

Absolute Insight Newsletter

Spring 2023



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Spring is here!

In this issue we look at how you can access your superannuation for dental procedures, emphasise the value of hygienists and the power of outstanding oral care, and look at how stress, smoking/vaping and sugar/acid affect our oral health.

Access My Super



Unlock your Superannuation for dental and orthodontic treatments with ease.

Read on for more information on how to easily access your superannuation to help pay for your dental procedures.

Paul's Piece



This year continues to disappear, and we are now in Spring and with the temperatures warming up during the day and not much if any rain, I suspect we are going to be in for a hot summer (yuck).

The Surprising Link Between Your Smile and Your Health

Did you know that taking care of your teeth involves more than just preventing cavities and flashing a pearly white smile? Your oral health and your overall well-being are like best buddies, and they like to chat and hang out with each other.

Let's dive into the link between your oral health and your body's wellness.

Picture your mouth as the gateway to your body – it's bustling with bacteria, some good and some not-so-good. Maintaining proper oral hygiene is like throwing a VIP party for the good bacteria while keeping the troublemakers at bay. When you don't brush and floss regularly, those bad bacteria throw a wild party, leading to issues like gum disease and cavities, but the story doesn't end there.

The party-crashing bad bacteria can actually sneak into your bloodstream through inflamed gums, causing trouble in other parts of your body. Yes, you guessed it – this is where the oral-systemic connection comes into play.

Think about it: if your mouth is like a neglected house party, the aftermath can affect other parts of the neighbourhood, like your heart and even your lungs.

Inflammation is like the neighbourhood gossip that spreads from house to house. Gum disease triggers inflammation in your mouth, and if left unchecked, this inflammatory gossip can hitch a ride through your bloodstream, leading to serious issues like heart disease and diabetes.



So, that's why flossing isn't just about saving your gums; it's about keeping your entire body healthy.

Did you know your gums and your heart can have a heart-to-heart too? Gum disease-causing bacteria can cozy up to your arteries, helping form those pesky plaques that clog things up and increase the chances of heart problems. It's like these bacteria send out invitations to a party you definitely didn't want to attend!

Now, let's chat about diabetes. It's a two-way street: diabetes can make gum disease worse, and gum disease can make managing diabetes trickier. It's like a buddy system gone wrong. High blood sugar weakens your immune system, making your gums an easier target for bad bacteria. But those same bacteria can also mess with your blood sugar levels, creating a sticky situation.



Pregnancy also gets a visit from this oral-systemic chat. Poor oral hygiene during pregnancy has been linked to preterm births and low birth weights. It's like your mouth has a hotline to your pregnancy—taking care of your gums means taking care of your baby too.

So, the next time you're brushing your teeth or making a dental appointment, remember you're not just maintaining your smile, but you're also throwing a party for your body's well-being. It's like a chat that's way more important than the latest celebrity gossip. Your mouth and your body are in this together, so let's give them something to talk about!

Paul About the Traps

Outside of work, life doesn't seem to slow down much at all. In fact, it gets faster. Most people who know me will tell you I don't sit still and don't know the definition of stopping or taking it easy. My attitude is if you do nothing then your come to a dead stop. But sometimes I think we all need to learn to take the foot off the accelerator a little.

In my model railway world, last time I mentioned I had an electrical fault in my layout at home. I can assure you this drove me up the wall and it took five days for me to find the fault and 20 seconds to actually fix the fault. Most frustrating, but most satisfying at the same time. I am sure all of Brisbane heard me when I figured it out.

My next challenge is to design and construct a hump yard or gravity fed yard. This is where carriages are pushed off a slope and gravity shunts the wagons onto the correct track. The challenge is to get the right design. I have researched it and found some engineering papers, but the maths behind it is way beyond my capability, however I have been able to take the concepts and adapt them and have trialed it and it works. The task now is to build it on the layout and come up with a braking system to control the carriages so they don't crash into one another. Stay tuned.



My role as Divisional Superintendent for the National Model Railway Association has also kept me busy. We have introduced a STREAM program (Science Technology Research Engineering Arts and Maths) into our organisation. This is where we are attempting to get youth involved into model railways, and showing them all the different aspects that they can learn in the process. We have had a very successful pilot day where each participant constructed and placed scenery on a small module. They started with no skills, but by the end of the day produced an amazing module.



