

thank you

It's six months since we moved from Tanglin Shopping Centre to establish smilefocus Family at Camden Medical Centre, joining smilefocus Cosmetic in the one location, and changing the name from Dental Excellence. It's gone fantastically smoothly, thanks to all our patients who made the transition to CMC with us so easy. After all, it's only the name that's changed. Our General Dentists at both clinics continue to provide dental care across the spectrum, from routine care for all the family to more complex treatments such as crowns.

Our focus remains, as always, on providing the best possible care for our patients. This includes ensuring we offer you the most up to date treatments; treatments that are supported by long term research and are scientifically proven to be effective. We have now introduced CEREC® – the computer-aided, one-visit "one-hour" restoration procedure – to smilefocus. And we are delighted to announce the arrival of Dr Jon Ryder who has years of experience with CEREC®. More details about Dr Ryder and CEREC® technology are included in this newsletter.



smiletalk

women's dental health

Good dental hygiene is especially important for women. Fluctuating hormone levels during puberty, menstruation, pregnancy, breast feeding, menopause and post-menopause (in other words, throughout most of your WHOLE life) can cause swelling and changes to the gums, which in turn can increase the risk of tooth and gum diseases.

During **pregnancy**, for example, tender gums that are aggravated by hormone changes are more likely to harbour bacteria, which in turn causes plaque formation. Plaque can further damage the gums causing gingivitis (inflammation and infection of the gums). Untreated gingivitis will lead to infection and inflammation of the tissues around the teeth (periodontitis). This can further result in serious damage to the bone supporting the teeth. (Not to be alarmist, but periodontitis is a major cause of tooth loss in people older than 30.) Hence, frequent dental visits throughout pregnancy are recommended so that plaque can be removed professionally to help prevent gingivitis.

A recent study has also found a significant correlation between periodontal disease and the incidence of preterm, low birth weight infants. In fact, the presence of a periodontal infection can increase the likelihood of a child born too early and too small by up to seven times. This may increase the risk for future health problems and disabilities.

The nausea and vomiting often endured during pregnancy can cause acid from the stomach to enter the mouth, which can cause erosion of the tooth enamel. Do not brush with toothpaste straight after vomiting as this will also remove the natural alkaline,

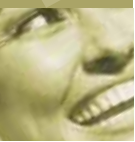


potentially increasing the damage to enamel from the acid. Instead use a fluoride mouth rinse to neutralise the acid. If brushing is difficult due to morning sickness, try using a child sized toothbrush and avoid "frothy" toothpaste.

The gradual decline in female hormone levels during **menopause** can also create oral problems: pain and burning sensations in the mouth, dry mouth or a bad taste can all occur around this time. Gums may also become sore and sensitive. Close attention to oral hygiene is important as you will be more prone to tooth decay. Regular brushing, flossing and a professional scale and clean by your dentist is recommended. Chewing sugarless gum or using anti-fungal lozenges may also help in the case of a dry mouth and bad taste.

Osteoporosis is common in the post-menopausal stage. Always ensure that you have sufficient calcium, vitamin D and magnesium in your diet as this is very important for healthy maintenance of the jaw bone supporting the teeth.

Other 'female factors' affecting oral health include the birth control pill and hormone replacement therapy (HRT). So, if this all sounds a bit frightening, consider it the flip side to being lucky enough to be a woman in the first place! Be comforted that there is no truth to the old wives' tale that a tooth is lost for every pregnancy ... and remember, daily attention to oral hygiene as well as regular check-ups will ensure that teeth and gums remain in the best possible condition for your lifetime.



new additions to smilefocus



Dr Dennis Leong



Dr Leroy McCully

smilefocus • Implant and Reconstructive Dentistry

We are expanding on the 14th floor to incorporate a suite for Implant and Reconstructive Dentistry. Two of our dentists, Dr Dennis Leong, Prosthodontics and Dr Leroy McCully, Endodontics, will be located here. Dr Leong is highly qualified and experienced in full mouth reconstructions including implant dentistry, and Dr McCully is renowned for having patients fall asleep during root canal treatment!



Dr Jon Ryder

Dr Jon Ryder & CEREC

Dr Jon Ryder is an example of the proverbial easy going mid western American. Practicing general dentistry for more than fourteen years in Iowa, Dr Ryder was also Assistant Professor, Operative Department at the College of Dentistry University there (now promoted to Visiting Assistant Professor). For a number of years Dr Ryder has been using CEREC®, a computer-aided tool for creating crowns and onlays in one visit. So skilled is he in using CEREC®, Dr Ryder has been providing CEREC® training and promotional seminars for the manufacturer and supplier in America. He anticipates that he will be providing similar training here in Singapore. Dr Ryder has humanitarian interests (beyond his patients) and provides his dental and business management skills to a number of non-profit organisations in Cambodia. Dr Ryder is a very welcome addition to smilefocus with great experience across general dentistry.

CEREC® is the only system for the fabrication of all ceramic dental restorations in one visit. This means fewer injections and less time out of your hectic schedule. And because CEREC® is done directly on the teeth it allows the dentist to immediately customise the look and fit of your newly created porcelain crowns or onlays to closely match your teeth.

Worldwide a CEREC® restoration is placed every 20 seconds and there are many reasons why CEREC® can be a good solution for you. And while it won't be appropriate for everyone, at smilefocus we are very pleased to be able to provide to our patients this modern, efficient technology, in the hands of a dentist who is very experienced in its use.

did you know?

Did you know that tooth enamel is the strongest material in the human body! It's your teeth's first line of defense against corrosive bacteria and the constant pounding and stresses from chewing. Surprisingly, despite being so strong, enamel is also brittle. Like a dinner plate, tooth enamel is almost pure ceramic. What keeps it from shattering is the equivalent of an inbuilt shock absorber called dentin - an underlying protein-rich layer. So take care of your teeth as carefully as you do the suspension of your car. Both are essential to ensure your comfort and well-being.

announcements

We are sad to announce that Dr David Bell is leaving smilefocus. Dr Bell joined smilefocus in 2005 and his dry New Zealand humour has been much appreciated by patients and staff alike. Dr Bell is leaving Singapore.

On the upside, we are delighted to announce a new member of our smilefocus customer services team: Jackie Chin. Jackie has many years experience in customer services, including within the health sector so you can be assured of her understanding and responsiveness.

And also ...

We think this is an achievement worth telling ...

Dr Christina Liew and Dr Hal Kussick are cycling champions! Competing in May in Thailand in the Tour of EGAT, Thailand, a total of 450km over 4 days, Dr Liew won the women's event, and Dr Kussick, who has been racing competitively only a few months, came fifth in his class. Dr Liew is well known in the racing fraternity here in Singapore and overseas. This event is extremely challenging, with competitors racing up hill and down dale in the humid heat. It's exhausting just to think about. Congratulations.



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