

dental integrity

exceptional care



Your Local Dentist

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Welcome to our Spring Newsletter

In this edition we include
information about:

- Dental Health week
- Meet Dr Nilesh Vidhate
- Sugar
- Staff picks
- Our favourite Springtime recipe

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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Dental Health Week

For those of you who aren't tooth crazy like the staff here at Dental Integrity, August the 3rd marked the beginning of Dental Health Week. The topic this year was "Beware of the sporting sins" so we specifically chose to focus on mouthguards and the effects that sports drinks have on your teeth.

We kicked off by visiting the local Primary School to educate the Pre-Primary's, Year 3's and Year 6's. We brought bags containing the amount of sugar that is found in sports drinks such as Powerade and Gatorade as well as energy drinks like Mother and V energy drink. This was shocking to the older children as some of them drink these on a daily basis! The Pre-Primary students all received a demonstration on how to brush their teeth and they all received an oral hygiene pack containing a new Dora/Diego toothbrush and toothpaste. The Year 3 class were given a colouring in sheet for a colouring competition we were holding. The winner of the competition took home an awesome Oral-B Electric toothbrush.

The kids also learnt about the importance of wearing a mouthguard during contact sports and how to care for a tooth if it gets knocked out during play. All in all we had a great day and would like to thank the staff at Ashburton Primary School for having us!



Staff Picks!

This season's staff pick is Tooth Mousse and was chosen by our full time Dental Nurse Michelle. Tooth Mousse is a calcium based product which upon application, helps to neutralise acids and promote re-mineralisation of the teeth.

It comes in a variety of different flavours and is great for people who are prone to decay, have a saliva deficiency or to reduce sensitivity after whitening treatments.

Here are some of the ways our staff like to use Tooth Mousse

- Coat the floss before using it to prevent interproximal cavities
- Put a small amount in your retainer or bleaching trays as an overnight treatment
- Apply a pea sized amount directly onto the sensitive tooth
- Brush your teeth as normal
- After applying Tooth Mousse ensure that you do not eat, rinse or drink for at least 30 minutes.





SUGAR; IT'S NOT REALLY SWEET!

We all know that sugar is bad for us but sometimes we forget about the negative impact that it can have on our teeth until we get a toothache!

Here is a quick rundown on why you should ignore your sweet tooth:

The bacteria in our mouth use sugar to produce a type of acid that causes tooth decay and erosion so when you consume sugary foods or drinks it speeds up this process!

Even though we believe that prevention is better than a cure we understand how difficult it can be for some patients to completely cut sugar out of their diet, so here are 5 tips on how to lessen the effects of sugar.



Consume sugary products only in moderation (if at all)



When drinking anything with a high sugar content use a straw, this helps to lessen the exposure that your teeth have with the sugar.



Try to consume sugary products only around meal times. Your body produces extra saliva during these periods and this helps to re-mineralise the teeth.



Rinse your mouth out with water after consuming sugary products. Doing this removes any residue from your mouth.



Never consume sugary drinks (including milk) right before bed as it causes the harmful bacteria to build up again during the night.



Meet Dr Nilesch

Dr Nilesch is the new Saturday dentist at Dental Integrity who started at the practice in June. Nilesch is trained in all areas of dentistry and has just completed training in the placement of dental implants. (Screw retained teeth) He will be able to assess and conduct the placement of implants on patients who are suited for this treatment. You will find Dr Nilesch to be very hospitable and friendly and will be most happy to help you understand all aspects of your treatment. Outside of dentistry Nilesch follows AFL and is a supporter of the West Coast Eagles and is also partial to Hawthorn. He likes to meet up with friends for a game of soccer on the weekends and going out for dinner. All the staff here at Dental Integrity like to welcome Nilesch to our practice and hope he enjoys his stay at the practice.

Our favourite Spring time recipe

Rainbow Salad

You Will Need:

- 2 Small carrots, peeled
- 2 Lebanese cucumbers
- 2 ½ cups shredded red cabbage
- 2 spring onions thinly sliced
- 80g baby Asian salad leaves
- 50g Fried noodles
- 2 Tablespoons rice bran oil
- 2 tablespoons sweet chilli sauce
- 2 tablespoons lime juice
- 2cm piece fresh ginger, finely grated

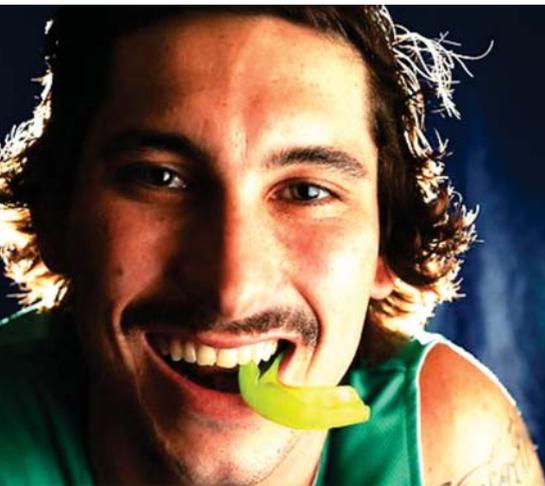
Method:

Step 1:

Using a vegetable peeler, cut thin ribbons from carrots and cucumbers. Place in a large bowl. Add cabbage, onion, salad leaves and noodle. Toss to combine.

Step 2:

Whisk rice bran oil, sweet chilli sauce, lime juice and grated ginger together in a small bowl. Add to carrot mixture and toss gently to combine. Serve.



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.