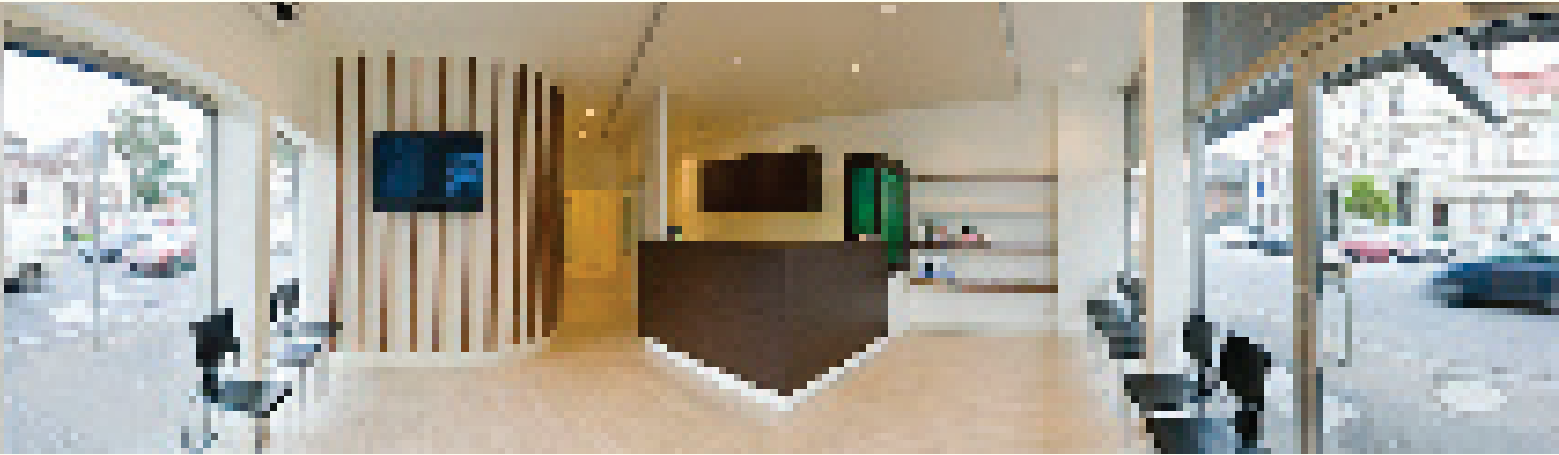




**BRUNSWICK
DENTAL GROUP**
ENHANCING YOUR SMILE

*We strive to exceed your expectations
and create the smile of your dreams.*



Welcome to our patient newsletter...

Designed to keep you up-to-date with what is happening at our practice. As our newsletter is for you, we are very interested in your comments and would like to hear your suggestions on topics or procedures you would like to see featured in upcoming issues.

We are also very excited as our new practice is nearing completion. Our larger state-of-the-art practice provides you with a more comfortable and relaxed appointment. We invite you to come in and have a look through our new-look practice where although we have modernised our facilities and technology, our main focus remains providing you with uncompromising care in a warm and friendly environment.

In this issue we have an interesting article on the influence your oral health can have on your dental health and the link clinical studies have shown between gum disease and other concerning health condition. Plus we also discuss the severe effect smoking can have on your oral health and how smoking can make some people unsuitable for restorative treatment.

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And we look at the most revolutionary development in restorative dentistry, dental implants. We discuss the procedure, patient suitability and the many benefits.

On behalf of the entire Brunswick Dental team, we thank you for your support and look forward to seeing and caring for you throughout the year.

www.bdg.net.au

Our new modern look with traditional care

It has been a very exciting time here at Brunswick Dental as we near completion of our much anticipated refurbishment. In order to provide you with a more comfortable and relaxing appointment, we have expanded our practice to include an additional ground floor surgery.

