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**3465 1199**

### Current Promotion

#### Brighten Your Smile! Spring Whitening Offer\*

\*Package includes consultation, custom made upper and lower trays and whitening gel.  
\*Not suitable for everyone. \*May require professional clean before commencing treatment.

#### Spring Offer

**Treat  
yourself to  
a whiter  
Spring smile  
for only  
\$299**



PassionFamilyDental.com.au

#### BOOK ONLINE NOW!

[passionfamilydental.com.au](http://passionfamilydental.com.au)

### No Fund? No Worry!

#### Great prices for children with no health fund or Medicare Benefit!

Children aged under 6 years - \$85  
Children 6 to 12 years - \$118

\*Includes exam, clean, 2 x-rays and fluoride  
\*Treatments will only be provided if deemed clinically necessary

#### CHILDREN'S DENTAL



**Kids Check-up & Clean \$85- \$118\***

### The Tooth To Be Told!

## The Facts of Teeth Grinding

Some of us are not even aware that we grind our teeth. It isn't until our dentist mentions it, or others tell us about the horrible grinding noise we make in our sleep, that we come to realise we have a problem. Unfortunately many are very aware of the grinding because they wake up with a painful jaw or have cracked their teeth. Either way grinding (also called bruxism) is a habit we need to try to stop.



When a dentist performs an examination he looks for signs of grinding. This may be that you have small chips on your front teeth, have flat spots on your teeth that are usually more rounded, signs of gum recession or unexplained cracks on your teeth. Often people who suffer from bruxism will wake up in the morning and find that their jaws are quite painful, this is because they have been hard at work grinding all night.

If any of this seems familiar have a look at the reasons why you grind. Often it is due to stress. Try relaxing before you go to bed rather than playing on your phone, do some meditation exercises. If this doesn't work you may need to have your dentist make a night guard (also called occlusal splint) to wear while you sleep. The night guard is made specifically to comfortably fit your upper teeth. It won't necessarily stop you grinding but it will help prevent the pain and damage it causes. We would prefer the night guard to wear down rather than to have your teeth wear down! Sometimes we refer patients to a physiotherapist who will treat and give your exercise to help ease the discomfort grinding may cause.

## The Sour Truth About Lemons

With the warmer months coming many of us will turn to a refreshing cold drink of water with a squeeze of lemon or lime, some people drink lemon as part of their diet or to detox.

Sadly we may be also causing irreversible damage to our teeth as the acid found in citrus fruits can result in tooth erosion. This is why people who often drink juice may also have teeth sensitivity.

The enamel on our teeth is at its weakest after drinking or eating a citrus so never brush immediately afterwards as you will also be brushing away your tooth enamel. Instead have a glass of water to wash it away or eat some cheese or drink milk to neutralise the acid and wait at least 30 minutes before brushing. Try drinking acidic drinks with a straw to limit the liquids contact with your teeth.

We have been conducting an experiment to demonstrate how various drinks effect our teeth and the lemon is by far the worst. Drop into our practice if you would like to see the damage it and other popular drinks has caused.



## Making the Most of Your Health Fund

Many health funds roll over at the end of the calendar year so make sure you have made the most of your benefits. Most funds have an annual limit on their refunds; if you don't make any claims this is money that you could be missing out on. Now is a great time to look into what items your fund covers and maximise their benefits. At Passion Family Dental North Lakes, we always make sure our patients utilise their funds to their greatest permissible advantage, therefore minimising out of pocket expenses. Book an appointment to get your treatment done now, before you start to get busy with Christmas and holiday preparations.



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