

## SMOKING AND YOUR DENTAL HEALTH



*Smoking not only damages your general health but also causes problems in your mouth.*

1. Smoking can lead to cancer of the mouth can be fatal. The most common sites are the tongue and the floor of the mouth.
2. Smoking exacerbates gum disease. It leads to increased calculus (tartar) on the teeth, which harbours plaque. Swollen and inflamed gums are followed by serious destruction of the tissues around the teeth, which can result in tooth loss.
3. Smoking can delay healing of any injured tissues in the mouth, such as ulcers.
4. Smoking produces unsightly stains on the teeth, some of which are extremely difficult to remove even with special equipment.
5. Smoking during pregnancy can lead to health problems for the baby.

## What can I do if I'm scared about dental treatment?

The best way to overcome your fear is to discuss your concerns with your dentist.

Experiences as a child may become distorted by time and reinforced by inaccurate media presentations and stereotypes. Much has changed, thanks to technology and education, and dentists are skilled professionals in dealing with patients who are apprehensive about seeking treatment.

This will obviously be a team approach between you and your dentist and his/her staff. Communication is the key. You must feel comfortable expressing your fears and concerns and have a sense that you are being listened to.

There are various forms of anaesthesia and relaxation that can be used effectively to change your negative thoughts into a positive experience.

## Tendler Office Hours

**Dr Sam Lawrence**  
Monday—Thursday 8.00-5.30pm  
Saturday 8.00-1.00pm by appointment only

**Dr Bill Sergakis**  
Tuesday 8.00-7.30pm  
Wednesday 2.00pm-7.30pm  
Friday 8.00am-1.00pm

## THE BENEFITS OF FLOSSING

We all know that to have healthy teeth and gums we need to floss on a daily basis, but how many of us really appreciate the benefits of flossing?

Some of the major benefits of flossing include cleaning out food from in between our teeth, which helps in the prevention of tooth decay. Flossing also plays a role in the prevention of gum disease as well as in preventing bad breath. Flossing can also contribute to healthier and cleaner looking gums and teeth. So it's well worth finding a few minutes to floss everyday!



**A warm welcome to our newest member  
Dr Gabriela Ciubuc-Batcu  
Available Practice Hours:  
Thursday 8:00-5pm  
Saturday 8.00-1:00pm by appointment only**

[Dr Bill Sergakis](#)

[Dr Samuel Lawrence](#)

[Dr Gabriela Ciubuc-Batcu](#)

Email: [office@tendlerdental.com.au](mailto:office@tendlerdental.com.au)  
801 Toorak Road Hawthorn East  
Phone : 9822 9766

# Mouth Guards

Anyone who participates in a sport that carries a risk of a knock to the face should wear a mouthguard. This includes sports where contact is part of the game like football or boxing. It is also necessary for collision sports where contact often happens but it is not expected or allowed, for example netball, basketball or soccer.

A mouthguard helps absorb the shock experienced by a blow to the face that might otherwise result in an injury to the mouth or jaw. A heavy collision can result in a chipped or broken tooth, internal damage to a tooth, tooth loss, injuries to the soft tissue of the mouth, and, in severe cases, concussion or a broken jaw.

According to Australian research, sports injuries account for about one-third of traumatic injuries to teeth. The sports medicine association reports that 50% of children experience some form of dental injury. Statistics like these reinforce the importance of mouthguards.

Mouthguards, which typically cover the upper teeth, cushion a blow to the face, minimizing the risk of broken teeth and injuries to the soft tissues of the mouth.

They should be worn whilst playing and training for any sport that could involve contacts to the face.



## Toothbrush Tips

-  Only use a toothbrush with a small head and soft bristles, never medium or hard.
-  Store toothbrushes separately so they do not touch other toothbrushes.
-  Store toothbrushes in clean airy place so they can dry out between uses.
-  Replace toothbrushes regularly and when they become 'shaggy' or clogged with toothpaste.
-  Replace toothbrushes after illness such as colds, flu or cold sores and mouth infections.

**\$50 Coles Myer  
Gift Card**

If you are an existing patient simply refer a new adult patient\* to our practice to be eligible to go into our monthly draw and win a \$50 voucher!

\*Terms and conditions apply

## **Frequently asked question: WHAT ARE PIKSTERS??**

Piksters are an Interdental Brush that very effectively cleans the gaps between teeth and removes decaying food particles which may cause bad breath, plaque formation and gum disease.

Piksters are like a toothpick with bristles and these bristles have the capacity to expand into the concavities on the teeth surfaces, particularly at the gum line of molars and premolars. Most people find Piksters easier to use than floss as they can be used one handed and they really give you a "just cleaned" feeling. People that have implants, crown and bridgework, braces or periodontal

disease need to pay special attention to these areas and Piksters makes this job a lot easier. Toothbrushes and floss are often not as suitable in these situations as they have difficulty gaining access.

Piksters are made of tough nylon filament and stiff strong plastic coated wire which resists buckling and bending. They are also available in 8 sizes, and so there is a size that fits nearly any application.

Piksters are also reusable and every brush has been provided with a cap so you can rinse the brush after each use and take it with you. The design is so small and compact they can be carried unobtrusively in a pocket or purse. So convenient during the day to remove food that becomes trapped between teeth after eating.

