



## introducing: our web page!

We have been working hard on developing a web page with our current and future patients in mind. The web site includes pages of information on; About Us, Clinic Profile, Dentist Profile, Our Services, Frequently asked questions, Newsletters, and how to Contact Us. Information is provided on both clinics and what is offered at each location.

With growth in the Asian area, Singapore has new families arriving all year round. We appreciate the referrals from current and past patients and hope that the web page will provide insight to our clinics and answer questions that new patients might have. Also you will be able to request an appointment time directly through the web page.

The two clinics allow us to provide greater comfort and more personal and effective service by our dentist and staff to our ever increasing clientele. The web site [www.smilefocus.com.sg](http://www.smilefocus.com.sg) will be available for browsing this April, please take a look and if you have any comments on how it was helpful or ways we can improve it to meet your needs, please let us know by emailing us at [denexcel@singnet.com.sg](mailto:denexcel@singnet.com.sg).

# smiletalk

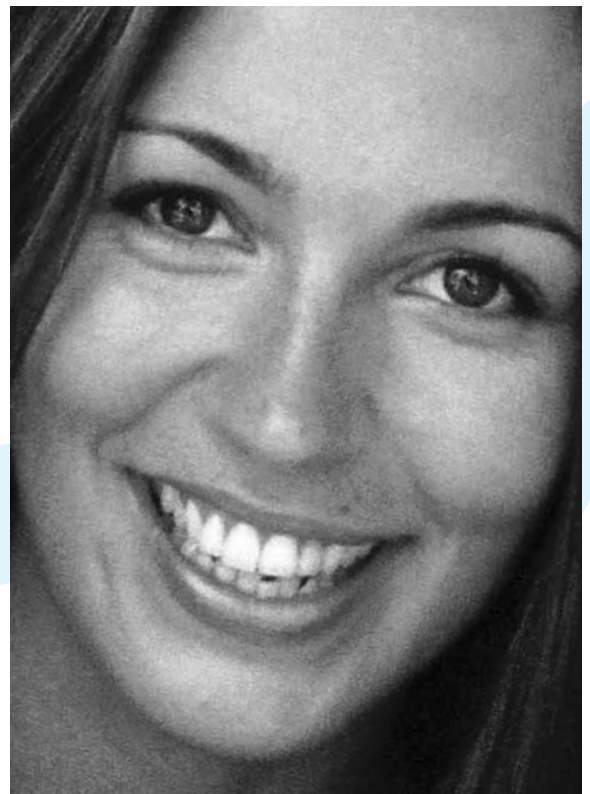
## improve your front teeth with porcelain veneers!

If you are considering changing the appearance of your front teeth then porcelain veneers are a good option. They are custom made to fit precisely over existing teeth and once permanently fixed in place, are extremely strong and durable. Veneers can be used to hide small chips on front teeth surfaces or improve the look of discoloured or uneven teeth.

It takes 2 to 3 appointments with the dentist to prepare and apply the veneers to the teeth. At the first appointment the dentist prepares the teeth by removing a thin layer of tooth enamel (about the thickness of a fingernail) which enables the veneer porcelain to bond to the tooth whilst preserving its natural thickness. A local anaesthetic may be required during this step. The impression is then sent to a laboratory where the veneers are crafted for a precise fit to your teeth. Temporary veneers may be placed on the teeth while waiting for the permanent ones to be completed.

At the second visit the permanent veneers are cemented onto the teeth. The dentist checks that the colour, shape and fit are correct before finally bonding the veneers into place. It is important at this time that you are satisfied with the finished look; veneers are difficult to remove once in place.

With proper care, regular oral hygiene and dental visits, veneers can last for many years. Be aware that excessive chewing or biting on hard items such as lollies or ice may break the porcelain. Also it is strongly recommended to wear a mouthguard while playing sports as porcelain veneers can fracture just like natural teeth.



A beautiful smile goes a long way towards improving your self-confidence. Take a moment to evaluate the appearance of your teeth. If you're not completely happy with what you see, ask us what options we can recommend for a more satisfying smile. We'll be glad to show you how veneers or other restorative techniques fit into your total oral health program.

## dental health and diabetes

Diabetes is the condition where someone has too much glucose (sugar) in their blood. It can cause many problems in the body, and the mouth is no exception. Diabetes reduces the body's resistance to infection and patients are at greater risk to gum disease and dry mouth syndrome. High glucose levels in saliva allow the bacteria in plaque to thrive causing repeated acid attacks. Diabetes related dental infections can be painful and disrupt normal eating patterns; a serious complication for a patient who is dependent on food to maintain health.

### Prevent Dental Problems Associated with Diabetes

It is most important to control your blood glucose level. Then make sure you brush and floss your teeth thoroughly every day. See your dentist at least every six months to monitor and prevent gum disease and other oral diabetes complications. If your diabetes is not under control, you are more likely to develop problems in your mouth. Be sure to tell your dentist that you have diabetes and call if you develop any of the following signs and symptoms for gum disease:

- Red, tender, swollen gums
- Gums that bleed when you brush them, even if they're not sore

- Gum shrinking away from your teeth; you may notice that your teeth seem longer
- Pus around your teeth when you press on the gums
- A continual bad taste in your mouth
- Loose teeth
- Changes in the way your top and bottom teeth touch, or changes in the feel of your dentures

Be sure to take extra care before your dental visit. The best time for dental work is when your blood sugar is in a normal range. Eat before your dental visit and take your usual medications. Discuss with your dentist if you are having any problems with infections. If you're having dental work done that may leave your mouth sore, plan to eat soft or liquid foods that allow you to eat without pain and at the same time control your blood sugar levels. You should postpone any non-emergency dental procedure if your blood sugar is not well controlled.

If you are a diabetic, you already know how important it is to take certain precautions to remain healthy. Keep your dentist informed of any changes in your condition and any medication you might be taking. Remember, your dentist is there to help prevent mouth problems that may be caused by diabetes.

## did you know?

### Giving too much fruit juice to your child can be a problem

It is important to limit the amount of fruit juice given to children because too much increases the acidity in the mouth. This increased acidity can accelerate the wearing down of tooth surfaces which may step up tooth decay. Give your child watered down juice or just water. Also read the label on the carton, many juices are just flavoured drinks containing more sugar than juice. It is best to buy the 100% juice and not the juice drinks with only 10% juice.

## announcements



We are pleased to announce the promotion of Tracey Warren to **Practice Manager**. Tracey will be managing nursing staff and clinical matters at both Dental Excellence and Smilefocus however her main responsibility will be the day to day management of Dental Excellence.



Julie Kenny has returned to work as **Administration Manager** and will be focusing on general administration and reception matters. She will be working between both clinics during the week and can be seen behind the reception counter on Saturdays.

With regret we say goodbye to **Sarah Van Lent** who will be returning to New Zealand with her family. We thank Sarah for her dedication to the clinic and take this opportunity to wish her the very best in the future.

Welcome to **May Tan**, she has many years of dental reception experience in Singapore. Previously she lived in Japan and speaks fluent Japanese in addition to Mandarin, English and Malay.

## notice

In order to provide our patients with the best possible treatment, we need to be aware of your total body health. It is possible for your medical condition to change between dental visits and your dentist needs to be aware of any changes such as; new medication, recent illness or diseases. This information allows us to have an understanding of your overall wellbeing and if necessary, adjust treatment to assure you the best possible outcome. Please inform your dentist at each appointment if there are any changes to your medical history. You can feel assured that all personal information will be kept confidential.

## reminder

When you move please remember to notify us of your change of address. This helps us to keep our patient data up to date at all times.

