



sugar and spice and all things nice

'Tis the season where delicious sweets are everywhere to tempt us. As adults we have some will power over what we eat, but it is more difficult for children so parents have to be extra watchful. The best way to deal with this problem is to encourage children to eat foods high in sugars with meals, when they are less harmful to teeth and to avoid them as between-meal snacks.

Children's eating patterns and food choices can be important factors in how much tooth decay (dental caries) they have. The reason for this is simple: everything we eat passes through our mouth, where it can be used by bacteria in plaque to form acids. The stickiness of the plaque keeps these acids in contact with teeth. After many such acid attacks, the enamel breaks down and a cavity forms.

Good dental health depends on more than diet alone. Don't forget to do the other things necessary for healthy teeth and gums:

- Brush your teeth thoroughly with fluoride toothpaste at least twice a day.
- Floss teeth daily, to get to the areas that a toothbrush cannot reach.
- Visit your dentist regularly. This will ensure professional cleaning of your teeth, when necessary, and early identification and treatment of any dental problems.

A combination of sensible eating habits, good oral hygiene, and regular visits to the dentists can reduce the risk of or even prevent dental decay.

smiletalk

saving teeth with root canal therapy

Your teeth are meant to last a lifetime. Even if one of your teeth becomes injured or infected, it can often be saved through root canal (endodontic) treatment. In the past a tooth with an infected nerve had to be extracted. Now however, this is no longer true. We believe in saving teeth (instead of extracting them). Root canal treatment involves the removal of the tooth's pulp, a small, thread-like tissue that was important for tooth development. Once removed, it is replaced with materials that seal off the root canal from bone supporting the tooth's root; a fully developed tooth can function normally without a pulp.

What Makes a Root Canal necessary?

The following are the most common factors contributing to a need for root canal treatment:

- Trauma, such as a physical blow to a tooth
- Irritation caused by a deep decay or a very large filling.
- Bacterial leakage of old fillings or crowns
- Severe gum disease

Regardless of the initial cause, the tooth pulp can become infected. Bacteria grow within the tooth pulp, causing pressure and pain, and may be accompanied by swelling of the face. Sometimes the deterioration of the pulp happens so gradually that little pain is felt. Either way, eventually the bacteria can destroy the pulp and the bone surrounding the tooth may become infected and abscessed leading to bone loss.

A treated and restored tooth can last a lifetime. After root canal treatment, good oral hygiene at home and regular dental exams are still necessary to help prevent future tooth decay and periodontal (gum) disease. Throughout your root canal treatment, you may have questions or concerns; we will make every effort to ensure your comfort during treatment and we're happy to answer any questions you may have. Our goal is to help you preserve your natural teeth for a lifetime, so you can smile with confidence.

For apprehensive patients, root canal therapy can be carried out under sedation performed by a qualified anaesthetist in the comfort of our clinic.



Dr Leroy McCully

BDS (Singapore)
MSc Endodontics (London)

Dr McCully graduated in 1994 and after spending 2 years working at Singapore General Hospital moved to England where he completed his post-graduate degree in Endodontics (root canal treatment) at the University of London.

happy holidays

Wishing you all a Merry Christmas,
Selamat Hari Raya, Happy Hanukkah,
Happy New Year and Gong Xi Fa Cai!



Please note our Dental Excellence and Smile Focus clinics will be operating on reduced sessions between Dec 24th and Jan 1st however there will always be a dentist on call for emergencies. Regular hours will resume from Jan 3rd 2005.

a closer look at your teeth



At our clinics we are concerned with the comfort and quality care that we can provide to our patients. One way we try to maintain this standard is supplying our rooms with TVs. Both our Dental Excellence and Smile Focus clinics are equipped with TV's for patients to view movies while having treatment; but there is also the added benefit of the television being connected to an Intraoral Camera. The Intraoral Camera allows the Dentist to magnify the images in the mouth onto the TV for improved clarity. This helps to show the patient clearly the reasons for treatment and which teeth are affected. Some of the conditions that the dentist will be able to show you are:

- Leaky fillings that need to be refilled,
- Gum inflammation,
- Tooth decay,
- Cracked tooth syndrome,
- Poor oral hygiene, and
- Bad fitting crowns

The Intraoral Camera is a fully digital solution that provides the highest quality Intraoral video ever seen on a computer. The camera not only allows the dentist to present to patients their treatment plan but is an excellent aid in educating patients concerning general dental problems. However, getting into the habit of good oral hygiene and sound nutrition are the best things you can do to preserve your smile and keep it looking its best. In addition to daily brushing and flossing, it's important to schedule regular oral hygiene visits. Our goal is to help you preserve your smile for a lifetime.

did you know?

Chewing sugarfree gum is good for you!

Who could have guessed that chewing gum could be good for you? Research proves that chewing gum after eating or drinking helps reduce tooth decay. After eating, plaque acid attacks your teeth, which can lead to tooth decay. Chewing gum stops the acid in its tracks by stimulating saliva production. Saliva contains essential minerals such as calcium, phosphate and fluoride that not only neutralize plaque acids, but also help repair early decay and damage.

We are pleased to announce that sugarfree gum is now available for purchase at our clinics. You can pick up a packet at your convenience. It is not against the law to chew gum in Singapore but to prevent gum litter from becoming a problem, please observe the proper disposal of used gum.

announcements



We wish to introduce 2 new reception staff who have joined our Smile Focus clinic at the Camden Medical Centre. **Simone Buesing** is from Switzerland where she worked as a dental hygienist. Simone can speak fluently German, Swiss German, French and Italian for those patients who prefer to converse in these languages.



Ngaire Corry is from Australia and is very experienced in secretarial and administrative duties having previously worked for the accounting firm, Pricewaterhouse Coopers. She has also completed an International Diploma of Holistic Aromatherapy.



Angela Henry joins us as Public Relations Manager. Angela is a dental hygienist from Georgia in the USA and has previous experience in promoting dental services in Manila, Philippines and Riyadh, Saudi Arabia.



We are happy to announce the birth of Nathaniel James to proud parents Julie and Glenn Kenny. Nathaniel arrived prematurely on October 2nd weighing 1.2kgs but is in excellent health. Julie will be returning to work full-time in the new year.