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Cairns Precision Dental Group



“with you for life”



Dentistry in the 21st Century By Dr Gary Taifalos

Like many professions there have been incredible changes to dentistry in the last 20 years.

Gone are the days when a patient would have limited treatment options to fix a broken, missing, stained or disfigured tooth.

Along with the changes are the general public's perceptions on how we expect our smile to look. In the competitive world we live, every edge we can achieve over our competitors vying for the same job positions may be the difference between success and failure.

The introduction of reality TV shows showing incredible dental makeovers has raised the question to many people wanting to achieve that perfect smile. There have been many studies that show that changing a person's smile to a natural bright and symmetrical one increases that person's self confidence, self belief and overall general health.

This is why Dentistry has had to improve leaps and bounds over the last couple of decades by using modern technology and materials to keep up with public demand.

The best option for a broken tooth is not always to just put a filling in it or to extract it, but to consider all options including the use of porcelain inlays, onlays and crowns.

Even advances in the type of porcelain used has allowed the dentists and technicians achieve natural aesthetic re-

sults without compromising on the strength and function of the tooth.

And to think all this can be done in one visit without the use of the gooey impression materials and having to make a temporary restoration relying on a second fitting appointment.

Another area of dentistry that has improved is the ability to fill gaps where teeth have been lost in the past. Previously we have been limited to removable appliances such as a partial or a full denture which is hard wearing on the remaining teeth and do not stop the loss of jaw bone after teeth extractions.

We now have the ability to place implants inside the jawbone which help restore the bone and then we can attach a porcelain crown to restore the missing tooth. This is the closest thing in Dentistry that will get your teeth back to its original function and aesthetics.

This is only the tip of the iceberg in what we can presently do to make our patients achieve beautiful smiles. We look forward to procedures and techniques to continue to adapt due to technology and research so that our patients can enjoy a visit to the Dentist and remember it as a more pleasurable experience.

Who knows what we can achieve.....

AN UPDATE ON BRUCE KIDD

September last year saw Cairns Precision Dental say good-bye to our much loved foundation Dentist Bruce Kidd as he took on his new role as 'retired' and relocated to Brisbane.

As we all know, Bruce was a brilliant Dentist and more importantly, loved being one. So it was no surprise to any of us when he began working

and teaching at the Dental School in Brisbane a few days each week. Bruce is relishing his new role as teacher and mentor and we have been told he hasn't been late once (Bruce is renowned for his tardiness!). It's fantastic to know that Bruce's knowledge and passion for everything dental will be passed on to students at the school, the dental profession will be all the more wiser for it!

Bruce and his wife Ruth have recently returned from a trip to Europe. They took in the sights of Austria, Germany and Finland. They had a brilliant time and saw some wonderful things. A highlight was a Strauss concert in Vienna with an Australian as a conductor!

We have fond memories of Bruce, his quirky ways and habits have left a legacy here and as always we wish him and Ruth all the best for the future.



Treatment Options for the Apprehensive Patients

Some patients have a fear of the dentist and all things dental.

Unfortunately we see children as young as 3 years old who may require extractions and fillings. There are also people who gag as soon as we touch their mouth. At some point these people will have to visit a dentist.

How do we treat them??

For some people Nitrous Oxide or 'laughing gas' can help. It relaxes the patient and we are able to do the treatment with the patient suffering a minimum amount of stress. The feeling is not unlike having a few drinks of alcohol. After the appointment, the patient should

rest at the surgery for about 10 minutes until they feel normal again.

There are some people, including young children who require something more. In which case, general anaesthetic is the only solution. A general anaesthetic is normally performed in a hospital or a Day Surgery.

A general anaesthetic means that the person undergoing the treatment is basically put to sleep. An anaesthetist (doctor) administers the drugs that are required and monitors the person's progress during the procedure. Once the procedure is finished the anaesthetist slowly wakes the patient up.

From a dental perspective there are certain times where this is the only way we can carry out the treatment on the patient.

We use Cairns Day Surgery for our procedures. It is a modern set-up with friendly, helpful staff that are there to assist us and put the patient at ease.

If you think you or your child could benefit from a general anaesthetic, talk to one of our Dentists at your next appointment—they will be able to determine which option is suitable for you.

Growing Teeth- The future of Dentistry?

..... By Dr Lina Okada



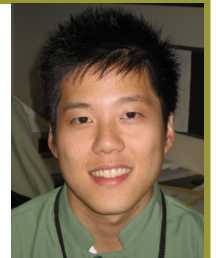
The average person in a developed country will lose eight teeth by the time he or she turns 50. The endless scope of science and technology in this day and age has allowed us to entertain the feasible idea of growing teeth

to replace missing ones. So how close are we really to growing a natural tooth?

In 2007, a Japanese team from the Tokyo University of Science, led by Professor Takashi Tsuji, reported successfully growing a tooth from cells extracted from mouse embryos. The tooth bud was transplanted into an adult mouse and continued to grow to full size. Whilst sound in theory, the reality of this technique being practical is uncertain. Firstly, animal experiments cannot be confidently extrapolated to humans. Secondly, embryonic cells can be rejected as a foreign substance when transplanted into an adult human, as well as stirring up the controversial eugenics debate.

Another approach has been to use stem cells taken from a baby tooth, rather than embryonic stem cells. Dr Shi, from the University of Southern California, this year successfully created a living root in a pig. One difficulty in regenerating whole teeth via this method is that adult stem cells cannot re-create enamel. However, a breakthrough recently saw scientists discovering the gene responsible for producing enamel. If the gene can be controlled in conjunction with stem cell technology, then the creation of functional teeth can become a possibility.

Get a Whiff of This By Dr Jack Su



Bad breath (or halitosis) is something that affects everybody to differing extents, but most of us would like to have minty fresh breath all of the time.

Unfortunately, not even the most diligent oral hygienist of us can achieve this. There are millions of bacteria in our mouths at all times, and some types of bacteria are the cause of bad breath.

Many people would notice their breath tends to be worst first thing in the morning after waking (morning breath). This is because less saliva is produced during sleep, the mouth becomes dry and odour-producing bacteria are not washed away as readily.

However, there are several other causes of bad breath which can point to something abnormal and can be a sign of illness or disease.

- Poor dental hygiene— If you are not brushing/flossing regularly, or have missed a spot, food particles left between the teeth can putrefy and cause decay.
- Dental diseases— Gum disease is a condition that gathers bacteria at the gum line and under the gums. Cavities in the teeth can also become protected breeding spots for bacteria.
- Diet/habits— The usual culprits of onions, garlic, coffee, cigarettes and spices. Some foods break down during digestion to produce foul smelling compounds.
- Respiratory infections— These include throat, sinus and lung infections which lead to large amounts of bacteria trapped in mucus.
- Dry mouth— Can be like perpetual morning breath. Medications and salivary gland problems can cause this.
- Reflux— Also known as heartburn, is where stomach acids rise up the oesophagus and can even cause regurgitation into the mouth. This mix of fluid can have a pungent smell.

If you notice that your breath has a particularly strange or persistent odour, it may be a good idea to get it checked with your dentist or family doctor.

A patient sits in the dental chair with severely fractured front teeth. After discussing how they will be restored and what the fee would be, the patient says, 'Before we begin Doc I gotta know; Will I be able to play the trumpet when you are finished?'
The dentist replies, "Sure you will." The patient replies, "Great, I couldn't play a note before."