

dental integrity

exceptional care



Your Local Dentist

2364 Albany Highway,
Gosnells WA 6110

P: 08 9398 2808

E: pm@dentalintegrity.com.au

W: www.dentalintegrity.com.au

Welcome to our Autumn Newsletter

In this edition we include
information about:

- Electric toothbrushes
- Xerostomia –Dry Mouth
- Corporate Bowls tournament
- Staff picks- Waterpik
- Our favourite Autumn 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 - 5:30pm
Wed - Thu	8:00am - 7:00pm
Friday	8:00am - 4:00pm
Sat	8:00am - 12:00pm
Sun	CLOSED



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Targeting Xerostomia

Xerostomia is defined as dry mouth resulting from reduced or absent saliva flow. It is not a disease, but it may be a symptom of various medical conditions, a side effect of radiation to the head and neck, or a side effect of a wide variety of medications. Xerostomia is a common complaint found often among older patients, affecting approximately 20 per cent of the elderly. But with this being said it does not appear to be related to age itself as much as to the potential for elderly to be taking medications that cause xerostomia as a side effect.

What is Saliva? Saliva is the viscous clear, watery fluid secreted from the parotid, submaxillary, sublingual and smaller mucous glands of the mouth. Saliva is important for a number of reasons. It has functions including antimicrobial activity, mechanical cleansing action, control of pH, removal of food debris from the oral cavity, lubrication of the oral cavity, remineralisation and maintaining the integrity of the oral mucosa.

Xerostomia is often a contributing factor for both minor and serious health problems. It has been known to affect nutrition and dental, as well as psychological health. Some common problems associated with xerostomia include a constant sore throat, burning sensation, difficulty speaking and swallowing, hoarseness and /or dry nasal passages. It is the original hidden cause of gum disease and tooth loss in three out of 10 adults. If left untreated, xerostomia decreases the oral pH and increases the development of plaque and dental caries.

Xerostomia should be considered if the patients complains of a dry mouth, particularly at night, or difficulty eating dry foods such as crackers. There will be little or no pooled saliva in the floor of the mouth, and the tongue may appear dry with decreased numbers of papillae. The saliva may appear stringy, ropy or foamy. Dental caries may be found at the cervical margin or neck of the teeth, the incisal margins or tips of the teeth.

Patients should be encouraged to practice regular preventive dentistry. Plaque removal and treatment of gingival infections or inflammation and dental caries are essential. Patients should be shown how to brush and floss regularly in the correct manner and use fluoride daily. Dentures should not be worn during sleep and should be kept overnight by soaking. Because of the susceptibility to dental caries, patients with xerostomia should avoid sugary or acidic foods and beverages. Saliva stimulants such as chewing gum may be used to stimulate saliva flow. Frequent sips of water throughout the day will also help. There are several over the counter products available to provide assistance in the management of xerostomia.



Gosnell's Bowls Annual Corporate Tournament

Dental Integrity joined the fun again this year in the Annual Lawn Bowls Corporate Tournament held at the local Gosnells Bowls club. They had three nights of play against a number of local companies including Zacks Commercial Artists, Ray White Hazel McGinity team and the Matt Keogh Labour Party.

The first night had perfect weather conditions with a slight coolness in the air and next to no wind. The team were up against the team for Zacks Commercial Artists, Dental Integrity had a team made up of Dr Nilesh, Practice Manager Tiffany, Nurse Nonna and Matt, Tiffany's husband and they came away with a win of 11-6.





Winners are Grinners

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The following week's game was played by Dr Nilesh, Practice Manager Tiffany, Nurse Nicola and Matt and they were up against Ray White. The night was a challenge due to the constant easterly winds blowing through making it extra hard to bowl. It made the team rethink their tactics and in the end came away with another win under their belts 16-5.

Finals night came around and Dental Integrity were up against team Matt Keogh Labour party. They are associated with team Tony Buti Labour Party which defeated Dental Integrity in last year's final so the team didn't know what to expect. Again the team consisted on Dr Nilesh, Tiffany, Matt and this time filling in for Nurse Nicola her finance Jon. The night was unpleasantly warm and humid and not a breath of wind in sight. This was the closest tournament Dental Integrity had played with both teams going back and forth with the lead. But in the end Dental Integrity came away with the win making it three out three!

Electric Toothbrushes- The Benefits of Technology



An electric toothbrush is far more effective than a manual toothbrush due to the number of brush strokes. Some people who use a manual toothbrush have excellent oral health, but more often than not this is not the case.

The electric toothbrush can provide far more brush strokes than a manual toothbrush in the same amount of time, and some brands of electric

toothbrushes have been known to provide more brush strokes in a minute than a manual toothbrush can deliver in a month. This is what makes electric toothbrushes vastly more effective at plaque removal and preventing periodontal disease.

If your dentist has recommended you to use an electric tooth it is because it's a reflection of your home care regimen. If you have been diagnosed with periodontal disease then changes in the home care must occur immediately, most commonly switching to an electric toothbrush.

To receive the maximum benefits of an electric toothbrush you must take proper care of it. Just like a manual toothbrush you must replace the head every three months because the bristles wear overtime and they may remove less plaque. This starts to happen even before the bristles appear to be splayed.

Small sized brush heads are helpful if you have accessibility issues. People with limited opening, small mouths and crowded teeth are the ones who benefit from the smaller brush sizes the most. There are many brands of electric toothbrushes out on the market today, here at Dental Integrity we stock Oral B and Colgate branded toothbrushes both of which are equally as good. Prices range from the basic model \$30 to the top of the range \$180.00.



Our favourite Autumn recipe

Cheesy Autumn Mushrooms



Ingredients:

- 4 large field mushrooms
- 100g gorgonzola or other blue cheese, crumbled
- 25g walnuts, toasted and roughly chopped
- 4 thyme sprigs
- Knob butter, cut into small pieces
- Rocket leaves, to serve

Method:

Step 1:

Heat oven to 200C/fan 180C/gas 6.
Arrange the mushrooms on a baking tray.
Scatter over the cheese, walnuts, thyme
sprigs and butter. You can do up to this
stage a day in advance. well and chill
overnight.

Step 2:

Pop in the oven and cook for 10 mins
until the cheese is melted and the
mushrooms are softened. Arrange some
rocket leaves on plates and place the
mushrooms on top.

Staff Picks!

Dr Oksana Hill has recommended the WaterPik to many of her patients. The WaterPik is used alongside with your usual tooth brushing method and can be used with flossing.

It has a long tip and this is what you aim between your teeth and gum line. The base or side compartment is filled with water, this water is projected through the tip and helps to remove plaque and debris that just brushing may miss. Water flossing is up to 50% more effective than normal string flossing.

The WaterPik also has different tip attachments to suit individual needs such as the Classic Jet tip, Orthodontic tip, Plaque Seeker (for implants, crowns and bridges) and the Pik Pocket (for periodontal pockets).

The WaterPik is clinically proven to provide significant oral health benefits to even those with braces, implants, crowns, bridges, and diabetes.

