



welcome to all new patients

Welcome to the many new patients who have visited us at our Smilefocus Family and Cosmetic clinics since our last newsletter. Our aim is to ensure we meet the expectations of every person so that they are able to enjoy the healthiest and most attractive smile they might desire. Dental treatment and materials are continually improving making many procedures easier, faster and more comfortable for patients. If you have any concerns about the look of your teeth don't hesitate to discuss this with your dentist. You may be surprised at how easily your smile can be improved.

Check out our Website at www.smilefocus.com.sg. We have recently updated the look and feel, while making it more user friendly. Our new photo gallery of before and after shots visually demonstrates the scope of our dentists' expertise in improving smiles plus their individual case experiences make for interesting reading. For your convenience you may like to use our online 'request an appointment' option which is also an easy way to notify our customer services staff of your change of address or other relocation details.

smile talk

oral cancer – the importance of early detection

You may not realise that oral cancer screening is a routine part of a dental examination. Attending your regular dental check-ups is essential in the early detection of cancerous and pre-cancerous conditions. You may have a very small but dangerous oral spot or sore and not be aware of it. It can affect any area of the oral cavity including the lips, gum tissue, cheek lining, tongue and hard and soft palate.

Your dentist will carefully examine the inside of your mouth and tongue for white or red spots and small sores - often flat and painless. Although most of these can be harmless, some are not and the harmful oral spots and sores may look identical to the harmless ones. Only a biopsy testing can tell them apart.

Listed as the 6th leading cancer world wide, oral cancer kills one person every hour every day. In South East Asia it ranks as the 3rd most common cancer.



WHAT YOU SHOULD KNOW

Oral cancer occurs most often in people who smoke. Alcohol use combined with smoking further increases the risk. Cancer on the lips is increased by prolonged exposure to the sun. So try to avoid smoking, drink alcohol in moderation and always use sun protection on exposed skin and lips.

Self awareness is the key to early detection, so contact your dentist immediately if you notice any of the following signs:

- Sores or lesions that bleed easily and do not heal
- Any colour changes in the oral tissues
- A lump, thickening, rough spot, crust or small eroded area
- Pain, tenderness or numbness anywhere in the mouth or on the lips
- Difficulty chewing, swallowing, speaking or moving the jaw or tongue
- A change in the way the teeth fit together

Oral cancers can occur in people who do not smoke or have none of the other known risk factors so it is important that everyone is alert to the symptoms. It is also more likely to strike after age 40, although the incidence in younger patients is increasing. The most significant factor is to detect oral cancer early when the opportunity for cure is greatest and attending your regular 6 monthly check-ups with your dentist is not only important but essential for an early diagnosis.



Dr Jon Ryder

Dr Jon Ryder is Associate Professor, Operative Department College of Dentistry University of Iowa, and has been working at Smilefocus since June 2008. In addition to his substantial experience in cosmetic treatments, he is also very experienced in CEREC a computer-aided tool for creating crowns and onlays. On a more personal note Dr Ryder has humanitarian interests (beyond his patients) and provides his dental and business management skills to a number of non-profit organizations in Cambodia.



replacing silver fillings with tooth coloured fillings



Before



After

Dentists have been using silver-mercury amalgam fillings to restore decayed and broken teeth for over 100 years. The only other alternative used to be gold - an expensive option most people could not afford. Although amalgam fillings are effective there are some disadvantages.

Over time amalgam corrodes and leaks which blackens the silver and very often the tooth. This can be a source of embarrassment for people whose fillings are easily seen when they open their mouth, particularly if they have multiples.

There is a new more attractive way to restore teeth using tooth-colored composite resin fillings. The resin is bonded to the tooth with a high-intensity light that hardens the material and allows it to be shaped and polished immediately in the one visit. Once completed, your tooth has a natural appearance and is actually stronger than before due to the adhesive agent used to bond the resin to the tooth. Resin restorations not only look better, but they are stronger and can last longer than the old silver-amalgam fillings.

Silver amalgam continues to be used as an acceptable restorative material in dentistry throughout the world but composite resin offers a more aesthetic way to provide strong healthy teeth and a brighter smile.

did you know?

Did you know that brushing your teeth immediately after consuming acidic foods or carbonated beverages such as cola can cause tooth erosion?

Tooth erosion is the loss of tooth structure and is caused by acid attacking the enamel. This can cause tooth discoloration and sensitivity as well as more severe dental problems, such as pitting in the tooth surface and even cracked teeth.

You should wait at least an hour before brushing your teeth after consuming acidic foods or beverages to allow the teeth to remineralise after the acid exposure.

announcements



Dr Francine Chia joined our Smilefocus team a few months ago now, so it's high time we featured her in our newsletter. Dr Chia is from Adelaide, South Australia. She graduated from the University of Adelaide and then worked in Tasmania

at a large and very busy general practice for several years. Dr Chia has confided that she wanted to be a dentist ever since she was 11 years old and has lost none of her childhood passion and enthusiasm in the intervening years. Dr Chia delights in creating positive changes to smiles while at the same time encouraging optimal oral hygiene and health.

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.



smilefocus

www.smilefocus.com.sg

smilefocus • Cosmetic Dentistry
1 Orchard Blvd 08-02 Camden Medical Centre
Singapore 248649 Tel 6733 9882 Fax 6733 6426
cosmetic@smilefocus.com.sg

Dr Marcus Cooney and Associates Pte Ltd

smilefocus • Family Dentistry
1 Orchard Blvd 14-02 Camden Medical Centre
Singapore 248649 Tel 6834 0877 Fax 6834 0977
family@smilefocus.com.sg

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