

dental integrity

exceptional care



Welcome to our Autumn Edition Newsletter

In this edition we include information about:

- Interest-free Payment Plans
- Alcohol and your Oral Health
- Children's Dental Benefit Scheme
- Autumn Recipe
- Meet Nicola

From all the team at Dental Integrity we wish you a safe and happy Easter!

The practice will be closed over the Easter long-weekend from the 18th of April and re-opening on the 22nd of April.

If you have an emergency during this time please call Perth Central Dental Centre on 9222 5900.

Patient Referral Rewards!

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!

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.



Your Local Dentist

Dental Integrity
2364 Albany Highway
Gosnells WA 6110

Phone: 08 9398 2808

Email: pm@dentalintegrity.com.au

Monday	8:00am - 5:00pm
Tuesday	8:30am - 5:30pm
Wed - Thu	8:00am - 7:00pm
Friday	8:00am - 4:00pm
Sat - Sun	CLOSED



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Alcohol & Oral Health

We all know we should limit our alcohol intake for our overall health, but many people don't know how damaging alcohol can be to your teeth and gums.

The high sugar content of alcohol (including beer) leads to increased tooth decay. Excessive alcohol consumption causes dehydration, which further exacerbates decay.

There is also a strong link between excessive alcohol consumption and the occurrence of head, neck and oral cancers, particularly when alcohol is accompanied with smoking.

How to reduce damage:

- Limit consumption
- Make sure you brush and floss after a night out
- When consuming alcohol, try to remember to swish some water around your mouth every so often to reduce the sugar and acid exposure to teeth and to promote saliva flow
- Chew sugar-free gum on your way home to promote saliva flow and clear the mouth of harmful acid and bacteria

Smile Now... Pay Later!

Interest-free payment option

GEM Visa is an interest free payment plan option available to eligible patients who need assistance to pay for their dental treatment. You can select an interest free period from between 6 to 18 months.

The application process is straight forward and we are happy to go through the online form with you. The response is instant in letting you know if you have been approved.

So if you need dental treatment but you're worried about the up-front cost then GEM Visa may just be for you, please call us or pop in for a chat if you would like to know more.

Frequently Asked Questions:

Is there a cost to the patient?

Yes, there is an annual fee of \$99.

Can I use the credit elsewhere?

No, you can only use the credit to pay for your dental treatment. Perfect if you're worried about being tempted to use it elsewhere.

How much can I apply for?

This depends on your income and other financial commitments. Most people find that they are approved for an amount that will cover all of their dental treatment.

Can I apply by myself?

Yes, you can apply online. Their website is <http://www.gemvisa.com.au/apply.html>



Are you, or someone you know playing football this season?

Book an appointment to have your custom fitted mouthguard made by us.



No-Gap Dental Treatment for Kids!

The Australian Government has introduced a new dental health program to help with the cost of caring for your children's teeth. It applies to children between the ages of 2 and 17 years.

Parents of eligible children should receive a letter from the Australian Government letting you know of your entitlement. Your child can then receive up to \$1000 worth of dental treatment with us over two consecutive years from the start of the first treatment.

If you're not sure if your child is eligible please give us a call, quote your Medicare number and we will be happy to find out for you.

Here at Dental Integrity we are bulk billing all treatment under the Children's Dental Benefit Scheme; all we need from you is your Medicare card.

This means there is no out-of-pocket cost for you and you have the peace of mind of knowing that your child's dental care is in the best hands.

Autumn Recipe

Pumpkin, Leek and Spinach Quiche

Ingredients

- 700g butternut pumpkin, peeled,
- cut into 2cm pieces
- Olive oil spray
- 1 leek, pale section only, halved lengthways, washed, dried, thinly sliced crossways
- 2 garlic cloves, crushed
- 100g baby spinach leaves
- 4 eggs
- 2 egg whites
- 60ml (1/4 cup) skim milk
- 80g (1/3 cup) fresh low-fat ricotta
- 1/3 cup fresh basil leaves
- Mixed salad leaves to serve (optional)

Method

Step 1

Preheat oven to 200°C. Line a large baking tray with non-stick baking paper. Place the pumpkin on the lined tray and spray with olive oil spray. Season with pepper. Bake in oven for 25 minutes or until golden.

