



Making Each Day Count!

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Trick or Treat?

Halloween is fast becoming more popular in Australia; we are adopting the tradition of holding Halloween parties and going trick-or-treating. Aside from the need to be Covid-Safe during these festivities we need to be Dental-Safe as well.



Eating lollies will give you a sugar rush and a short-term burst of energy but they can also have a long lasting effect on your teeth. The sugar itself isn't dangerous to your teeth but it can start off a chain of effects that have are best avoided. Harmful bacteria feed on the sugar and creates acid that destroy tooth enamel. This bacteria is the major cause of tooth decay.

We are not saying that you need to give up sugar completely to avoid decay. There are many things we can do to enable us to enjoy our treats and still have beautiful teeth:

- Swish water in your mouth to help reduce the time the sugar remains on your teeth
- Brush your teeth about 30 minutes after you have eaten your treat (don't forget to floss!). Remember that your teeth are at their weakest after consuming acid causing foods and drinks so you don't want to brush too soon
- Use a toothpaste with fluoride
- Limit the grazing time

By following a few simple rules you can still enjoy all the sweet things in life and maintain good oral hygiene. Don't forget that regular checks with your dentist can help catch any small problems before they become too big!

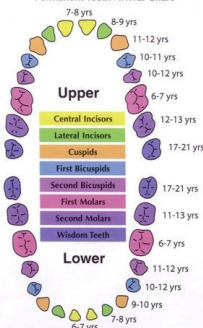
Tooth Eruption

In a similar way that children have growth bursts at different times, or learn to walk or talk at different ages, our teeth erupt at different times. We know that at around six months of age a child will usually start to crawl, though some may start crawling at five months and others not until seven or eight months. We are all individuals. The same applies to when our teeth erupt.

We have included a chart that parents can use as a guide for adult teeth eruption. Keep in mind that this is only the average age for tooth eruption. Generally teeth will erupt when they are ready.

Baby teeth are important as they help guide the adult tooth into the correct position; losing a baby tooth early due to infection, decay or accident, can result in crowding issues and expensive orthodontic treatment. Looking after those baby teeth is just as important as looking after adult teeth.

Don't panic if your child's adult tooth comes through and the baby tooth doesn't fall out. Get your child to sit (with clean hands of course) and wiggle the baby tooth, or get them to eat harder, crunchy foods. The baby tooth will eventually fall out of its own accord.



Private Health Insurance

The end of the year is fast approaching!

Have you made the most of your private health insurance this year?

We often pay a lot of money to have this insurance but many of us don't make full use of the benefits. With most health funds rolling over at the end of the year, now is the perfect time to review what entitlements you're entitled to. Book your optometrist, paediatrician and of course your dental appointment NOW!

