

# what's HOT

Hate to floss? - cordless dental water jets from Waterpik®

Waterpik dental water jets are the #1 choice of dental professionals. Waterpik is the only brand proven to be an effective alternative to traditional dental floss for removing plaque and reversing gingivitis. In fact, Waterpik dental water jets are clinically proven to be up to 93% more effective than dental floss at improving gum health.



## Ultra Cordless Dental Waterjet

The Ultra Cordless offers premium Waterpik quality in a compact and ergonomic new cordless design. It comes with four unique tips, including the new Orthodontic Tip.

- 4 tips
- 2 pressure settings (high and low, on unit)
- 210 mL (7 oz) reservoir capacity
- 45 to 75 psi

## Dental Waterjet

With its state-of-the-art dental water jet technology, the Waterpik Ultra provides the ultimate in performance. It features ten pressure settings, a compact design, and six tips, including the new Orthodontic and Toothbrush Tips.

- 6 tips
- 10 pressure settings
- 600 mL ( 20.3 oz) capacity reservoir
- 5-90 psi
- Tip storage in the reservoir lid
- Small and quiet



# word of mouth spring 2009



## moving forward

Welcome to our first issue of 'Word of Mouth'. The idea for a quarterly newsletter came about because we have newsworthy things we want to tell you about, and of course it's a little difficult for us to talk with you while your mouth is stuffed full of dental instruments!

You'll probably have noticed that Dental on Raffles has undergone some changes of late - we have modernised our plant, bought in new technology and refurbished our premises. It is our aim to provide world-class dentistry - as our mission statement says: perfect smiles.

On a personal level, I've never been more enthusiastic and fired up about my work, as the new technologies we've introduced has meant that the end result for our clients is better than ever.

Ongoing education is vitally important to keep our team at the forefront of dentistry. A couple of weeks ago I travelled to Sydney to take part in a course learning about specialised techniques for reconstructing smashed and lost bone in the jaws after accidents (practicing on human cadavers!) It was fascinating and rewarding to work in the university medical school environment using operating microscopes and closed circuit television.

Finally, I'd like to thank you for your continued support and wish you well over the coming few months.

Gary

## differences between men and women

### bathrooms

A man has five items in his bathroom: a toothbrush, razor, shaving cream, a bar of soap, and a towel from the Motel 6.

The average number of items in a woman's bathroom is 328. The average man would not be able to identify most of them.

### arguments

Women always have the last word in an argument. Anything a man adds after that is the beginning of a new argument.

### children

A woman knows all about her children. She knows about their best friends, romances, secret hopes and dreams, favorite foods, fears and dental appointments.

A man is vaguely aware of some short people living in the house.



Telephone 835 6253  
0800 SMILING  
106 Raffles Street, Napier  
www.dentalonraffles.co.nz



our mission: perfect smiles

www.dentalonraffles.co.nz

our mission: perfect smiles

www.dentalonraffles.co.nz



## The importance of good oral hygiene

Oral health means more than just an attractive smile. Our teeth are one thing that we cannot afford to lose.

Without them we aren't able to eat the way we should and our smile may not be worth showing. The main purpose of oral hygiene is to prevent the build-up of plaque, the sticky film of bacteria that forms on our teeth. Plaque accumulated on teeth because of poor oral hygiene is the causative factor of major dental problems. If you aren't practicing good oral hygiene you are opening doors that lead to dental problems and aren't easy to close.

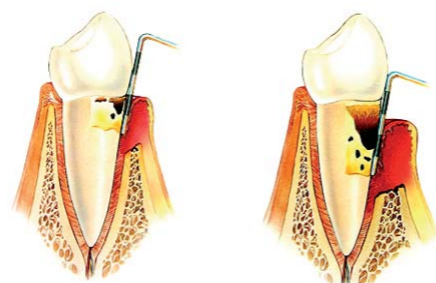
More than 75 percent of the population is affected by some type of periodontal disease. Prevention is always better than treatment. Good oral hygiene habits will keep away most of the dental problems saving you from toothaches and costly dental treatments. The interesting part is that it can be achieved by dedicating only a few minutes every day to oral hygiene care. Daily preventive oral care, with proper brushing and flossing, will help stop dental problems before they develop and are much less painful, expensive and worrisome than treating conditions that have been allowed to progress.



Periodontal disease is a bacterial infection that affects the gingivae (gums) and the bone that support the teeth. If left to itself and not treated it can lead to tooth loss. The mildest form of periodontal disease is gingivitis which causes the gum to redden, swell and bleed. In most cases there is little

or no discomfort. It is reversible with professional treatment and proper oral care at home including brushing two times a day and flossing once a day (preferably at bedtime).

Without treatment gingivitis can spread below the gum line and become periodontitis. Toxins are produced by the bacteria in the plaque and these irritate the gum. This causes a chronic inflammatory reaction (infection) which affects the tissues and the bone that supports the teeth. This causes the gum to come away from the teeth forming spaces or pockets. As the disease advances, the pockets deepen and more gum tissue and bone is destroyed. Eventually, teeth can become loose and may have to be removed.



