

New Product Review:



Piksters
What are interdental brushes and where are they used?
 Interdental brushes are small circular toothbrushes that you insert into the spaces between your teeth to clean the difficult areas. They are generally used for normal cleaning, sometimes as an alternative to floss and sometimes as an adjunct to floss.

They are much easier to use, especially under bridges. They can also be used under orthodontic wires or between splinted teeth that cant be flossed and anywhere a toothbrush cannot reach.

Why are Piksters so popular?
 Piksters come in small sizes that fit more people!
 Piksters are easier than flossing - and MUCH easier than using floss threaders under bridges. Just 'grab and go' ... Piksters have their own cap and fit comfortably in your pocket.

But I brush my teeth . . . why do I need to clean the space between my teeth?

Although the space or gap between your teeth con seals only about 40% of the tooth surface, it accounts for about 80% of the problems. By cleaning the space you get a huge and disproportionate advantage in stopping decay and gum disease.
 Problems in the space can be serious because they often go unnoticed. By cleaning the gap, you not only reduce your chance of dangerous decay, root canal treatments and crowns, but you substantially reduce your chance of serious gum and bone disease around the chewing teeth.



Calendar Updates:

- Due to popular demand from patients, our hygiene hours have increased, and we now offer a 5.00pm appointment on Wednesday afternoons. After hour appointments are very popular, so if you require this late time, please give a call as soon as possible and we'll reserve one in your name.
- Christmas is coming quickly! Our surgery will have its annual close-down on the 24th of December to the 11th of January. Now is the time to book for family check-ups as we book out very quickly during the school holidays.
- Due to the building of the Airport Link, Clem7 tunnel and Northern Busway projects, we are currently surrounded by roadworks! We have been fortunate enough to maintain our location, however the changes may affect the normal routes to our surgery. If you have concerns regarding access to the centre or parking, please ask our staff who will be happy to help you navigate your way.
- A new patient referral rewards system is currently being developed. We welcome all feedback regarding the services provided, and improvements that would make you more likely to refer your family and friends to us. Watch this space for updates!
- Stay tuned for our new website.

Welcome to the first Greg Dougall Dental Newsletter!

The year is flying past, and we're heading towards Christmas.
 We've had a good, busy year and we wanted to share some updates with all our patients.



Clinical Updates

The Importance of Regular Hygienist Cleaning

The importance of regular dental check-ups cannot be over emphasized. Listed below are the top 5 reasons for regular dental maintenance:

1. To Prevent Gum Disease- Gum disease is one of the most common causes of tooth loss in adults. Serious damage can occur before you notice any problems.



Every dental examination and appointment with our hygienists will be used to pick up and treat early signs of gum disease.

2. To Detect Dental Problems Early - Your dentist and hygienist will be able to detect any early signs of problems with your teeth or gums.



Early detection of cavities, broken fillings and gum disease are easily treatable.

If these problems go untreated, root canals, gum surgery and removal of teeth could become the only treatment options available.

3. To Prevent Oral Cancer - Oral Cancer is a growing risk among all Australians. When you have your dental cleaning, your dentist is also screening you for oral cancer, which is highly curable if diagnosed early.
4. To have a bright and white smile- Your dental hygienist can remove most tobacco, coffee and tea stains. During your cleaning, your hygienist will also polish your teeth to a beautiful shine. The result? A whiter and brighter smile!
5. To prevent bad breath- Dental studies show that about 85 percent of people with persistent bad breath, also known as halitosis have a dental problem that is to blame.

Good oral hygiene is essential in preventing bad breath. Regular check ups and cleanings are the best way to make sure that you are maintaining good oral hygiene.



Staff Updates



New faces for 2009

In April of this year we were sad to farewell one of our longest serving staff members, Katherine. Katey was the happy face of Greg Dougall Dental for almost 8 years, spending most of that time at the front desk, making our patients feel welcome and relaxed.

In May, baby girls Jasmine and Chelsea became the newest additions to Katey's family. Katey is now a very busy mum to three, and we'd like to wish her all the best in her new endeavours.

Replacing Katey, on Tuesdays and Wednesdays is our newest employee, Hayley who you may have already met. Her cheery demeanour and exceptional assisting skills ensure that all appointments run smoothly and to time.

Lastly, we'd like to formally introduce Cheree who has been with us for almost a whole year already. Cheree has been in the dental industry for 13 years and completed her Bachelor of Applied Health Science (Oral Health) at the University of Qld. As a Registered Oral Health Therapist she is dual-trained in the fields of Dental Therapy and Dental Hygiene.

As well as providing the services of a Dental Hygienist (preventive scaling and cleaning, gum disease therapy, tooth whitening, taking of X-rays, fissure sealants), Cheree will also perform routine dentistry on school aged children (4-17yrs). This includes examinations, fillings, fissure sealants, X-rays and extraction of primary teeth.