Our new look practice is architecturally designed and was colour co-ordinated and furnished by a leading Melbourne interior designer to create a warm and welcoming environment. Our practice is now a larger premise and has a more open design but still retains a tranquil and friendly atmosphere focussed on your personalised care. We have tea and coffee facilities available which we invite you to take advantage of so you can fully relax prior to your appointment.

In the newly developed patient lounge area we have installed a 50 inch plasma TV and a kids play area to help make your child's dental appointment a more relaxing and fun experience.

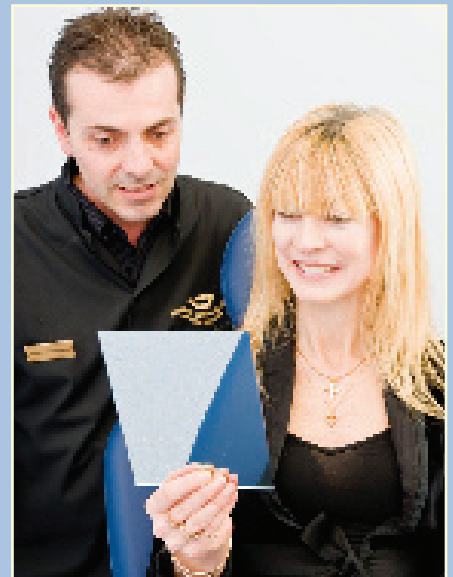
Expanding to the ground floor has made Brunswick Dental more easily accessible by parents with small children and prams, older less mobile patients and we are also wheelchair accessible with disabled toilet facilities. These new changes allow us to provide exceptional dental care to all members of our community.

To help you enjoy your appointments further, our treatment lounges were specifically selected for their comfort as well as functionality. This includes the installation of in-chair entertainment systems in all four of our surgeries, which allow you to watch TV or your favourite DVD or listen to a CD as you relax during your appointment.

The leading-edge technology housed within our surgeries enable our clinical team to provide you with a more efficient appointment.

While we have modernised our practice and created a tranquil environment for you, our key focus on your uncompromising care and the friendly long-serving Brunswick Dental team remain the same.

We look forward to showing you through our new-look practice at your next appointment.



Smoking and Your Oral Health

The ill-effect smoking has on your general health such as lung cancer, heart disease and stroke has long been known. In addition to these, smoking also has a severe degenerative effect on your oral health. Smoking is one of the main causes of mouth cancer, which accounts for almost 3% of all cancers diagnosed in Australia.

Smoking also contributes to the development of gingivitis and gum disease which can lead to tooth loss. Many people who smoke are unsuitable for restorative procedures such as dental implants as smoking can hinder the healing of gum tissue causing the implant to fail as the jawbone cannot support the implant and sustain the extreme forces placed on teeth when eating.

Some of the oral health conditions that can result from smoking include:

- Constant bad breath
- Gum disease resulting in tooth loss
- An increased risk of plaque and tartar build-up and cavities
- Leukoplakia, a white, scaly patch of skin inside your mouth or on your lips
- Cancerous and pre-cancerous lesions that can initially be difficult to detect
- Numbness or pain in your mouth or throat without any obvious causes



Quitting smoking will improve your oral and general health, as well as significantly reduce your risk of developing oral cancer.

Source of oral cancer statistics: www.cancer.org.au/aboutcancer/cancertypes/headandneckcancers.htm

Dental Implants

There have been many advances in dental health care and restorative solutions for the replacement of missing teeth, but none as significant as dental implants. At Brunswick Dental, we are proud to be able to offer our patients a full range of implant dentistry solutions for replacing single tooth, several teeth or an entire upper or lower arch, or even both.

Missing one or several teeth can negatively impact on your oral health as adjacent and opposing teeth can move out of their correct alignment and become crooked. The loss of a tooth, especially front teeth can also result in a loss of confidence personally and professionally.

