

dental integrity
exceptional care 

Welcome to our first e-newsletter!

This is the first edition of our e-newsletter that will be delivered quarterly to your inbox. We hope you will find it a great resource on a variety of relevant topics, and we welcome your feedback on information you may find beneficial!

We'll try to include the latest news, tips and research on things that might be present in dentistry today. We invite you to forward this newsletter to your friends or have contact us to receive their own copy.

In this edition we include information on;

- ✓ Patient Referral Rewards
- ✓ Pregnancy and Oral Health
- ✓ Wisdom Teeth Pain
- ✓ Mouthguards
- ✓ Summer Recipe
- ✓ Healthy Eating = Healthy Teeth



Our Team!

L-R – Megan, Dr Oksana Hill, Tiffany,
Dr Riaz Tegally, Emma and Shelly



We would like to show our appreciation to our patients who value our services enough to recommend us to their family, friends and colleagues. We wish to reward these patients with something more than a simple 'thank you' by developing the 'Patient Referral Reward'.

Patient Referral Rewards!

Beginning in December.....for any new patient that you refer in to our practice, we will reward you with a **\$25 gift card**. You could receive a gift card for Dental Treatment or from Department Stores, Bunnings, Grocery Stores, or a night out at the cinema on us!

There is no cap on how many people you can refer! If you refer the most new patients this summer you will win a **\$250 gift card** of your choice!

To be eligible for the gift card, the new patient that you refer must supply your name when they attend their appointment.

Your confidence in our practice is extremely appreciated and this is our fun way to thank you for your loyalty and support.

Gift cards must be collected from the practice within 12 months of notification of issue.

Dental Integrity

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Mon Tue Fri	- 8:00am - 5:30pm
Wed Thur	- 8:00am - 7:00pm
Sat	- 8:00am - 12:00pm
Sun	- CLOSED



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Pregnancy and Oral Health

If you are pregnant or considering pregnancy, this article is for you!

So why is oral health so important during pregnancy?

Changes that occur within your body during pregnancy can affect oral health. Hormonal changes during pregnancy can increase chances of developing gum disease. Research has shown that mothers with gum disease (periodontitis) have a higher rate of delivering the baby prematurely. Some common signs of gum disease include bleeding, swollen, red and tender gums.

The best way to reduce and prevent gum disease is to have good oral hygiene which includes brushing twice a day, flossing at least once a day and having regular dental check-ups.

If you are planning on having a child it is a good idea to consult with your dentist and address any dental procedures and health management recommendation before conception. This will ensure you will have a health mouth and overall better health ready for pregnancy.

Many women are worried and uncertain if it is safe to have dental treatment whilst being pregnant. However it is recommended you maintain your regular dental checkups during pregnancy.

Dr Oksana Hill and Dr Riaz Tegally will ensure that there is no risk to your baby's health and will assist you to maintain good oral health during your pregnancy.



We acknowledge your need to be able to obtain a wide variety of quality dental services and knowledge in an efficient manner.

To meet these needs, Dental Integrity provides the following, all within the convenience of one clinic:

- General Dentistry
- Cosmetic Dentistry
- Sleep Dentistry (sedation)
- Wisdom Teeth and oral surgery
- Preventative Dentistry
- Laser Whitening
- Dentures, Implants, Crowns, Bridges
- Children's Dentistry
- Emergencies Welcome
- Senior Card Holder Discount
- Interest Free Payment Options
- Health Fund Rebates



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Wisdom Teeth Pain

“Those not so wise teeth”

Tooth pain can be unbearable and the most common pain young adults experience is triggered by wisdom teeth.

Wisdom teeth are known as ‘third molars’ that erupt or move from the age of 17. Sometimes these molars don’t erupt as they should, with limited space in the jaw to completely come through which causes gum issues and infection, or the teeth may face the wrong way (impacted).

We all hear stories from family and friends on the pain, cost and disruption these teeth cause. The good news is, wisdom teeth don’t need to be so painful to your wallet or your mouth providing you consult your dentist early.

Depending on your individual case wisdom teeth may present without pain and removal may be avoided. You may also avoid costly fees associated with surgery.

Our dentist Dr Riaz Tegally is your local dentist to consult on wisdom teeth. With the latest technology and training, he offers options to ease your pain before wisdom teeth hurt in other areas.

For your comfort we also offer dental treatments whilst you sleep.



Mouthguards

Millions of teeth are knocked out each year from sports-related injuries because the unlucky participants weren't wearing a mouthguard. Mouthguards have been shown to provide protection against traumatic injuries to the teeth and gums as well as help prevent injuries to the lips, tongue, cheeks, jaw, neck, and brain (due to concussion).

While mouthguards are worn by AFL players, cricketers and netballers, not all schools and sporting codes require the use of mouthguards for contact sports, with only four to six per cent of athletes in non-mandated sports actually wearing one.

Some of the reasons why athletes don't wear mouthguards include speech and breathing difficulties, effect on the athlete's image, fitting difficulties, bulkiness, cost, and the physical characteristics of the mouthguard; eg their rigidity or flexibility, surface and margins, odour or taste, and overall fit.

Types of Mouthguard

Stock (Type I) - the least expensive choice and offers the least protection - may cause gagging, speech and breathing difficulties

Boil-and-bite (Type II) - available at sports stores, less expensive than custom-made guards - can dislodge during play and block the airway.

Custom-made (Type III) - superior to stock and boil-and-bite and offers the best protection, fit and comfort level because it is made from a cast to fit teeth

Many experts recommend that everyone, from children to adults, wear a mouthguard during any recreational activity that might pose a risk of injury to the mouth.

Summer Recipe

Avocado, lime and coriander salsa



Ingredients:

2 avocados, chopped
1 lime, juiced
1 tablespoon extra-virgin olive oil
1/2 small red onion, finely diced
1/3 cup coriander leaves, roughly chopped
3 to 4 drops Tabasco sauce

Method

Step 1

Place avocado in a bowl. Spoon over 2 tablespoons lime juice. Toss gently to coat.

Step 2

Add oil, onion and coriander to avocado. Add Tabasco sauce to taste. Toss to combine. Season with salt and pepper and toss gently to combine. Stand for 5 minutes. Serve with chicken, pork or prawns.

Healthy Eating = Healthy Teeth

The foods you choose and how often you eat them can affect not only your general health, but the health of your teeth and gums too! Foods that are high in sugar such as concentrated fruit snack bars, sweets, muesli bars, sugary beverages and juices can contribute to tooth decay. Refined foods such as savory biscuits and chips can also have a high sugar content. Tooth decay occurs when plaque comes into contact with sugar in the mouth, creating acids that attack the teeth.

For healthy living and for healthy teeth and gums, think before you eat and drink. Eat a balanced diet and limit snacking. Keep a diet high in fresh fruits and vegetables, lean meats and dairy. Limit sugars and increase foods that contain calcium to protect your teeth. Importantly a healthy diet must be complimented by good oral hygiene – brushing and flossing teeth and regular dental checkups by your dentist.



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