

HAPPY NEW YEAR

From all of the team here at Finesse Dental we would like to wish you a Happy New Year. We hope 2013 will be a happy and healthy year for all. We also hope the Christmas break was calm and refreshing for everyone. To start off the year we have an article to present to you all from the Magazine "Fit and Well". This article covers issues such as the importance of oral health in children and adults. We look forward to seeing you all in the 2013!!!!

BAD MOUTHING YOUR HEALTH

Don't underestimate the importance of good oral health

The old saying 'Put your money where your mouth is' can be applied to our health, given growing evidence that our state of our teeth and gums can become a matter of life and death. "With studies showing links between poor oral health and a range of chronic health issues, we are learning that looking after your teeth and gums could save your life," says Dr Peter Alldritt, Chairman of the Oral Health Committee of the Australian Dental Association. A clear link has been established between gum disease (periodontitis) and diabetes. Now research is looking at whether poor oral health may also influence cardiovascular disease, respiratory diseases, stroke, kidney diseases and dementia. Dr Alldritt says the impact goes beyond health, pointing to a recent study by the Brotherhood of St Laurence that calculated 600,000 days of school and 1.1 million days of work are lost each year by Australian's suffering teeth and gum problems. The total direct costs and lost productivity are estimated at \$2 billion a year, including avoidable hospital admissions.



"Poor oral health costs both the individual and the country very significantly," Dr Alldritt says. But these costs aren't borne equally, with oral health problems in some groups reaching epidemic proportions, says Dr Deborah Cole, Chief Executive Officer of Dental Health Services Victoria. Those most at risk are people on low incomes, as more than one in three Australians avoid dental check ups because of the cost; those living in rural and regional Australia; and indigenous Australians. The fourth major risk group is children, with concerns that oral health gains over recent decades—driven largely by the introduction of fluoridated water—may now be under threat from parents who aren't making sure their children are brushing properly or are giving them too many sweetened drinks. "It's terrible to see two year olds admitted to hospital to have their teeth removed because they've been put to bed every night with a bottle of soft drink or fruit juice," says Dr Cole. "Most oral diseases are preventable. We just have to be much more careful about what we put in our mouths."



Giving teeth a good start

Children don't need a spoonful of sugar to make the medicine go down, much less to quench their thirst or for comfort. Aim to:

- Avoid using a baby's bottle to settle your child to sleep
- Encourage drinking from a cup from the age of six months
- Limit sugary foods and drinks
- Offer your child plenty of fluoridated tap water
- Offer fruit instead of fruit juice



Keep your smile healthy

Make sure your family's teeth are as perfect as possible by scheduling dental check ups every 6 months. If your family has Extra's cover, each family member is entitled to two scale and cleans and one fluoride treatment each year (subject to annual limits). These are fully covered through our More for teeth program and are available at over 4,000 participating dentists.