We are now going to take the concept in STREAM and extend this for adults. We are running a clinics weekend and have clinics for the beginner right through to the most experienced modeller, as we all can learn new tricks. We have been promoting this program at model railway shows, most recently at the Redlands Model Railway Show, and soon at the Gold Coast Model Railway show (23-24 September) and the Pine Rivers Model Railway Show (24-25 November). The clinics weekend will be in March/April 2024 and will be open to the public to join in. If you know of anyone who wants to take part then please contact me via div1sup@nmra.org.au

As for my orchids, well Spring came early, and the orchids have gone nuts. I have over 100 plants with flower spikes coming and this is way more than I have ever had before. I can't wait for them to fully open.

At the time of writing (late August), my daughter has had her school formal and is in her mock exams in preparation for her final external exams in Year 12. I can't believe this is the last year of schooling for my children. How quickly time has passed. She is also going for her driving test (as I am writing this article) and my fingers are crossed she passes. She is a great driver for her age and has shown real responsibility.



A couple of weeks ago I also took a trip to Bundaberg (my daughter drove to get up her hours), and I attended a meeting for the Association of Tourist and Heritage Railway Australia, of which I am the Deputy Chair and look after the insurance, for the Queensland members. I also was able to catch up with my son, Tim, and we were able to chase some cane trains and get some great photos. I plan on going up again in October to spend another weekend with him. It is always hard when your kids live so far away and even harder to accept they are growing up and you don't get to see them as much.

My involvement with Scouting is also ticking along and we held another race day for the youth members. We had 72 participants come and experience dirt karts for the day on the track at Queensland Raceway. My team ran the day exceptional well and not only did we facilitate the racing, but we also catered for over 100 people. I was delegated to the kitchen as usual and we all had an awesome day.



Well, that is all for now folks. Stay tuned for the summer edition.

I urge you all to look after yourself and keep smiling. And if you do need help, remember reach out to someone. We are all here for each other.

Paul

Welcome Deepa!



Deepa first entered the world of Dentistry in 1997 after receiving a scholarship in dental hygiene at the Fiji School of Medicine. After working three years in the School of Dentistry in Fiji as a clinical coordinator, Deepa moved to Sydney and completed her bridging course to obtain her license in dental hygiene. Deepa worked for 17 years in a private dental practice in Sydney before moving to Brisbane in 2018 with her husband and three kids to be closer to her parents.

Deepa is passionate about oral health, general health and is a role model to patients. She helps patients modify their behaviour to focus on preventative maintenance on their teeth and gums to avoid disease in the future.

Deepa is patient, understanding, detail-oriented, energetic and friendly. She works hard to make the patient feel comfortable, relaxed, and fully explains the health reasons and steps behind everything she does inside the patient's mouth.

Deepa loves sports, athletics and fitness. She represented Fiji Islands in the South Pacific games and achieved a couple of gold and silver medals in the 20km Walk. Deepa is passionate about health and fitness, when she's not at work, you will find Deepa either at the gym or cooking healthy meals for her family.

What's New

Access My Super



Did you know that you have the option to tap into your superannuation funds to cover essential dental and orthodontic treatments for yourself and your family members? Access My Super is here to streamline the process, ensuring you receive top-notch medical care without financial worries.

Access My Super specialises in assisting patients in a

ccessing their superannuation funds ahead of schedule, facilitating the financing of critical medical procedures. They are committed to maintaining professional and ethical standards across the nation, as they collaborate with reputable clinics and healthcare professionals to guarantee exceptional healthcare services.

The dedicated team at Access My Super is well-equipped to guide you through the early release of superannuation process, catering to a wide spectrum of dental treatments, including implants, crowns, braces, clear aligners and periodontics.

Access My Super is a seamless, stress-free path to financing your dental treatments. They handle the nitty-gritty of application and lodgement, freeing you to focus on embracing your future smile. Rest assured, their experienced professionals respect your privacy and only seek to understand your financial situation for optimal assistance. With a swift and secure timeline of 14-21 days post-application lodgement with the ATO, they ensure you're kept informed every step of the way. They also have a 100% No Approval No Fee Policy.

Getting started is a breeze. We at Absolute Dental Care will provide you with a Treatment Estimate, then the team at Access My Super will kickstart your application, guiding you through the process with expertise and care.

Don't let financial concerns hold back your dazzling smile. Contact Access My Super with your Treatment Estimate and allow them to initiate the application for your newfound confidence.

Why Wait? Transform Your Smile Today!

Click on the banner below to be redirected to the Access My Super website for more information.



