

## Happy Mid-Year!

Can you believe that we are half way through 2015? We can't! We hope that your year has been happy and rewarding thus far. Now is the perfect time to review how your brushing and flossing has been during the year. If it needs improvement, how about making a *Mid-Year Resolution*.

July, 2015



Happy Mid-Year

## What's New ?

### Happy Birthday Michelle!

Michelle, our treatment coordinator, is having her birthday on July 7th. Michelle has worked at Cameron Orthodontics for the last 20 years and is an invaluable member of our team. We would like to wish Michelle a happy birthday this year and many more to come.



### Accreditation

Our practice is currently renewing our accreditation. That means that you can be confident that Cameron Orthodontics is providing service and treatment that meets the Australian Quality in Practice standards.

### One year at North Adelaide

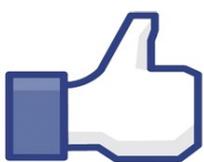
It has been over one year since our move to our North Adelaide office. We have settled in and are enjoying our new practice. Don't forget to let your friends and family that we are here. The greatest compliment you can pay us is to refer our services to others.

### Have you moved or changed your phone number?

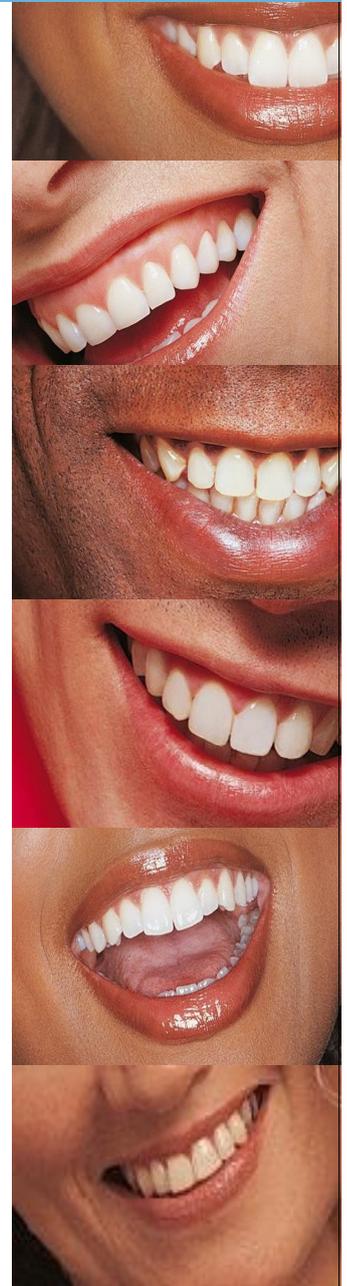
If you have moved address, have a new phone number, or have had any changes to your personal details, please let the receptionist know at your next visit so that it can be updated. This will ensure successful communication between you and our office.

### Regular dental checkups

Just a friendly reminder that you should visit your general dentist every 6 months for a checkup and clean. Regular dental checkups will help to prevent oral disease and maintain oral health.



## Find us on Facebook



**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



The Tooth Fairy and her evil twin, the Sweet-Tooth Fairy.



17 You are watching Madeline R. guess the word BRACES.



## Broken Hill Visits

July 22nd-24th

August 19th-21st

September 23rd-25th

October 27th-30th

## Is your toothpaste doing more harm than good?

Is using cheap toothpaste risking your health? Does an electric toothbrush give a better clean? Can cheese prevent tooth decay? Should kids brush before or after breakfast?

The latest Australian Institute of Health and Welfare report into the state of the nation's oral health reveals that half of all six-year-olds have decay in their permanent teeth.

The Australian Dental Association's (ADA) Dr Peter Alldritt says our love of sugar is to blame for rising rates of decay—with many kids today eating snacks marketed as "healthy" including low-fat yoghurt, juice, fruit bars, flavoured milk, canned fruit and banana bread.



"The major cause of decay is regular consumption of sugary foods and drinks so if we can limit those then we will win the battle against rising tooth decay," he says.

Tooth decay is largely preventable but as health fund dentist Dr Lincoln Law explains some dental practices could be doing more harm than good.

### Not all toothpastes are equal

There are dozens of toothpastes on the market with each claiming special qualities to fight plaque and gingivitis, combat sensitivity or whiten teeth. But the only ingredient you need to make sure it contains is fluoride.



Beware of cheap toothpastes sold in discount stores and check whether they are ADA approved.

"Don't use any paste that tastes gritty because you may as well be brushing with sandpaper and once you have brushed that precious enamel away its never going to grow back," says Dr. Alldritt.

Find ADA approved products at: [ada.org.au/OralHealth/sealofapp.aspx](http://ada.org.au/OralHealth/sealofapp.aspx).

### Don't brush straight after eating

"This is especially if you've been eating acidic foods and drinks like vinegary salad

dressings, fruit juices and soft drinks," says Dr. Law, "Wait at least half an hour before brushing."

Kids should be brushing twice a day—before and after eating in the morning and before bed—preferably an hour after the last meal or drink of the day (unless that drink is water).

### Its all in the way you brush

A high quality electric toothbrush will efficiently clean your teeth but just as effective is using a regular soft brush, providing you use the correct technique and brush for at least two minutes, say Dr Law.



"Brush in a circular motion, at a 45-degree angle to the gum, remembering to always brush over the gums as well which people tend to forget," he says.

### Wash your mouth

A warm saltwater mouthwash is a great short-term treatment if you've had dental treatment. Salt is a natural disinfectant and helps to reduce inflammation but it's not recommended for long-term use as it is acidic and can erode enamel.

### Say cheese

A small cube of cheese is a good way to end a meal—it's the traditional French way to end lunch and dinner.

"The protein in the cheese buffers acids in foods and those generated by plaque-producing bacteria," says Dr. Law. If cheese isn't on the menu then chewing sugar-free gum is another good way to stimulate saliva to wash away food debris.



By Daniela Ongaro (Daily Telegraph)

