

# all about teeth

keeping your smile for life



## NEWSLETTER AUTUMN 2009



### HOW HYGIENIC IS YOUR TOOTHBRUSH

You may be surprised to know that there are numerous reasons as to why it's necessary to replace your toothbrush every 3 months or on some occasions even sooner.

The most obvious reason is when the bristles begin to look frayed and are flaring outwards. When this happens your toothbrush fails to work efficiently or effectively.



Another time it's important to replace your toothbrush is if you have recently suffered from a cold or flu as the bacteria can live in the bristles and using the brush would most likely lead to reinfection. For this reason it is recommended that you also replace your toothbrush if you have used it whilst having a cold sore or any other oral infection.

To ensure your toothbrush remains as hygienic as possible it is important to remember a few things. Even if you haven't been ill bacteria can grow on the bristles of your toothbrush for other reasons.

Always make sure that you rinse not only excess toothpaste but also food particles from your brush. It is also advised that you air dry your toothbrush after use by storing it upright in an open container. It is a common misconception that it is best to cover the bristles with an airtight container, however with no air circulation the moisture creates an environment ripe for bacterial growth.

**Dentists** - Dr Joshua Pond and Brendan Mudge

**Office Hours** Monday - Friday 7:30am - 5:00pm

**Address** 107 Boundary St, South Townsville, 4810.

**Phone** (07) 4771 2244 **Fax** (07) 4721 1544

**Email** [admin@allaboutteeth.com.au](mailto:admin@allaboutteeth.com.au)

**Web** [www.allaboutteeth.com.au](http://www.allaboutteeth.com.au)

If you think that someone you know would be interested in something you've just read or could benefit from our services please be sure to pass this newsletter on.

### WELCOME DR BRENDAN MUDGE

Some of you may know that in mid October of last year we welcomed another dentist on board here at All About Teeth.

Dr Brendan Mudge is a graduate of the University of Queensland and has been a practising general dentist for 6 years now. Brendan has joined our team after previously working at 1300 Smiles and his friendly and easygoing disposition has made him an instant hit with both staff and patients alike.

If you or someone you know is looking for a new dentist who is both patient and gentle then please don't hesitate to contact our friendly staff to book a Comprehensive Exam with Dr Mudge.

### LIST OF SERVICES

- General Dentistry
- Preventative Care
- Emergency Dental Care
- In-Tray Whitening
- Crown and Bridge Work
- Children's Dentistry
- Periodontal Treatment
- Dentures
- Dental Veneers
- Endodontics / Root Canal Treatment
- Mouth guards & Night guards

## OUR NEW HYGIENIST

As you would all be aware by now we have had the lovely Michelle on staff for about 6 months now and she has been inundated with patients who place a high importance on their preventative care. This is one of the reasons we have been lucky enough to have Hygienist/Therapist Patricia Drockman join our ever growing team.

Trish has been a practising Hygienist/Therapist for the past 18 years. After completing her studies in Brisbane she has gone on to work in Mackay, Charters Towers and then Bowen where she first met and worked with Josh.

Like Michelle, Trish also specialises in the preventative care and treatment of children under 18 years of age as well as the preventative care of adults. This is exceptionally helpful at the moment considering the current lack of resources for the school dental service and it is because of this fact that we are currently offering a deal to ensure your children's teeth receive the best possible care regardless.

Until the 30<sup>th</sup> April you can book your 4 - 12 year old in with Trish and pay only \$79 to have their teeth cleaned and checked including any x-rays they may require as well as fluoride application and oral hygiene instruction with the cost increasing to only \$127 for 12 - 16 year olds.

Be sure to give us a call as soon as possible to guarantee an appointment.



## SMOKING AND ORAL HEALTH

It's a well known fact that tobacco products not only affect the appearance of your teeth but can be the cause of serious health issues. Did you know that smoking causes 75% of all oral cancers including that of the mouth, pharynx, larynx and oesophagus?



The reason your teeth take on a yellow tinge when you are a smoker is because smoking leaves sticky tar deposits and when the tar seeps into the tooth enamel the discoloration is almost impossible to get rid of. Not only this, a smoker is more likely to develop calculus which is plaque that hardens on your teeth and can only be removed with professional cleaning.

Tobacco products can limit blood flow to the gum tissue which in turn can increase the risk of developing gum and periodontal disease as well as delaying the healing process following tooth extraction or oral surgery.

It is a common misconception that pipe and cigar smokers are at less of a health risk than cigarette smokers. It has been proven however that cigar smokers experience both tooth and bone loss at a rate equivalent to cigarette smokers and pipe smokers are at a similar risk.

Some people may wonder whether smokeless tobacco products are safer, the answer is a resounding no. In fact chewing tobacco actually contains higher levels of nicotine than all of the previously mentioned products. Not only this, smokeless tobacco can irritate your gum tissue causing it to recede and once this happens the roots become exposed increasing the risk of decay. Exposed roots are also overly sensitive to hot and cold often making eating and drinking uncomfortable.

Please don't hesitate to ask your dentist or hygienist for suggestions on how to go about living life as a non smoker.

**An elderly patient went to have her teeth checked**

**"Mrs Hopgood your teeth are good for the next 50 years!" the doctor exclaimed**

**To which she replied, "Whatever will they do without me"**