Your super when you need it most

www.accessmysuper.com.au

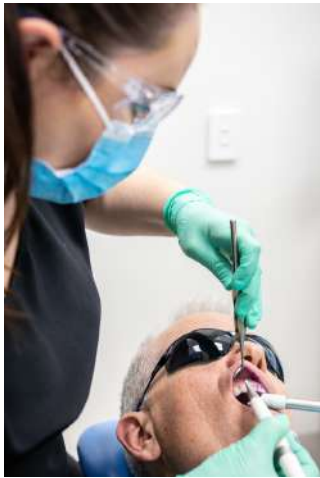
Contact Access My Super
to see how our consultants can help you



A Second Pair of Eyes for Optimal Oral Health

When it comes to dental care, patients often associate their visits with dentists as the primary source of oral health expertise. However, an unsung hero in the dental profession is the dental hygienist, who plays a vital role in ensuring comprehensive dental care.

By focusing on preventive measures and patient education, hygienists act as a second set of eyes, working alongside dentists to examine teeth and promote excellent oral health. The saying “two sets of eyes are better than one” is very true as people see things in different ways and the patient benefits from this at no additional charge.



Dental hygienists are trained oral health professionals who work closely with dentists. Their primary responsibility is to perform thorough disinfections by removing plaque, tartar, and stains from teeth.

However, hygienists also play a crucial role in conducting preliminary examinations, taking dental X-rays, and assessing the overall health of a patient's teeth and gums. By doing so, they help dentists identify potential issues early on, allowing for timely intervention and preventive measures. This in turn saves the patient money.

The importance of dental hygienists during your routine examination and hygiene appointment ensures that patients benefit from the expertise of two professionals, rather than just one. While dentists focus on diagnosing and treating dental conditions, hygienists concentrate on preventive care, patient education, and oral hygiene maintenance. This two-pronged approach greatly enhances the overall dental experience and promotes long-term oral health.



The Power of Outstanding Oral Care

We believe in the power of outstanding oral care at every visit. That's why, when you come to see us for your routine examination and hygiene you will get a Comprehensive Oral Health Assessment (COHA) paired with an EMS Airflow dental spa disinfection, every time.

Your oral health is our utmost priority, which is why our COHAs are designed to leave no stone unturned. Our skilled dentist and hygienists meticulously examine your entire mouth, checking for cavities, gum disease, and any signs of oral health issues. They perform thorough oral cancer screenings and bacterial samples to assess your risk of systemic diseases. This thorough examination ensures your overall well-being is taken care of.



But what takes your visit to the next level is the remarkable EMS Airflow dental spa experience. The gentle stream of air, warm water, and fine powder works wonders in removing stubborn stains, plaque, and tartar, giving your teeth a deep disinfecting clean that you can feel and see. This method is **40% MORE** comfortable and **80% MORE** effective at removing the biofilm/bacteria than conventional methods. Say hello to a brighter, healthier smile.

The combination of the COHA and the EMS Airflow dental spa is truly transformative. It allows us to identify potential issues early on, provide personalised care, and give your teeth the thorough disinfection they deserve. Coupled with good home care and the use of a water flosser, we have seen some dramatic improvements in patients.

The result? Optimal oral health and a radiant smile that exudes confidence.

So, what are you waiting for? Schedule your Comprehensive Oral Health Assessment and EMS Airflow dental spa disinfection appointment today. Experience the difference thorough oral health care can make in your oral health journey.



To keep up to date on all the latest news at ADC follow our Facebook and Instagram Pages! Just click the links below:



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[Instagram: @absolute_dental_care](https://www.instagram.com/absolute_dental_care)

Stress

Stress affects many of us and one of its side effects is the relentless habit of clenching and grinding your teeth, leading to long term damage of your teeth.

Bruxism, as it's medically known, can have profound and lasting effects on your oral health that go beyond the surface. From eroded enamel to excruciating jaw pain, this condition is no small matter.



The consequences of persistent teeth clenching, and grinding can be alarming, potentially leading to severe dental issues and even impacting our overall well-being. Sleep disruption and persistent headaches are not uncommon companions to this habit. If you're facing this issue, know that your dentist can be your ally in this journey.

Here's how a dentist can make a significant difference:

Diagnosis: Dentists are skilled at identifying the signs of bruxism through thorough examinations of your teeth and jaw. They can spot the tell-tale signs of wear and tear.

Customised Night Guards (Splints): For those who grind their teeth at night, dentists can create custom-fit night guards. These devices act as a protective barrier, preventing further damage to your teeth and alleviating jaw discomfort.

Oral Health Education: Dentists provide valuable insights on the causes and effects of bruxism. They can guide you on lifestyle changes and relaxation techniques to manage stress, which often contributes to teeth grinding.

Treatment Plans: If your bruxism has led to dental issues like worn enamel or chipped teeth, dentists can develop comprehensive treatment plans to restore your oral health. This might include dental fillings, crowns, or other restorative procedures.