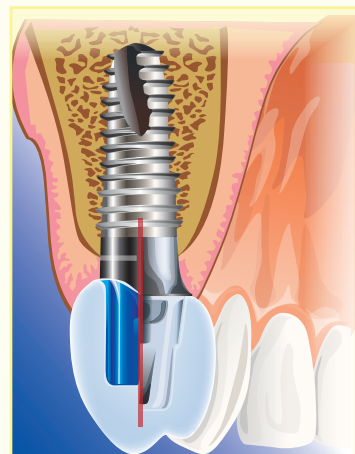
A dental implant is made from medical grade titanium, and resembles a thread-like screw. They are placed into your jawbone during a minor surgical procedure and replicate a natural tooth root.

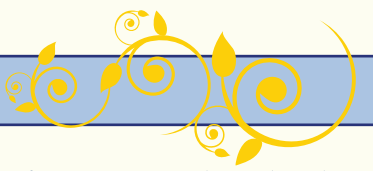
The jawbone re-grows around the implant which then becomes a solid support structure for a replacement tooth. This may be in the form of either a crown, dental bridge or even a full or partial denture.

Benefits of dental implants

- Dental implants look, feel and function just like natural teeth
- They make replacement teeth stable for smiling and eating
- They can eliminate the pain and embarrassment from ill-fitting dentures

It's important to care for your implant the same as your natural teeth. Although implants are made from medical grade titanium, your gums and surrounding natural teeth are still susceptible to gum disease. To ensure the longevity of your implant and maintain your oral health, you should schedule a checkup and professional clean at least twice a year.





Your oral health & wellbeing

It's a surprise to many when they learn how much their oral health can influence their general health. Gum disease is second only to the common cold as the most prevalent general health condition with an estimated 80% of adults experiencing some degree of gum disease in their lifetime.

Plaque is a soft, clear film on the surface of your teeth and gums and when not removed by daily brushing and flossing it hardens to become tartar. Tartar, especially when below the gum-line can only be removed professionally as toothbrush bristles are not strong enough.

Tartar build-up can cause the gums to become inflamed and puffy, they may also bleed when you brush and floss. Often there is no pain associated with this condition; commonly known as gingivitis. When treated early, gingivitis is reversible.

If not addressed, gingivitis will progress to gum disease (periodontitis). In addition to tooth loss, gum disease can cause irreversible bone loss which can make you unsuitable for restorative procedures such as dental implants.

Of increasing concern are the results of clinical studies indicating a link between gum disease and an increased risk of other serious health conditions such as heart disease, stroke and pancreatic cancer. Research suggests that the bacterial toxins from gum disease enter the bloodstream via microscopic cuts in the mouth, thereby affecting other areas of the body.

Research is continuing to determine how and to what percentage gum disease increases the risk of these health conditions. However gum disease is an infection and like all infections can affect your health and wellbeing and as such should be treated as soon as possible.



Source: www.perio.org/consumer/heart-disease.htm

www.hsph.harvard.edu/news/press-releases/2007-releases/press01162007b.html



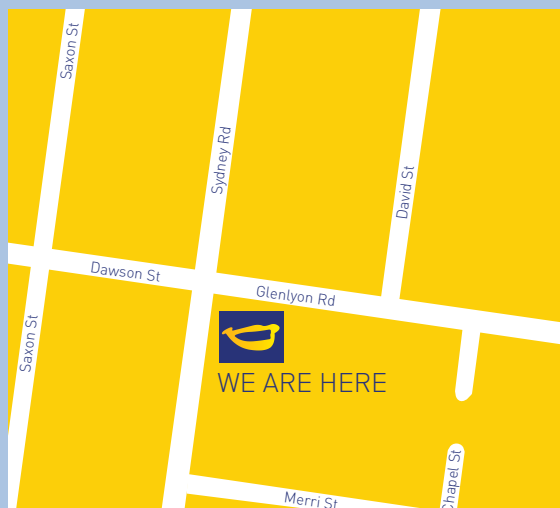
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