



Bounce, Bounce, Bounce...

The staff at Cameron Orthodontics would like to wish you a Happy Easter! Who doesn't love an extra long weekend?! If you happen to receive loads of chocolate eggs from the **Easter Bunny**, remember to think of your teeth. Sugary treats, though delicious, can be harmful. Brushing properly and regularly is very important.

April, 2014



What's New ?

WE ARE MOVING!

Cameron Orthodontics would like to inform you that our lease has run out, so as of **May 2014** we are moving our Norwood practice to:

'Willow Chambers' Suite 3/191 Melbourne Street, North Adelaide

We are endeavouring to help you with the transition and thank you for your patience.

We would like you to be aware that there will be limited parking on site and request that you help by displaying your Cameron Orthodontics business card on your car dash. There is a drop off and pick up space at the front of the building, however other businesses in the building may be using this area.

There is also Public Parking behind and opposite The Lion Hotel (four business doors away). There are short term car parks in front of Willow Chambers and within a short walking distance (with no cost) along Melbourne Street and neighbouring streets.

With this in mind, please consider to plan ahead for your next appointment.

Public Car Parking:

P 16-32 Jerningham Street, North Adelaide (opposite The Lion Hotel)
Casual Parking; \$2.50 per half hour / \$12.00 for 9 hours; Monthly Passes available

P 37 Jerningham Street, North Adelaide (behind The Lion Hotel)
Casual Parking; \$1.75 per half hour; 8:00am – 6:00pm Monday to Friday

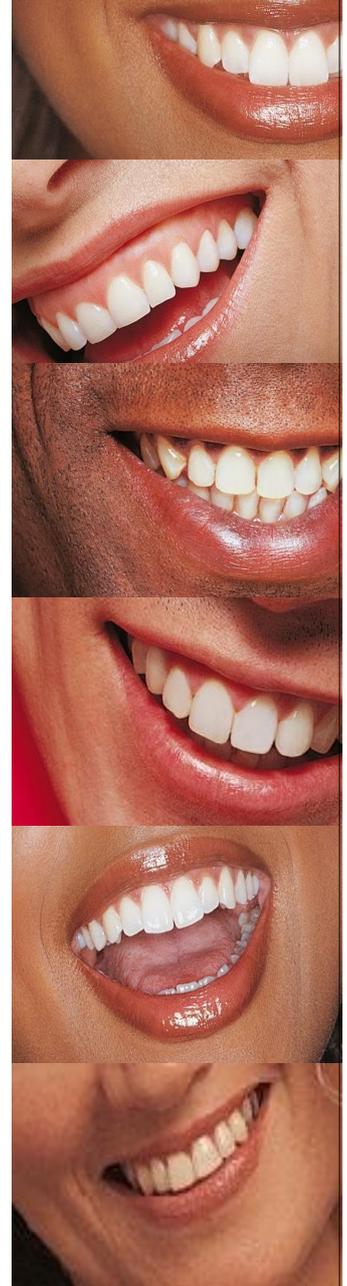
**All prices are indicative and are subject to change without notice*

Bus stop closest to Willow Chambers is **Stop 3**.



Cameron Orthodontics

All appointment at the Modbury practice should be relatively unaffected by the move.



North Adelaide: Tuesday/Thursday

Suite 3/191 Melbourne Street,
North Adelaide

t: 08 8132 3000

f: 08 8132 3099

Modbury: Monday/Wednesday

81-83 Smart Road, Modbury

t: 08 8263 6594

Broken Hill : Monthly (varied dates)

216 Cornish St, Broken Hill, NSW,

t: 08 8088 6157

f: 08 8088 6157



That's a fact!

Calcium and phosphorus play a vital role in the formation and maintenance of healthy teeth and gums.

Calcium's role is making the jaw bones healthy and strong to hold the teeth in place. However, calcium needs **phosphorus** to maximise its bone strengthening benefits. Children's teeth need adequate calcium and phosphorus to form a hard structure during growth.

Calcium can be found in Dairy foods, brown rice and Broccoli. Phosphorus can be found in cereals, nuts, fish and eggs.



Dental Tip:

Nail biting is a major cause of teeth malalignment and crowding.



Retention, Relapse & Retainers

Teeth move throughout life if they have been straightened or not. A common belief is that teeth moved by orthodontic treatment are stable and placed into position in which they never move—this is not true. Tooth movement of varying degrees can commonly occur for a number of reasons which may be broadly due to:

1) Normal growth and age related changes and biting forces acting over a long period can cause small changes in tooth positions. This may commonly occur during late adolescence where lower front teeth may tend to become crowded.

2) Disease or Trauma, e.g., gum disease (periodontal disease), after extractions of adjacent teeth, excessive and prolonged biting forces (bruxing, grinding or clenching).

3) Orthodontic Relapse is when teeth do not stay where they are positioned and move back to their pre-treatment position.

RETENTION is the method used to minimise relapse after orthodontic treatment.

How long should retainers be worn?

There is no simple answer to this question. The factors that cause tooth movement are a natural phenomenon that are present throughout life. Teeth going "crooked" again can only be avoided if the teeth are retained using either removable or fixed retainers.

off the mark.com by Mark Parisi



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At the end of March, Dr. Cameron, Melissa, Michelle and Sam had the opportunity to head to the ASO Orthodontic Congress in Adelaide. At the congress the staff were able to check out new technological advancements in the field of orthodontics, meet with orthodontic experts from Australia & around the world, and receive training in specific areas of dental practice.

ASO Orthodontic Congress Adelaide

Calendar

Dates and Events

March 27th-April 1st: Australian Society of Orthodontists Congress

April 17th: Last day at Norwood practice

May 13th: First day at North Adelaide practice

June 27th: **HOYTS** Movie Ticket Draw