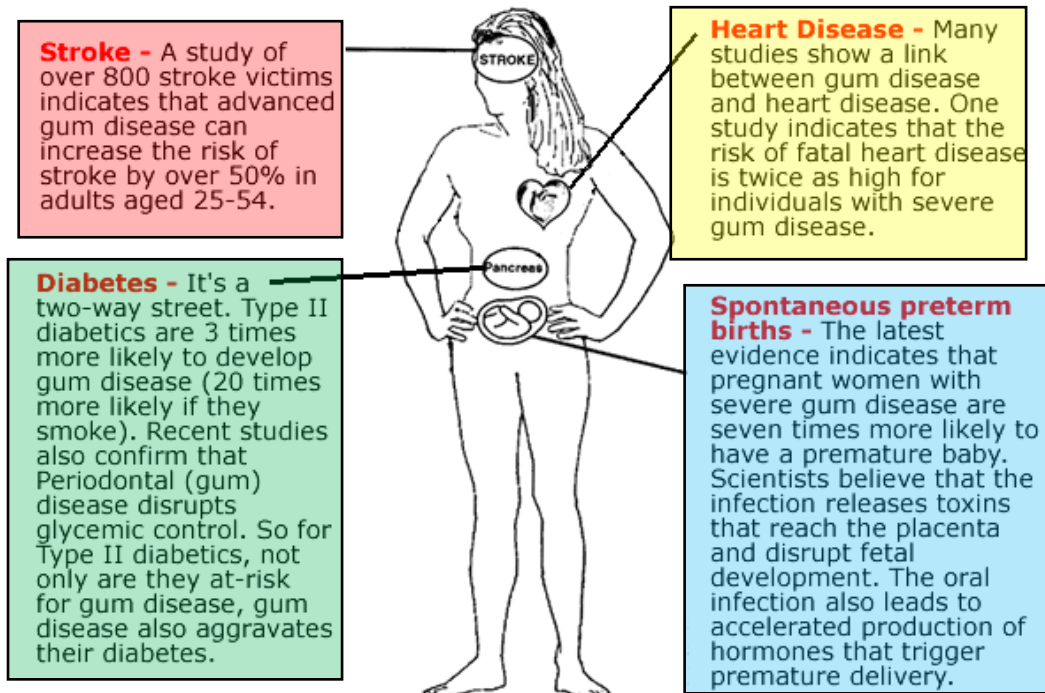


Your gums and general health

Red, rolled, bleeding gums are features of gingivitis. Commonly known as gum disease, this condition is the most common dental complaint in Australia. Food stuck in between teeth or just below the gum line attracts bacteria which lead to an infection in the gums. If left untreated, this infection spreads to other tissues, such as the bone that hold the teeth in place. Chronic gum disease over time develops into "periodontitis" which

reaching consequences as seen in the figure below.

Maintaining excellent oral hygiene is the simplest way to keep gingivitis at bay. Hard tartar or calculus removal needs to be carried out using special dental instruments. Tooth brushing alone cannot remove these hard deposits. At Divine Smiles, the procedure of removing tartar and cleaning your teeth is done every 6 months.



simply means infection and inflammation of all the supporting structures of the tooth. This condition will eventually lead to destruction of these supporting tissues and consequently teeth become loose and literally fall out.

Bad breath, bleeding while brushing, feeling like gums are being pushed together, abscesses between teeth or wobbly teeth all indicate some level of gum disease. There is recent research to indicate untreated gum disease has far

We call this "Active Maintenance" and it is usually carried out by our Hygienist. Dental hygienists are dental professionals trained in particular areas of dentistry. They use preventive, educational and therapeutic methods for the control of oral diseases to aid individual patients and groups in achieving and maintaining oral health. They are a registered dental care provider, oral health educator and clinical operator.

Dental hygienists are trained to do specific clinical procedures which aim to prevent dental disease. They work under the supervision and prescription of a dentist.

One of the dentists will also come in to do a thorough exam of all the fillings and any fresh decay. If needed, the hygienist will go through Oral hygiene instruction specific for your dental needs. For advanced cases of gum disease the painless and effective option of using laser for cleaning is also available at Divine Smiles.



Staff Profile

Alana Ma – Dental Hygienist

Name: Alana

Position: Oral Health Therapist

Hobbies: Cooking, Cleaning, Kickboxing



About me: If you have had a scale and clean at Divine Smiles, you may have probably met me...I am the one that usually asks if you have been flossing. If I have cleaned your teeth, you will know that I like to be thorough....sometimes a bit obsessive.

My role in the practice is mainly associated with the preventive side of dentistry...basically I try to prevent dental problems like gum disease or decay from happening or worsening through advice and regular cleaning (active maintenance).

When I am not working I am pretty much spending time with family and friends. I love to travel and so in the next couple of years or so I hope I will get to visit many new places.

Hot Stuff- Easy Peasy Chinese Fried Rice

This is the most delicious way to use up left over rice, vegetables, whatever you have left in your fridge.

Ingredients (Serves 4)

- 2 tps olive oil
- 2 eggs, beaten
- 2 rashers bacon, sliced
- 1 med onion, chopped
- 1 clove crushed garlic
- 1 cup bean shoots
- 1 cup cooked rice
- 3 tea sps soy sauce

- Salt & Pepper to taste
- 2 spring onions
- Any bits and pieces of veg: capsicum, broccoli, snow peas, beans etc

Method

1. Heat some oil, cook eggs. Remove from pan and cut into strips
2. Fry bacon, Onion, garlic, bean shoots and any other veggies you would like to add and stir until just tender.
3. Add rice and stir well.
4. Add soy sauce and cooked eggs.

5. Add salt & pepper to taste and garnish with spring onion and serve.

Add as many veggies as you can to increase nutritional content.

Prep time 10-15 mins

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