



# SPIT ROAD DENTAL

## DR IAN YERBURY

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Keep an eye out on Ians computer for some new photos from his recent trip over seas... looks like he had a wonderful time.

### CONTENTS

- CHECK UPS
- CHILDRENS BRUSHING
- MOUTHGUARDS
- EASTER

## OH.... ITS JUST A CHECK UP!

So what is the importance of the dental check ups and cleaning?

While not only beneficial for appearance sake, there are numerous health benefits from a regular check-up of your teeth.

For starters maintaining a regular dental check up schedule will ensure that any potential dental issues are quickly identified and treated before they can turn into painful, and highly expensive, medicals issues that may require surgery or permanent treatment options. The importance of the regular check-up ranges from preventing fatal conditions to maintaining healthy gum and teeth so they are working at their optimal level. On one end of the scale, regular dental visits will clear the patient of any potential oral cancers

which are highly curable if caught early on. On a lesser scale but perhaps far more prevalent is gum disease, which is an infection of the gum tissue and the bone. This is also true of cavities and broken fillings which, if left untreated can result in root canals, gum surgery and removal of teeth.

On a superficial level, regular checkups prevent the build up of plaque and clean the teeth and gums to a healthy level, thereby reducing the onset of bad breath. Statistics show that 85 percent of people with persistent bad breath can attribute it to a dental problem and low dental surgery attendance.

So how regularly should you go for these checkups at your local dental surgery? Well a good rule of thumb is once

every six months providing that you have not experience any sensitivity, pain or discomfort anywhere around your jaw line of teeth.

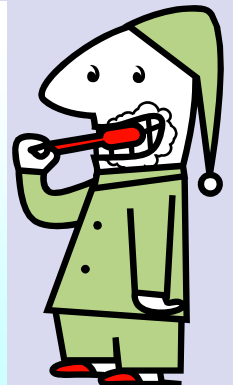
However there are certain conditions that require most frequent visit to the dentists including periodontal and gum disease, poor oral hygiene habits, high use of tobacco and alcohol, pregnancy, diabetes and certain medical conditions. These conditions leave the patient with a higher risk of gum disease, oral cancer and cavities so should visit their dentist on a more regular basis.

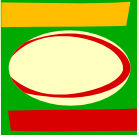
## BRUSH BRUSH BRUSH



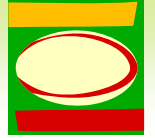
Trying to get children to clean their teeth thoroughly can some times be a mammoth task!!! Very often it is done far too quickly and areas in the mouth where plaque accumulates is very often missed.

Disclosing Tablets are available from your dentist or pharmacist. They contain a food dye that turns the plaque pink or red. This is fantastic as it helps your child to see clearly what needs to be brushed off. The tablet form can be chewed and swished around their mouth with their tongue. It is better to let them clean their teeth first then get them to chew the tablet, this way they can see what they have missed. It also encourages them to brush for longer and is a fun way to brush their teeth. After a while it will become a lot easier for your child to recognize when they have brushed their teeth properly. Another helpful aid when children start to brush their own teeth is having a timer in the bathroom so they can see how long they need to brush for.... Two minutes not two seconds!!!!!!!!!!!!!!!!!!!!!!





## THE AUSTRALIAN DENTAL ASSOCIATIONS VIEW ON THE IMPORTANCE OF CUSTOM MADE MOUTHGUARDS FOR CHILDREN



President of the ADA, Dr Shane Fryer says the Association believes mouthguards, like bike helmets, should be mandatory for children when they are playing contact sports where there's a risk of dental injury.

"The research shows that 66% of parents who have children playing contact sports believe it should be compulsory for children to wear mouthguards, and the ADA supports this position.

"Suffering a knocked out or damaged tooth is extremely painful. Add the cost of repair to the tooth, and in the case of a young person who has their secondary teeth, a lifetime of on-going treatment, the cost becomes significant, potentially in the vicinity of \$10,000 – \$20,000.

"The ADA believes mouthguards should be mandatory for any person who trains and plays a contact sport," says Dr Fryer.

The ADA endorses custom-fitted mouthguards because they provide the greatest protection and are the most comfortable to wear.



The ADA and Standards Australia do not recommend over-the-counter or 'boil and bite' mouthguards.

Some studies place their degree of protection as only slightly better than wearing no mouthguard at all.

A custom-fitted mouthguard means an impression has been taken of a person's teeth and a mouthguard is made to fit the individual's teeth and jaw.

Over the counter or 'boil and bite' mouthguards do not take into account the shape of an individual's mouth meaning the fit is not optimal, leading to a significant reduction in effectiveness and in some cases increasing the risk of tooth damage.

Despite custom-fitted mouthguards providing the most effective protection to teeth when compared to over-the-counter mouthguards, the research found that only 35 per cent of children who wear a mouthguard are wearing a custom-fitted mouthguard, tailored to their teeth and jaw.

A properly fitted mouthguard is a worthy investment when compared to the significant costs associated with repairing damaged teeth.

The ADA has developed a website,



[www.mouthguardawareness.info](http://www.mouthguardawareness.info) where people can find out more information on mouthguards and first aid tips in the case of a dental emergency.

If you would like to find out more about custom fitted mouthguards please speak to Dr Yerbury and he can let you know what we offer here at the surgery.



## THE EASTER BUNNY HAS BEEN AND GONE BUT THE CHOCOLATE EGGS GO ON AND ON!!!!

Always try to make sure that when your child is chomping their way through the hundreds of easter eggs they received that they don't snack on them throughout the whole day. Try to limit the intake to eating their allocated amount of chocolate at a mealtime ( after the nutritional part of course!!) Snacking on sweet things throughout the day can lead to caries because the teeth are constantly covered in sugar. Also getting them to eat there chocolate after their meal means they probably wont eat as much chocolate as they will be too full!!!! That's the theory anyway