Ongoing Monitoring: Regular dental examinations allow dentists to monitor the progression of bruxism and its effects. Adjustments to your treatment plan can be made as needed.

Remember, seeking professional help is a crucial step in managing bruxism and preserving your oral health. Your dentist is equipped with the expertise to provide tailored solutions and help you maintain a healthy, beautiful smile.

Smoking/Vaping

Smoking and vaping have harmful effects on your teeth.

We all know that smoking and vaping come with their own set of health risks, but have you considered what they do to your teeth? Beyond the surface stains and bad breath, these habits can lead to more profound issues like gum disease, weakened enamel, and tooth deterioration.



The chemicals present in cigarettes and vaping products are no friends to your oral health. They erode the protective layer of enamel, making teeth vulnerable to decay and cavities. Your gums, too, can bear the brunt, becoming inflamed and prone to disease.

But here's the silver lining – it's within our power to make a positive change. Quitting smoking and vaping can significantly enhance the health of your teeth and gums. It's a step towards not only a brighter smile but also an investment in your overall well-being.

Your teeth deserve the best care, and by choosing a smoke-free life, you're giving them a chance to shine.

Sugar/Acid

It's no secret that excessive sugar consumption can have profound consequences on our teeth.

Tooth Decay: The sugary delights we indulge in provide a breeding ground for harmful bacteria in your mouth. These bacteria produce acids that relentlessly erode your tooth enamel, leading to the formation of painful cavities.



Enamel Erosion: Over time, the acid attack resulting from sugar weakens the protective enamel layer of your teeth, causing them to become sensitive, brittle, and prone to further damage.

Gum Issues: The impact doesn't stop at cavities. Sugar also contributes to gum inflammation and gum disease, posing a serious threat to our overall oral health.

The path to healthier teeth lies in your hands:

Mindful Consumption: Make a conscious effort to limit your sugar intake, not only for your teeth but for your overall well-being.

Rigorous Oral Care: Brushing your teeth at least twice a day and flossing diligently can help mitigate the effects of sugar, ensuring you remove lingering particles that could harm your oral health.

Hydration Choice: Opting for water over sugary beverages not only quenches your thirst but also safeguards your teeth from unnecessary sugar exposure.

Professional Oversight: Regular dental examinations and hygiene are crucial. These appointments allow us to catch dental issues early and work toward preserving your dental integrity.

By making informed choices and prioritising your dental health, you are investing in a future of stronger, happier smiles.

Absolute Dental Care Products

HydroPik

The HydroPik water flosser cleans deep between your teeth and below the gumline to remove more food and bacteria than string floss. It is a cordless, allowing you to use it anywhere in the bathroom, including the shower.

It is fast and efficient, easy to use and will not damage or aggravate your gums. The HydroPik cleans between teeth where brushing cannot reach resulting in more plaque removal than manual brushing alone. This improves gum health and reduces your chances of gum disease.

The WaterPik is available to purchase for \$99 in the surgery, as are a number of other products, see price list below.



Product

Piksters HydroPik Water Flosser

Oral B Vitality Electric Toothbrush

Polanight Whitening Refill (per tube)

Tooth Mousse Plus (Strawberry, Vanilla, Mint)

Bottle of Savacol

NeutraFlour 5000 Plus Toothpaste

Piksters (10pk)

Piksters SupaGRIP (50pk)

Oral B Superfloss

Price

\$99

\$35

\$30

\$29.90

\$9.95

\$13.95

\$6.60

\$5.50

\$4.50

Competitions

WIN! WIN! WIN!

We love taking care of you, your family and friends. This is what we are all about, helping our patients on the road to better oral health. We want to take even more responsibility for the oral health of people in our community, and the best way we can achieve this is by word of mouth from you, our existing patients.

So, for every new patient you refer to us, you go into the draw to win a 4 nights hotel or resort accommodation in an idyllic Australian destination for 2 people on us! It's our way of saying thank you!

Winner Drawn on Monday 30 October 2023 - Good Luck!



Bose Headphones Winner - Congratulations Laurel!



Congratulations to Laurel, the lucky winner of our latest competition! Laurel has won a pair of Bose Noise Cancelling Headphones by recommending Absolute Dental Care and referring her friends and family to us.

Laurel, from all of us here at Absolute Dental Care, we thank you for your trust and support, not only for your oral health, but the oral health of your loved ones. We hope you enjoy the tablet, and look forward to seeing you at your next appointment.

Terms and conditions do apply. Winners are contacted by phone and also announced on our Facebook page, so be sure to 'like' and follow us to make sure your contact details are all up to date.