

camer^on

'Tis the Season to be Jolly

Merry Christmas! The team at Cameron Orthodontics would like to wish you well for the holiday season. We will be closed for a short time during the months of December and January. These dates can be found on the back page of this newsletter. If you have any dental emergencies during these periods, please contact your dentist or call the Australian Dental Association on 82728111 for a list of local dental practices that are open over the holiday period.

December, 2013



What's New ?

About Cameron Orthodontics

Cameron Orthodontics specialises in all aspects of orthodontic treatment including the diagnosis, prevention and treatment of problems in the alignment of teeth and jaws, and the design and use of corrective appliances (such as braces, plates, and functional appliances) to bring the teeth and jaws into proper alignment. The primary benefit for people or reason to see Orthodontic Treatment is to improve the appearance, health and function of their teeth.

ENTER THE DRAW TO WIN AN IPOD NANO

All you need to do is 'Like' us on Facebook. Then enter at reception at your next appointment, or call us on (08) 8132 3000. Competition ends December 13th. Terms and Conditions Apply.

Discrete Braces

Modern treatments and approaches are aimed at helping to improve self esteem and confidence in a comfortable environment. Materials and techniques provided by Dr. Cameron, such as Invisalign (www.invisalign.com.au) or Clear InVu Ceramic Braces (www.invu-ortho.com) are designed to make appliances less visible.

Win 1 of 10 free Hoyts movie tickets

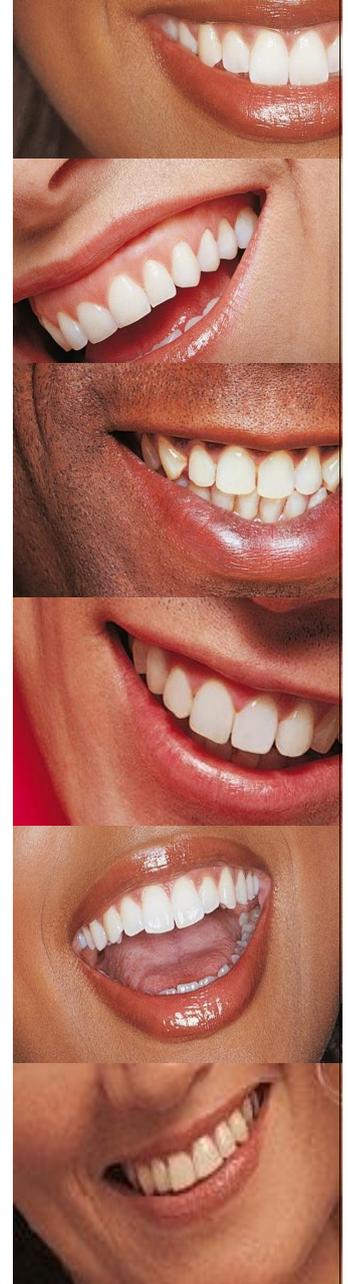
We like to see our patients with clean and healthy teeth and gums, so at each appointment Dr. Cameron will give you a oral hygiene score out of 5. If you score 5 out of 5, you can go into the draw to win one of ten FREE movie tickets. We draw 10 names every three months and our next draw is on **December 13th**. We'll see you and your pearly whites at your next appointment, and remember to brush and floss regularly!

Give a Smile

We have recently started treatment for our 'Give a Smile' patient. Give a Smile is a charity organisation of orthodontists who provide treatment for at least one patient a year who otherwise may not be able to afford treatment outside of the public system.

Tell your friends about us!

Do you have friends or family who are looking for a quality orthodontist? If so, refer them to us.

**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...

What does a dentist do on a roller coaster? He braces himself



Dental Check-ups

Dr. Cameron is honoured to see his patients every 4-8 weeks and wants all of his patients to have excellent oral health. However, it is important to keep in mind that Dr. Cameron's focus is your orthodontic appliances, so a visit to him is not the same as a visit to your general dentist. It is important for everyone to see their general dentist every 6 months for a check-up.



Dental Tip:

Protect your teeth from injury. Wear a mouth guard when playing sport.



How to look after your teeth at Christmas time

Christmas is renowned for its sugary delights. This is good news for our taste-buds but not for our teeth. When we eat sugar, plaque forms which attracts cavity causing bacteria.

We know how hard it is to resist eating sugary foods, especially during the holiday period. So, we have come up with some tips that will allow you to indulge a little but also care for your teeth.

1. Firstly, brush your teeth after eating/drink anything with a high sugar content. This can often be difficult, so plan ahead.
2. Consume these foods in one sitting, instead of eating throughout the day (this also helps make Step 1 more achievable).
3. It is better to eat sweet foods with other foods. For example, as part of a

main meal.

4. Try avoid contact between sugar and your teeth. For instance, you could drink soft drink through a straw.

5. Have a little rather than a lot. It is nice to indulge a little, but don't go over-board.

Though these tips may help protect your teeth, they are not foolproof. The best way to keep your teeth healthy is to avoid sugar all together.



... and a Happy
New Year



Calendar

Dates and Events

December 11th-13th: Dr. Cameron consulting in Broken Hill

December 13th: Draw for **HOYTS Movie Tickets** & **iPod Nano** (see front page)

December 18th-January 6th: **Closed**

December 25th: **Christmas Day**