

# dental integrity

exceptional care



## Welcome to our Autumn Edition Newsletter

In this edition we include information about:

- Local community support
- Autumn recipe
- Kids Corner
- Meet Michelle
- New equipment - OPG
- Bringing your kids to the dentist

### 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

2364 Albany Highway,  
Gosnells WA 6110

**P: 08 9398 2808**  
**E: [pm@dentalintegrity.com.au](mailto: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



Like us on  
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# Local Community Support

We are proud new sponsors of the Gosnells Bowling Club and are excited to be taking part in their corporate lawn bowls event. We were all first time players but thought we did ourselves proud going down only 8 to 10 on the first night. We all had a great time and it was fun opportunity to meet with other local businesses.



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

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

Partially, or in some cases totally covered by your private health fund.

# Meet Michelle

Michelle joined us in January and is our newest team member. She is a qualified dental assistant and dental lab technician. Michelle comes from Berkshire, England and has a 5 month old son named Jay.

On the weekend Michelle enjoys catching up on sleep and reading.



## New Equipment: OPG Machine

We have recently installed an Orthopantomogram (OPG) radiograph machine in our practice. This allows us to take this type of radiographs for our patients without the inconvenience of sending them to a radiology clinic.

We most commonly use OPGs to assess the position of wisdom teeth and periodontal condition, but they can also be used to detect decay, cysts, tumours and jaw disorders and for pre-orthodontic assessment.



# Spanish Chicken and Rice

## You Will Need:

- 2 tablespoons olive oil
- 8 chicken drumsticks
- 1 brown onion, chopped
- 1 green capsicum, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons mild paprika
- 2 cinnamon sticks
- ¼ teaspoon chilli powder
- ½ cup dry white wine
- 400g can diced tomatoes
- 1½ cups Campbell's Real Stock Chicken
- 1 cup Sunrice Arborio Risotto rice
- Chopped fresh flat-leaf parsley leaves and pitted black Spanish olives, to serve

### Step 1.

Preheat oven to 180°C (160°C fan-forced).

### Step 2.

Meanwhile, heat half the oil in a heavy-based, flameproof casserole dish over medium-high heat. Add chicken. Cook, turning occasionally for 5 to 7 minutes or until browned. Transfer to a plate.

### Step 3.

Add remaining oil, onion, capsicum and garlic to pan. Cook for 2 -3 minutes or until softened. Add turmeric, cumin, paprika, cinnamon sticks and chilli. Cook for 1 minute or until fragrant.

### Step 4.

Add wine, tomato, stock, rice and chicken. Stir to combine. Cover with lid.

### Step 5.

Transfer to oven. Bake for 45 - 50 minutes or until rice is tender and liquid nearly all absorbed.

### Step 6.

Remove from oven. Stir through parsley and olives. Serve.



# Bringing your Kids to the Dentist

We often get asked when is the right time to bring a baby or child to the dentist for their first visit. There is no hard and fast rule but we generally recommend that you bring your child when he or she is 1 to 2 years old. Often kids this age won't let the dentist look in their mouth, but the visit serves as an icebreaker to help your child become familiar with the dental environment and learn that it can be a fun and stress free experience.

If you are a nervous dental patient it is important to try and keep your anxieties to yourself so your child doesn't also become nervous. When booking their appointment try and make it at a time in the day where they won't be over tired or hungry, and when you won't be feeling rushed. Talk to your child about their appointment at the dentist the same way you would talk to them about going to the grocery shop to do some shopping; don't keep it a secret from them but don't make a big fuss about it either.

Some parents like to bring their children with them for one of their appointments so they can sit and watch what mum or dad is having done. This is a good idea but only if you are a relaxed patient and if the procedure is easy and short.

Don't be embarrassed or get angry with your child if they refuse to let the dentist have a look in their mouth. It is important that your child remembers their first dental visit as a fun, positive experience and then they will be more likely to let the dentist look in their mouth next time.



## Word Search

- |            |            |
|------------|------------|
| TOOTHBRUSH | DECAY      |
| TOOTHFAIRY | GINGIVITIS |
| FLOSS      | FILLING    |
| CAVITY     | CALCULUS   |
| DENTIST    | BRACES     |
| XRAY       | MOUTHWASH  |
| TOOTHPASTE | WATER      |
| PLAQUE     |            |

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N	F	H	T	O	O	R	A	R	D	T	T	U	L
B	H	A	X	Z	P	D	E	R	Y	H	O	G	W
R	T	B	C	M	L	T	T	J	E	X	O	Y	O
A	E	Y	R	I	A	F	H	T	O	O	T	A	E
C	Q	T	B	W	Q	K	L	D	I	Q	H	R	S
E	L	I	H	Z	U	W	O	O	T	X	B	X	N
S	B	V	W	D	E	C	A	Y	S	E	R	H	I
P	T	A	P	O	S	C	G	H	V	S	U	B	R
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G	I	N	G	I	V	I	T	I	S	C	H	S	T
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