

camer^on

National Dental Health Week

National Dental Health Week commences August 5th and runs until August 11th. The focus of this campaign is to educate people of all ages on oral health and hygiene. Your dental needs are important to us so we encourage you to visit the website below to learn more about how you can improve your oral health.

www.dentalhealthweek.com.au

August 2013



What's New ?

Welcome Caryn!

Please welcome Caryn to our team at Cameron Orthodontics. Caryn works at our Broken Hill practice as a receptionist and dental assistant. She has worked in the dental industry for many years. Caryn is married with a son and a daughter and loves spending time with them. She also loves travelling but calls Broken Hill home.

We're on Facebook!

You may know that we joined Facebook at the beginning of the year. Facebook is a great tool for us to keep in contact with all of you. We will be posting information about our practice, dental hygiene tips, interesting facts and updates about our competitions (including the Hoyts Movie Ticket Draw). To find us just search 'Cameron Orthodontics', then click 'Like'.

Win 1 of 10 free Hoyts movie tickets

We like to see our patients with clean and healthy teeth and gums, so at each appointment Dr. Cameron will give you a oral hygiene score out of 5. If you score 5 out of 5, you can go into the draw to win one of ten FREE movie tickets. We draw 10 names every three months and our next draw is on August 30. We'll see you and your pearly whites at your next appointment, and remember to brush and floss regularly!

SUBSCRIBE TO OUR COMPLIMENTARY NEWSLETTER

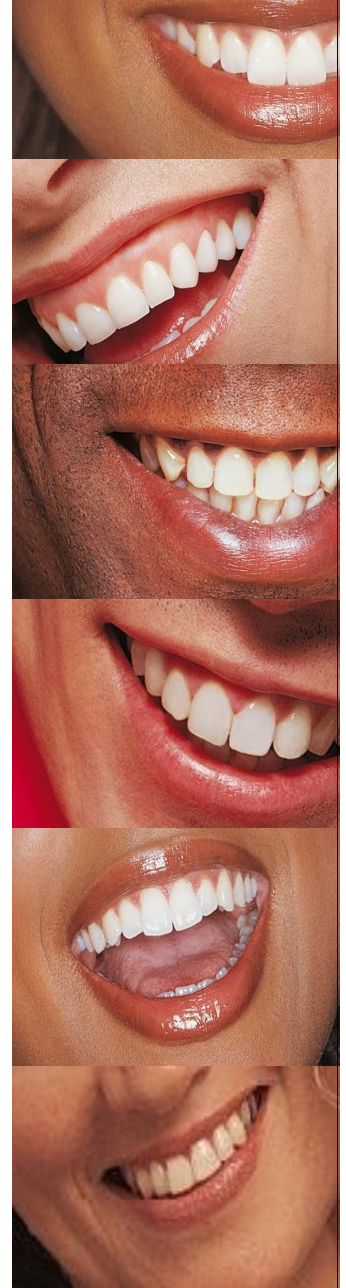
Would you like to receive our quarterly newsletter via email? If so email us on staff@cameronorthodontics.com or call us on (08) 8132 3000 and request a free subscription. Our newsletter will keep you up to date on the features of our practice, practice events and will provide you with handy dental tips & advice.

Tell your friends about us!

Do you have friends or family who are looking for a quality orthodontist? If so, refer them to us. In the initial consultation Dr. Cameron will discuss the patient's concerns and the best treatment for them individually. They will also receive a **free oral hygiene pack** that includes a toothbrush, toothpaste, disclosing tablets and a toothbrush shaped pencil/eraser.



Find us on
Facebook



Norwood :Tuesday / Thursday

22 The Parade, Norwood SA

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

www.cameronorthodontics.com

JUST JOKING...

Dentists have their own flossify on how to keep teeth clean.



Brace-Faced Celebrities

Believe it or not celebrities get braces too. Many have/have had braces including Niall Horan (from One Direction), Delta Goodrem, Emma Watson and Tom Cruise. So remember, you are never too cool for braces!



Dental Hygiene Tip:

Brushing harder isn't better. Vigorous brushing does more harm than good and can lead to eroded enamel, which never grows back and can cause sensitivity and other oral issues.



How to cut down on the amount of refined sugar your child consumes

Eating sugar causes the formation of plaque and attracts cavity causing bacteria. Dentists consider sugar to be one of the main causes of tooth decay in children. You can reduce sugar consumption by:

- 1. Ration rather than ban.** Have at main meal time and then brush properly.
- 2. Avoid prolonged refined sugar exposure.** Sucking lollies – better to eat quickly, and then brush.
- 3. Eliminate aerated drinks:** Provide your children with healthier substitutes such as sugar free fruit juices or milk-based drinks. Remember however, that even these are no substitute for **plain water**.
- 4. Be a discriminating consumer:** Check labels before you buy. Sugar is labelled as Sucrose, Fructose, Maltose, Lactose, Maple Syrup, Golden Syrup.
- 5. Avoid pre-sweetened foods:** When buying products such as breakfast cereal or health drink powders, etc. avoid pre-sweetened ones.
- 6. Cook smart:** Using certain ingredients such as spices can increase the sweetness in sweet preparations. While cooking desserts you could use cardamom, cinnamon, and nutmeg or raisins to minimise the requirement of sugar. Also, adding a minute pinch of salt will bring out the sweet taste, thereby allowing you to do with less sugar.
- 7. Mould your children's taste:** Sweet foods can be addictive; the more children eat them, the more they may want. You can however, retrain your child's taste buds to enjoy healthier substitutes. Fresh fruits make a healthy and tasty substitute for a sweet snack. Another option could be dried fruits such as dates, raisins, or apricots.
- 8. Satisfy with less:** While serving desserts, simply use smaller bowls or glasses. Your children will probably not notice the difference.

Get to know Michelle

Michelle is our Treatment Coordinator and is here to help guide patients through the orthodontic process. Michelle has been working in the dental industry for 23 years, and has been part of the Cameron Orthodontics team for 18 years. Michelle enjoys cooking, gardening and spending time with her husband and son.

Michelle prides herself in helping patients in what ever way she can. So if you have any questions regarding your orthodontic treatment she would be all too happy to help.



Calendar

National Dental Health Week: August 5th-11th

Broken Hill Visits: August 7th - 9th
September 4th - 6th
October 2nd - 4th
October 30th - November 1st

Hoyts Movie Ticket Draw: August 30th

