

## Smile and wave, just smile and wave

April, 2015

We aim to help all our patients achieve a smile that they are proud to show off. Our hope is that after completing your treatment, you can smile with confidence.

Our motto... Just smile and wave.



## What's New ?

### The Australian Society of Orthodontics - South Australia

Dr. Cameron has been elected as the President for the Australian Society of Orthodontics (ASO) in South Australia. The ASO is the peak specialist body for orthodontists and orthodontic knowledge across Australia. Almost all registered orthodontists in Australia are members of the ASO.

To find out further information about the ASO, please visit [www.aso.org.au](http://www.aso.org.au)

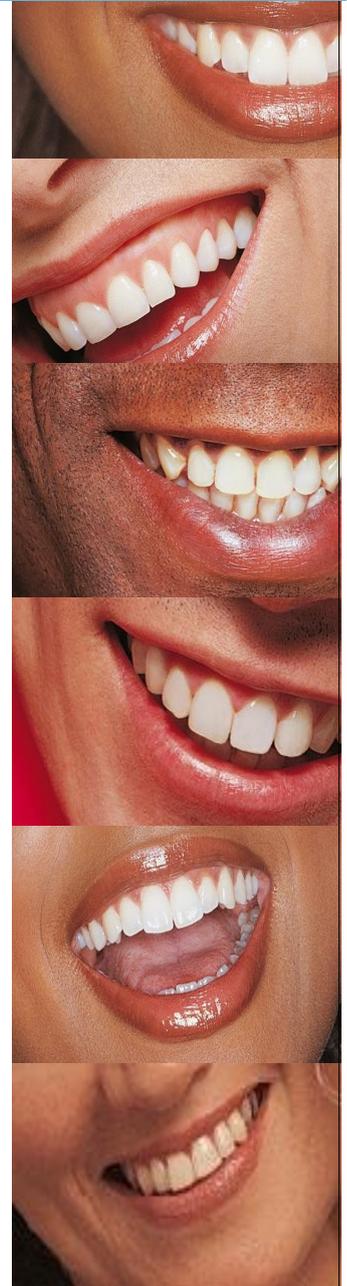
### Happy Birthday Mel!

Melissa, our dental assistant, just had her 24th birthday. Mel has been part of the Cameron Orthodontics team for the past 2 years and we are looking forward to working with her for years to come.



### We have just updated our Privacy Policy

If you would like a copy of our new privacy policy, you can request it at the reception desk at one of our practices. We intend to continue protecting the privacy of all our patients by ensuring confidentiality of all records and personal information.



**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 (dates vary)

216 Cornish St, Broken Hill, NSW,

t: 08 8088 6157

f: 08 8088 6157

## HAPPY EASTER

### Did you know...

The tallest chocolate Easter egg ever was made in Italy in 2011. At 10.39 metres in height and 7,200 kg in weight, it was taller than a giraffe and heavier than an elephant!



The traditional act of painting eggs is called Pysanka.



The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolizes hare and egg.



After Halloween, Easter is the biggest candy consuming holiday. 120 million pounds of candy are bought each year.



### Broken Hill Visits

April 15th-17th

May 13th-15th

June 17th-19th



## How to brush your teeth when you have braces

### Remember to:

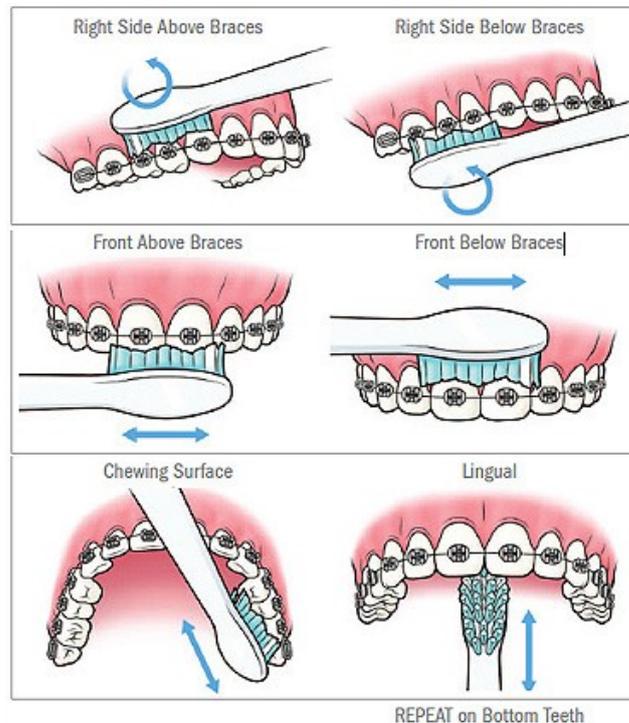
- Brush your teeth for at least 3 minutes
- Take your travel brush wherever you go
- Brush your teeth after eating
- Drink lots of water!

### Floss

In-between all your teeth morning and night time.

### 'Christmas' Tree Brush

Brush the little spaces between your brackets that your toothbrush can't reach.



## The 10 worst foods for your teeth

**I. Dried Fruit.** Dried fruits are high in sugar and they're usually sticky, which means the sugar gets stuck between the teeth and stays there for hours. This promotes bacteria in the mouth and leads to cavities and erosion.

**II. Lollies.** Hard lollies take time to dissolve and chew lollies stick to your teeth. This allows the bacteria in your mouth to feed off the sugar, producing acid and leading to cavities.



**III. Refined Carbohydrates.** High consumption of refined carbs such as white bread and rice is linked to inflammation, which leads to chronic diseases like gingivitis and periodontitis.

**IV. Soft Drinks.** These are full of cavity-causing sugar, but diet varieties also contain phosphoric and citric acid, which can erode the enamel.



**V. Citrus Fruit.** The citric acid in fruit can erode and wear away tooth enamel, which weakens the teeth and makes them prone to cavities. Excessive consumption and sucking on

lemons and limes is a big no-no.

**VI. Ice.** A lot of people I know crunch on ice cubes—this can break your teeth, so don't do it!

**VII. Salad Dressing.** The acid in vinegar can cause serious erosion (remember, it's used to clean floors), so avoid vinegary hot chips, salad dressing and pickles.

**VIII. Cranberry Juice.** Fruit juices generally contain lots of sugar (both natural and unnatural) and they're acidic, which can eat away at enamel. Juices such as cranberry can be just as acidic as vinegar and can wear down the tooth enamel over time, leading to cavities and sensitive teeth.



**IX. Wine.** Not only does red wine stain your teeth more than anything else, the chemical composition of red and white wine is erosive, which can soften and wear away tooth enamel.

**X. Coffee and Tea.** These stain the teeth, and black teas are just as bad as coffees. The rule is, the darker it is the more likely it is to stain. If you can't go without this caffeine fix, drink a milky variety.

