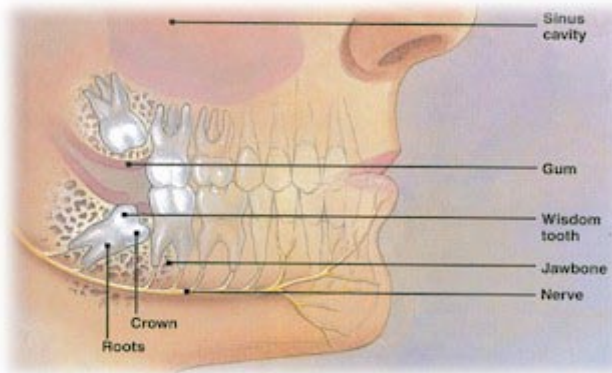


Spring 2006

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Q. What's the smartest tooth in our mouth?  
A. WISDOM TOOTH!



Our Third molar teeth or wisdom teeth, as they are commonly known, usually erupt around late teens or mid 20s. We normally have four wisdom teeth, which are situated in each quadrant of our mouths, two in the upper jaw and two in the lower jaw, but some people have fewer than four,

or even none at all. Over time impacted wisdom teeth can cause various dental problems, including overcrowding of existing teeth, infections in the gum and jaw bone, food packs which can harbour decay and chewing problems.

**Why does this happen?** Many years ago when our diets were much coarser our back teeth would wear away leaving room for the wisdom teeth to come through. In modern times, our diets are becoming less coarse due to processed foods, which has now resulted into not leaving enough room for these teeth to erupt.

Mouth infections caused by wisdom teeth can be treated with antibiotics, but the infection will keep coming back unless the teeth are removed. Antibiotics are only a short-term solution! Other symptoms to look out for is reddened, inflamed gums alongside the wisdom tooth, pus oozing from the gumline, lymph glands under the jaw become sore and pain either when eating or all the time.

We are able to assess through X-rays whether your wisdom teeth will require to be removed. The decision to have impacted wisdom teeth removed is ultimately yours.



This is a customer service we provide to our patients, which allows you the convenience of claiming your accounts immediately through your health fund.

# Got the travel bug?

1. CALL DENTIST ABOUT MISSING DENTURES.
2. CALL DOCTOR ABOUT EMBARRASSING NEW DISCOMFORT.



Each year many people indulged in a well deserved holiday.

Some people find packing up the car with the camping equipment a great break from the hassle and bustle of the rat race, finding that perfect camping spot. And then there are people who find packing their suitcase, booking that overseas trip and every site seeing tour there niche. Wherever and whenever we go, we should always take into account that it might be hard to locate a dentist.

A "simple" dental exam could be all it takes for a GREAT holiday.

So before you take to the wide yonder give us a call and book your appointment. Don't forget to send us a postcard with that great holiday smile!



## Stop The Rot

Dental studies have shown that tooth decay for our young children is progressing at an alarming rate. Over the years our diets are now consisting of large amounts of sugar and processed foods.

### How can WE make a difference?

Healthy diets, good oral hygiene and regular dental visits are the three keys to maintaining happy and healthy SMILES for our children.

A healthy diet can help children's teeth, bones and minds grow. Some great idea's for healthy



meals are fruit, vegetable sticks, rice crackers, nuts and yoghurt. Take away the soft drinks and replace them with milk or water.

When the first baby tooth erupts that's when good oral hygiene begins!

There are plenty of toothbrushes on the market for babies, toddlers and school age children. Start by cleaning your child's teeth with a little water on

the brush and when the child gets more teeth introduce toothpaste. You can purchase toothpaste at the chemist or supermarket that is designed for small children. It is always recommended that a parent or guardian should supervise the tooth brushing.

We highly recommend that children should have their first dental visit at 2 years old.

We have found that if a parent is having their dental check, this is a good opportunity to bring the child in too! At this appointment we introduce the child to the new surroundings, check their teeth and discuss any concerns you might have.