

dental integrity

exceptional care



Your Local Dentist

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Welcome to our winter Newsletter

In this edition we include
information on:

- Crowns
- Tips for preventing bad breath
- Staff picks
- Meet our new team members
- Our favourite winter recipe
- Sponsorship update

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.



**Starting from 13th of June
we will be open on Saturdays!**

Monday	8:00am - 5:00pm
Tuesday	8:30am - 6:30pm
Wed - Thu	8:00am - 7:00pm
Friday	8:00am - 4:00pm
Sat	8:00am - 12:00pm
Sun	CLOSED



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To crown or not to crown?

Your dentist may recommend that you have a crown placed after root canal treatment or sometimes to strengthen a tooth with a large existing filling. But why?

After a procedure such as a root canal, although the dentist has saved the tooth by removing the infection in the roots, the crown (or visible area) of the tooth is not as strong as it was before. This is because the dentist must remove some of the tooth structure in order to gain access to the nerve inside.

The amount of structure removed varies from case to case and can depend on the size of the tooth, the extent of damage from decay and whether the tooth is broken or not. Unfortunately in cases where a large portion of tooth structure must be removed regular

fillings are not recommended as they may not withstand the force of everyday activities such as biting and chewing. This can potentially result in the loss of that tooth.

Crowns are often recommended to patients these situations because the strength of the material ensures that the tooth underneath stays protected which means that you shouldn't get any nasty surprises when you eat that sneaky piece of chocolate.

Crowns can generally be completed within a day using our E4D machine which means that you come in for the preparation appointment in the morning and leave with a brand new crown in the afternoon, easy!



Crown



Fractured tooth after Root Canal treatment without having a crown.



Long-lasting flavoured gum in White Clear Mint

Staff Picks!

Working in the dental industry, our staff always try to keep up to date with different products that are available. This particular product has been a hit with everyone at the practise so we thought we should share it with you! Recaldent is not new, it's actually an oldie but a goodie and is great because it is a chewing gum that has calcium in it. This means that you get all of the benefits from increased saliva production as well as a boost of calcium to help strengthen your teeth - all while making you feel fresh and clean!





5 TOP TIPS FOR PREVENTING BAD BREATH

Maintain good oral hygiene

Brushing twice daily and flossing are the most basic steps that you can do at home in order to keep your mouth smelling fresh and clean. Be sure to angle your toothbrush 45 degrees towards the gum, gently brush using small circular motions and don't forget to brush your tongue!

Eat healthy foods

Healthy food is not only great for your general health and wellbeing, but for your teeth as well! By eating foods that are high in sugar you are putting your teeth at more risk of developing decay which can have several negative effects on the condition of your mouth, including bad breath!

Drink lots of water

When you drink water not only are you rinsing any remaining food debris away, but you are also neutralising the acidity levels in

your mouth which helps to fight against decay and oral odours.

Medications

Some medications or medical conditions can cause dry mouth as a side effect. It is important to notify your dentist of any medications or conditions that you might have as they can suggest products specifically designed to combat dry mouth.

Have regular dental appointments

It is important to maintain regular oral hygiene appointments so that we can help you keep your mouth in top shape. During these appointments your dentist will check the condition of your gums and teeth and remove any calculus (mineralised plaque) that has built up since your last visit. These appointments are great for maintaining a healthy mouth and we supply you with a goodie bag for stopping by

Meet our new team members!



Irene:

Irene completed her certificate IV in Dental nursing through DNA Kingston, she lives locally and loves spending her free time with her daughter. Irene has a bright, bubbly personality and has quickly become a valuable member of our team.



Nonna:

Nonna is an overseas qualified dental assistant and dental hygienist. She was born in Russia and lived in Israel. She likes spending time with her family and friends. Nonna enjoys to travel and the occasional cup of coffee.



Winter Recipe

Beef Korma Pot Roast

You Will Need:

- 1 Tablespoon olive oil
- 1.4kg Beef topside roast
- 1 Brown on- 1 Tablespoon olive oil
- 1.4kg Beef topside roast
- 1 Brown onion cut into wedges
- 1 tablespoon grated fresh ginger
- ½ cup (150grams) korma curry paste
- 2 cups (500ml) beef stock
- 400grams cauliflower, cut into florets
- 400grams broccoli, cut into florets
- ¼ cup (60ml) thickened cream
- 2 cups Jasmine rice
- ¼ cup coriander leaves, to serve
- Mango chutney, to serve

Method:

Step 1:

Heat the oil in a saucepan over medium-high heat. Add the beef and cook for 6 minutes, turning, until browned all over. Transfer to a plate.

Step 2:

Add onion to pan and cook for 2 minutes or until it starts to brown. Add ginger and curry paste and continue to cook (whilst stirring) for 30 seconds or until fragrant. Add stock and return to a simmer. Return beef to pan

and cover. Cook on low for 1 hour or until the beef is just cooked through. Add cauliflower and broccoli and cook for 5 minutes or until just tender. Stir in the cream.

Step 3:

Prepare rice following packet directions.

Step 4:

Sprinkle beef with coriander leaves and serve with rice and mango chutney. Enjoy!



Sponsorship update

From everyone here at Dental Integrity we would just like to say congratulations to Gosnells bowling club for winning the "Metropolitan Club of the Year" award at the "Bowls WA Awards" ceremony and also two other awards "Clubs in the community, community partnerships" and "Best Club Member Night, small." We are proud sponsors of the bowls club and look forward to competing in the next sponsorship tournament.



CLUBS IN THE COMMUNITY
AWARD WINNER 2015



BEST CLUB MEMBERS
NIGHT