Step 2

Meanwhile, heat a large non-stick frying pan over medium heat. Spray lightly with olive oil spray to grease. Add the leek and cook, stirring occasionally, for 5 minutes or until soft. Add the garlic and cook, stirring, for 1 minute or until soft. Add the spinach and cook, stirring, for 3 minutes or until the spinach just wilts.

Step 3

Line a 26 x 16cm (base measurement) slab pan with non-stick baking paper. Spread the pumpkin and leek mixture evenly over the base of the pan.

Step 4

Whisk together the eggs, egg whites and milk in a jug. Pour egg mixture evenly over pumpkin and leek mixture. Sprinkle evenly with ricotta. Bake for 20 minutes or until puffed and golden. Sprinkle with the basil. Serve with mixed salad leaves, if desired.



Meet Nicola

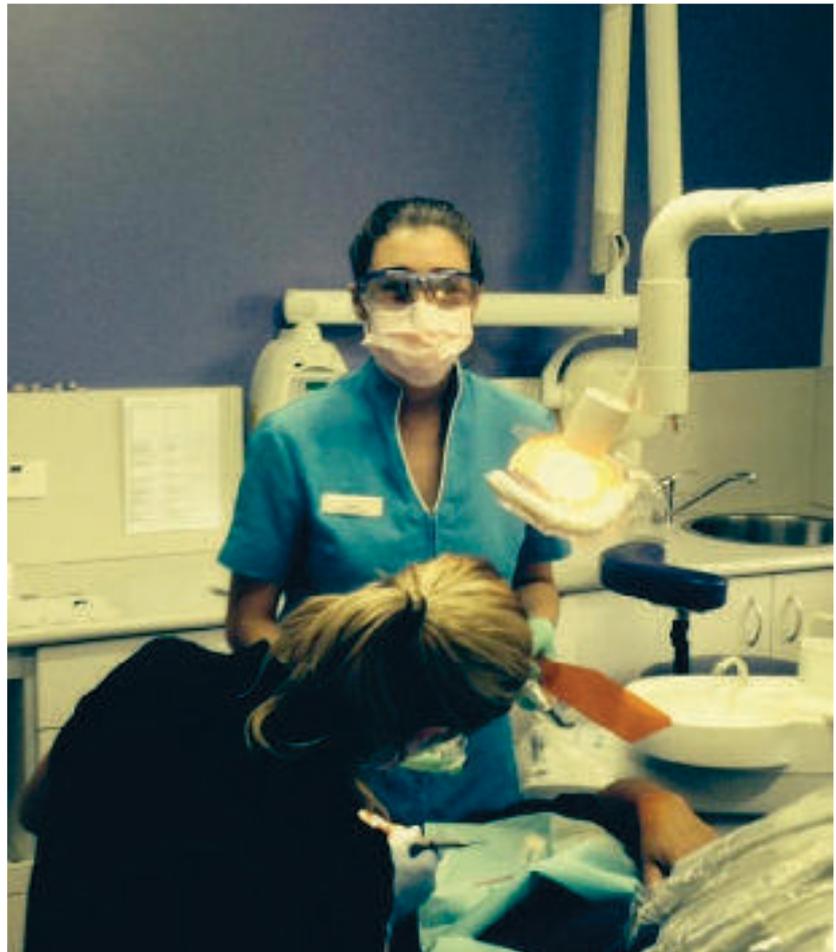
Our newest team member, Nicola has been with us since December last year.

She is currently completing her Certificate IV in Dental Assisting and will be finished by mid-2014.

Nicola has been nominated for an award from TAFE for her high-quality work!

In her spare time Nicola likes to hang out with her new puppy Mia and head down south to catch up with her family.

She lives locally and has quickly become a valuable team member who we all enjoy working with.



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