Moderate Periodontal Disease    Advanced Periodontal Disease

While the main cause of periodontal disease is bacteria there are many other factors that can affect the health of your gums. In addition to serious health problems such as cancer and heart disease, smoking also increases your chances of getting periodontal disease. When a patient who is a smoker gets diagnosed with the disease they can be treated but it may not be as effective as for a non-smoker. Smoking should, therefore be avoided at all costs. Another factor is stress, which affects the body's ability to fight off infections and hormonal changes in women who are pregnant or those going through puberty or menopause. There are many other risk factors, so it is important to take a 'hands-on' approach and practice good oral hygiene daily.

Recent reports indicate a relationship between periodontal disease and stroke, heart disease or pre-term low-birth-weight babies. Likewise, more than 90 percent of all systemic diseases have oral manifestations, meaning your dentist may be the first health care provider to diagnose a health problem. Reports show that infections in the mouth can affect major organs. One example is bacterial endocarditis, a condition in which the lining of the heart and heart valves become inflamed. Poor mouth care can also contribute to oral cancer, which now takes more lives annually than cervical or skin cancer. Mouth tissues reflect symptoms of other problems. In addition, many diseases can be diagnosed in their early stages through an oral examination. These diseases may be characterised by swollen gums, mouth ulcers, dry mouth and/or excessive gum problems. Some of these diseases include diabetes, leukemia, cancer, heart disease and kidney disease.

## Top 10 reasons **not** to dodge your dental cleaning appointment

Sure, regular cleanings with our office promote good oral hygiene, but did you know it can also prevent a multitude of diseases? That 2 o'clock chair-side rendezvous may not seem nearly as exciting as a late lunch with a friend, but it will be well worth it. Here are 10 really good reasons to stick to your regular cleaning schedule!

- 1. It prevents oral cancer.** You may or may not realise that you're screened for oral cancer during your regular dental cleaning. According to the American Oral Cancer Foundation, an American dies of oral cancer every hour of every day. It's a sad proposition especially when you consider that it is highly curable with early diagnosis.
- 2. It wards off gum disease.** Gum disease, or an infection in the gum tissues and bone that keep your teeth in place, is one of the leading causes of adult tooth loss. It can be treated and reversed if diagnosed early. Unfortunately, not receiving treatment will lead to a more serious and advanced state of gum disease. Regular cleanings and checkups and daily brushing and flossing are key weapons in the fight against these conditions.
- 3. It's about more than your mouth.** Sure, not getting regular checkups may make you less kissable, but did you know that studies have linked heart attacks and strokes to gum disease associated with poor oral hygiene? A trip to your dentist every 6 months could reduce your risk of serious health problems.
- 4. You want to preserve your smile.** As mentioned, gum disease is one of the leading causes of tooth loss in adults. To keep your pearly whites intact, stick with your cleaning schedule.
- 5. It's best to detect dental problems early.** We've already touched on early detection of gum disease and oral cancer, but don't overlook more basic dental problems. Cavities and broken fillings are easy to treat. Without regular trips to the dentist, these problems can lead to root canal, gum surgery and tooth extraction. Which sounds worse: a 30 minute cleaning or an hour under the knife?
- 6. You want to know you're doing it right.** Maybe you bought a fancy new electric toothbrush, or aren't keeping up with what current research has to say about caring for your teeth. Either way, checkups allow your dentist to examine your mouth and keep you on the right path.
- 7. If you have dental insurance.** Consider how much money you put into your insurance plan. Take advantage of it and save a lot of money in the long run by avoiding costly procedures that result from poor dental habits.
- 8. You want to upgrade your smile.** If you're already suffering from tooth decay or gum problems, regular appointments will allow us to create a personalised treatment plan that will give you the best smile possible.
- 9. You want to dazzle.** Regular cleanings remove most tobacco, coffee and tea stains, polishing your teeth to a beautiful shine.
- 10. You need some time alone.** Okay, maybe not completely alone, but the time you spend in the waiting room and chair is really your time. You can forget about the office or the stresses of family life and just relax. Read a magazine or work through a crossword if you want. Take advantage of the time you're given, rather than worrying about how to fit it in your tight schedule. Your health and well-being should never take a back seat.

### Jacqui Taylor, Dental Hygienist



I was born and schooled in Christchurch. After working in an office job for 18 months I decided to join the New Zealand Army, something I had been thinking about since I was 13 years old, to train as a Dental Hygienist.

The NZ Army was the only institution training Dental Hygienists in New Zealand at the time. After a year working as a Dental Assistant, I commenced my Dental Hygienist training which was a 3-part course spread out over 2 1/2 years. After I finished the first part of my course, it was decided that a junior Hygienist would be sent to England to complete the British Dental Hygienist Training. In 1988 I commenced the British training which, at the time, was a full-time 1 year course. At the completion of this I returned to New Zealand and finished my NZ Army training. The reason for this was to enable me to compare the two courses to ensure that the NZ Army course was up to scratch. After 6 years in the army I left to work in private practice. In my spare time I enjoy doing patchwork, reading, walking my dog and riding my motorbike.