodes, some types of headaches, bed wetting, chronic ear or sinus infections and TMJ (jaw joint) pain.

Thumb sucking, dummies, baby bottles and sippy cups promote mouth breathing as well as place pressure on the developing teeth and facial bones. When sucking, the tongue is in a low forward position, this can cause a narrowing of the upper jaw and a crossbite, tooth grinding (bruxism) chronic middle ear infection as well as tonsil and adenoid inflammation, enlargement and infection. At Tweed Smilecare, we will evaluate your child's tongue position, posture, mouth breathing, allergies and snoring, we may also refer you to an ENT specialist for further consult

COMMUNITY NEWS

It was with great pleasure that Tweed Smilecare were able to participate in the National Dental Foundation Charity Day in May. Organised by the National Dental Foundation.

\$5,000 value of dental treatment was provided on the day. The lucky patients were selected by the charity in conjunction with NDF. It was a worth while event for everyone involved and the entire Tweed Smilecare team look forward to participating again in the future.

Did you know?

In the 19th century, the succulent strawberry was considered to be a "natural" solution for preventing tartar and freshening breath.

Headaches and jaw pain



How good dental health can promote better overall health

Bruxism is the subconscious clenching and grinding of your teeth and jaw often occurring during times of stress and when you are asleep. This can lead to airway problems, excessive tooth wear, chips and cracks in tooth enamel and even the fracture or dislodgement of fillings and other restorations. Bruxism can also cause headaches and pain in your jaw joint, clinically called your temporomandibular joint or TMJ. Through simple, yet effective corrective treatments at Tweed Smilecare, we could change your life.

Your jaw joints are the most flexible and utilised joints in your body, allowing you to chew, speak, swallow and laugh. Misalignment of these joints referred to as temporomandibular joint dysfunction, TMD, can result from the constant pressure placed on the joints from bruxism.

Symptoms can include, pain around the areas of the face, head, neck and shoulders, which can sometimes be misdiagnosed as a back or muscle problem and not TMD or bruxism. There may also be unusual clicking or grinding noises when the jaw opens and closes.

Treatment will often include the use of a custom moulded protective bite splint. The splint is similar to a sport mouthguard but much finer and is worn at night to provide a protective cushion for the teeth, preventing them from grinding against each other and to relieve tension in the jaw muscles. People who wear a bite splint report eliminated morning headaches and more restful sleep as well as longer lasting restorations.

Did you know?

Chewing sugar-free gum increases saliva flow and decreases tooth decay.

How good dental health can promote better overall health

Often people do not look to the dentist to treat pains that are unrelated to the mouth and teeth. If you are suffering from headaches and are seeing no relief, contact our team for an assessment appointment with Dr Potts to discuss your treatment options.

What is Joint Vibration Analysis?

To treat patients who have a TMD related problem, we regularly use JVA (Joint Vibration Analysis) to screen and diagnose the underlying cause.

Joint Vibration Analysis records the vibrations made by joint tissues during movement. This technology within our practice records and interprets the sounds created when opening and closing your jaw. It provides us with valuable data and enables us to diagnose and offer a more in-depth treatment solution. These tests can be requested, however quite often we will complete a screening at your appointment if we feel you will benefit.

TMD related pain can be brought on by:

- **Bad habits**
Including teeth grinding or clenching, lip or cheek biting.
- **Illness**
Such as rheumatoid arthritis that affects the jaw joint.
- **Joint structure**
Internal problems within the joint, including the cartilage.
- **Misalignment of teeth**
When the teeth of the upper and lower jaw meet unevenly.
- **Muscle tension**
Which includes using unnecessary muscular effort, such as while chewing. This can also include clenching or grinding your teeth through stress.
- **Trauma**
Such as whiplash from car accidents, falls or sports injuries.



Dr Ray Hong, Dr Steve Potts, Dr Ian Scholes

Our team

You may have seen the team during your visit however we thought we would keep you updated with what is happening with the team at our practice.

Ray has had a baby!

That's right; Dr Ray Hong and his wife Lisa have recently had a beautiful baby boy, Gian. The proud parents are settling into their new roles well. Ray and Lisa would like to thank all patients for their well-wishes and look forward to showing off many photographs the next time you visit the practice.

Why I like working at Tweed Smilecare

Lyn- "I really enjoy the personal contact I have with patients every day. Seeing the same faces coming back for regular check-ups, seeing the kids grow up and the care that our patients are receiving really makes me love coming to work each day."

Thank you to our patients

A BIG THANK YOU goes out to all our patients. Without you, our practice would not exist. We love what we do and having you visit the practice on a regular basis means a great deal to us.

Coming soon...

Dr Potts is advancing his dental experience even further and is currently undertaking additional courses in orthodontics and the benefits of early orthodontic intervention. We will keep you updated on this topic and let you know as soon as we are able to provide you with this advanced dental care for your children.

Tweed Smilecare is open:

Monday, Thursday and Friday
8:30am – 5:00pm
Tuesday and Wednesday
8:30am – 7:00pm



HEALTH TIP

Electric toothbrush - v - regular toothbrush

It is most definitely possible to brush your teeth effectively with a manual toothbrush. However, an electric toothbrush can be a great alternative to your regular toothbrush, especially if you have a condition that makes it difficult to brush well, such as arthritis. The bristle movement of an electric toothbrush often helps you remove more plaque from your teeth and improve your gum health.

If you make the decision to change from your regular toothbrush to an electric toothbrush, look for one that is comfortable to hold and easy to use. What's most important is regular brushing regardless of whether you choose a manual toothbrush or an electric toothbrush, and don't forget to floss. Please discuss your choice at your next appointment.

Referrals

We are always happy to see more patients just like you! The biggest compliment you can give us is to refer friends and family to our practice. To say thank you to you for doing this, when you refer a new patient to our practice, we would like to give you two complimentary movie tickets to show our appreciation. Just make sure they mention your name when they book their appointment.

Reader's special!

Wanting a more captivating smile? For a limited time only, you can take advantage of our at home teeth whitening special. At your next appointment, we will give you 50% discount on a home teeth whitening kit so you can brighten your smile in the comfortable surrounds of home. Be sure to ask our team about including an at home whitening kit at your next appointment. Call and book today!

Offer closes 30th September 2008.

Phone: 07 5536 3018

Fax: 07 5536 8568

admin@tweedsmilecare.com.au