

# WELCOME to the Apple Dental Newsletter



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## Welcome

We aim to make our newsletter relevant, interesting and informative and we hope that as you read you will be kept up-to-date with our practice, the treatments we offer and new and exciting developments in dental care.

In this edition we introduce you to the Apple Dental team and encourage you to visit our practice for regular dental appointments to keep you smiling, healthy and looking great. We introduce our innovative new "refer a friend" programme, offering exciting rewards to our loyal patients. We discuss CEREC CAD-CAM restorations, which use the latest state-of-the-art computer technology to give our patients outstanding results in a single visit.

In the section Diet and Dentistry, we talk about the vital link between your diet and its effect on your dental health.

On behalf of all the Apple Dental team, we look forward to seeing you on your next visit, and remember, a healthy mouth is the sign of a healthy body.

## Regular visits are the key at Apple Dental

There's never been a better time to visit Apple Dental for your regular dental check-up and clean.

The familiar saying 'prevention is better than cure' is never more true than in dentistry, which is why regular visits are so important in the ongoing care and maintenance of your teeth and gums.

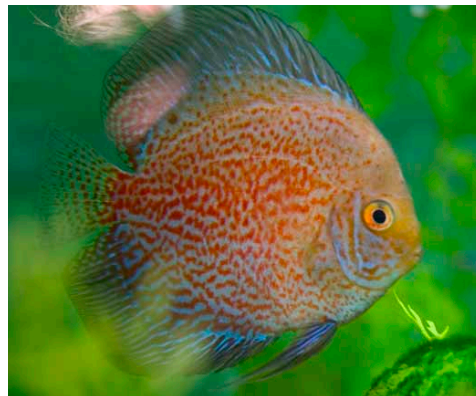
Your at-home routine is important, but no matter how good at brushing and flossing you are, there are always parts of your teeth that you just cannot reach, and maintenance issues that are beyond your control.

That's why a regular visit for a check-up and hygiene treatment will ensure that any problems that may be occurring are addressed promptly and professionally. Keeping your dental health in tip-top shape will keep you smiling, always healthy and looking great.



## Who is Apple Dental?

In our purpose-built Lane Cove dental facility, Apple Dental's four dentists, Mark Casiglia, Mandy Zheng, Linda Yen and Audrey Yau, and our dental hygienist Tonia Russell, provide top quality dentistry for the whole family. The entire Apple Dental team is dedicated to providing the best in care, 6 days a week, including all day Saturday and late nights Tuesdays and Wednesdays.



Mark Casiglia is a well-established Lane Cove dentist and resident, having started his Lane Cove practice in 1992. Mandy Zheng joined Mark in 2002 and is a popular and integral part of the Apple Dental team. By 2005 Linda Yen began practising with Mark and Mandy, continuing to build up a loyal following. Our line up was completed last year when Audrey Yau joined the team, maintaining the high standards patients expect from Apple Dental.

Tonia Russell, Apple Dental's hygienist, works closely with Mark as a provider of specialised preventive services such as routine oral hygiene and fluoride treatments, as well as detailed home care advice. Engaging a dedicated hygienist has not only led to enhanced oral health for patients, but has also allowed Mark to pursue specialised areas of dentistry including rebuilding of worn bites, replacement of missing teeth with dental implants, cosmetic dentistry and CAD/CAM dentistry.

## What's new at Apple Dental?

### Refer a friend and share the benefits

At Apple Dental, we are sure you'll be delighted by our friendly, professional and welcoming service. That's why, in a first for Australian dentistry, we have developed a "refer a friend" programme, so that you can let your friends share in the Apple Dental experience too.

And as our thank you to you, we'll send both you and your friend a voucher for **15% OFF** your next dental treatment, redeemable for all treatment types at Apple Dental.

So visit [www.appledental.com.au](http://www.appledental.com.au) and share the benefits today.



# CEREC CAD-CAM Restorations

CEREC is an advanced computerised technology system that enables our dental team to create and place highly detailed tooth-coloured fillings and restorations in one single appointment.

The CEREC computer controlled, milling restoration system has been designed especially for dental practices. Traditionally, some complex procedures would have required several visits, but with the introduction of this technology, we have a more time-efficient option without compromising on quality or aesthetics.



