

The Great Debate

"FLUORIDE"

The uses of fluorides in dentistry are one of the most important ways of preventing dental caries and usually a hot topic of "A Great Debate"!

So what is Fluoride?

Fluoride is a natural element that can be found in many things, like the water we drink and the food we eat. Decades ago, scientists began to notice that children who lived in places where fluoride occurred naturally in the water, had fewer dental cavities.

Fluoride that is absorbed by your body helps the cells that build your teeth, by making the enamel stronger. It also interferes with the bacteria in plaque, which break down sweet foods and starches to form acids, which attack the teeth.

Fluoride administered by your dentist, otherwise known as "Topical Fluoride" is applied to the outside of the tooth. By placing the fluoride over the enamel surface of the tooth, the fluoride crystals that form make your teeth more durable. In turn this helps resist the bacterial acid attack, as the surface is less likely to breakdown.



Q. What did the tooth say to the departing dentist?

A. Fill me in when you get back!



Dr Tom Huang is currently doing further study's to become a specialist. His new hours are Tuesday afternoon and Saturday Mornings.

We have a new face in the place!

Come & meet our new staff member... **Dr Danielle Mein** B.D.Sc. (Qld) (Hons)

Dr Mein graduated with first class Honours. She is registered with the Australian Dental Board and a member of the Australian Dental Association.

Soon after graduating she worked for QLD health here in Brisbane and continued working in the public health sector at Nambour. Although enjoying her experiences up north, family brought her back here to Brisbane, where we were lucky to snaffle her up!

Dr Mein enjoys all aspects of dentistry and treats every patient with the upmost professionalism and care. She strongly believes that you treat your patients the way you would like to be treated yourself! She intends to expand and improve her knowledge, with the patient's constant well being at mind, by attending continuing educational courses, which she plans to partake in 2007.

She brings to our practice a friendly smile and a great attitude towards preventive dentistry.

Does your mouth feel dry like a desert?

You could have **Dry Mouth!**

Saliva is one of the most important elements in keeping and maintaining a healthy mouth. The main purpose for saliva is to keep our mouths moist. This in turn helps cleanses our mouths by preventing infections, by controlling bacteria and fungi. If we don't produce enough saliva, our mouth will become dry and uncomfortable, which might lead to "Dry Mouth".



So what can cause dry mouth!

Dry mouth can be caused by the decreased flow of saliva that may be associated with:

- *The side effect to certain medications*
- *Diseases and infections*
- *Nerve damage*
- *Dehydration*
- *Surgical removal of the salivary glands*
- *Lifestyle*



Dry mouth is a significant health problem because it can affect nutrition and your well being, while also contributing to tooth decay and other mouth infections.

So how can you relieve the dryness?

- *Take frequent sips of water.*
- *Avoid tea, coffee, soft drinks,*
- *Avoid alcohol and tobacco*
- *Drink frequently while eating –making chewing and swallowing much easier*
- *Chew sugarless gum – the chewing may produce more saliva*
- *Avoid spicy, salty and acidic foods – these foods may irritate your mouth*
- *Ask your dentist about using artificial salivias or prescription strength fluorides*