## What is CAD/CAM dentistry?

CAD means computer aided design; CAM means computer aided manufacture.

Up until now, if a patient needed a filling in one visit it meant amalgam or resin. Amalgam is black and causes teeth to crack and break, but lasts a long time. Resin looks good, but it's weak, so it breaks down, often allowing bacteria to colonise underneath and set up new decay. Then another, bigger filling is needed. Now we have a single visit filling material which is strong, looks good and wears well, for a long time. Our chosen CAD/CAM system is CEREC, the best available.



## Strong White Fillings

Worldwide studies repeatedly prove that CAD/CAM porcelain inlays are the longest lasting dental filling material available today. Because the block is manufactured by a computer-driven robot under industrial conditions, the ceramic is free of imperfections, leading to very strong porcelain inlays that last longer than anything else we can do!

With CEREC we can now offer tooth restorations that look, feel and function just like natural teeth. And what's more, we can provide this treatment in one visit, confident that the quality and longevity cannot be matched by any other procedure or material.

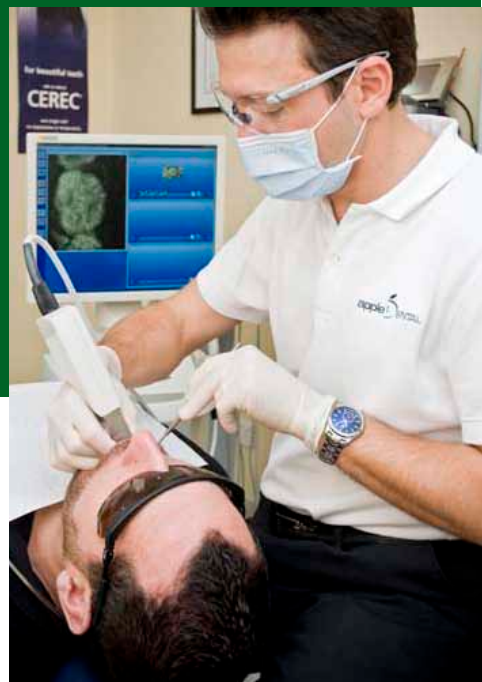
## The CEREC procedure

After examining the tooth and determining the course of treatment, we will prepare your tooth for restoration, similarly to traditional treatment methods. CEREC then uses a state-of-the-art digital 3D camera to create an optical impression, using infrared waves which are sent down to the preparation site and back to the camera to measure the heights of the tooth structure, adjacent teeth, and surrounding tissue.

This digital image replaces the physical impression required in traditional procedures.

Your final restoration is then designed and fabricated from this scan and is automatically milled out from a solid ceramic block. This provides you with a perfect, quality long-lasting restoration all in one appointment. About 7 minutes later, your all-ceramic, colour-matched restoration is ready for placement. Your new restoration is then fitted, polished and bonded for permanence. Your tooth is restored back to its natural form, function and beauty.

In essence, whenever porcelain inlays, crowns or cosmetic veneers need to be made, we can do so in one visit, without the need for impressions, temporary fillings or crowns, or another visit. A photograph replaces the impression and the restoration is designed on computer using a 3D virtual model. Using the computer, we can make things exactly as we want them.



# Diet and Dentistry

Not only does your diet affect your weight and general health, but it will have a considerable impact on your oral health and teeth. Unfortunately, soft drinks are extremely high in sugar and can have a severe affect on your oral health condition. Did you know that a 600ml bottle can contain up to 13 teaspoons of sugar?

Interestingly however, it is not just the quantity of sugar you consume but the frequency. Constant exposure throughout the day will prolong your teeth's exposure to acid attacks. Soft drinks and sports drinks are a major problem with regard to dental decay, due to the significant amount of sugar and also have high acid levels.

Eating and drinking is all part of living a balanced life and we are not suggesting that you cut out soft drinks altogether, but there are some key things that you can do to ensure you are looking after your oral health while still enjoying your soft drinks.

- Avoid holding or swishing soft or sports drinks around your mouth for long periods
- Use a straw where possible, as this minimises the exposure of the beverage to the teeth
- Follow consumption of a soft drink or sports drink with a glass of water as it helps with saliva flow and will wash away the sugars and acids
- Make sure you maintain a regular routine of flossing and brushing with a fluoride toothpaste at least twice a day.



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