

January-February 2016

Healthy Smile
Healthy Life



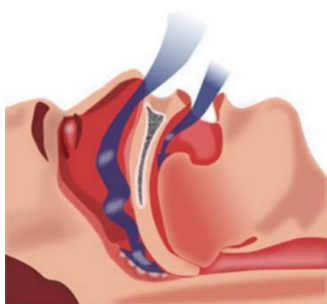
Happy New Year

Welcome back!

With an amazing year in 2015, we at Divine Smiles look forward to meeting you, your family and your friends in 2016. As a centre that believes in optimal and quality care, we are continuously improving and expanding every aspect of our practice. We are happy to announce a few additions to our enthusiastic team. We are also in the process of upgrading our dental practice management software. We hope you enjoy your stay at Divine Smiles, and wish you all the best this year.



Sleep, Airway, Jaw and your Teeth



Habib Mhenni/Wikimedia Commons

Dentistry has evolved rapidly over the last 200 years. From the foot-powered dentist's drill in the Victorian era to today's air-assisted

turbine drill and from George Washington's Ivory dentures to today's implant supported dentures, dental practitioners develop and advance their theoretical and practical skills for the safety and good of the general public.

Dentists with special interests have even started involving more actively in the treatment and management of snoring and obstructive sleep apnoea.

Currently, approximately 100 types of sleep

disorders have been recognised in the study of neurophysiology of sleep. Sleep apnoea, sleep bruxism (clenching and grinding), temporomandibular disorder (TMD) and chronic pain are co-related. A person with sleep disorder has decreased quality/quantity of sleep, as their body response forces a sleeping person to a sublevel of wakefulness. Snoring from partial airway blockage during sleep and tooth-grinding sounds can result in sleep disruption for oneself or one's bed-partner. If this situation becomes too frequent or too long, they can cause mood alterations, memory problems and tiredness, which result in decreased performance & efficiency during the day. Long-term sleep

apnoea is also known to increase the risk of cardiovascular disease, including heart failure and stroke

Persistent para-function (clenching and grinding) can affect a person's dentition. These may appear in the form of **wear facets, cracks, fractured teeth, increased mobility of teeth all of which can ultimately result in loss of teeth.** A domino effect may lead to a change in a person's jaw movement during function, thus causing pain and joint discomfort.

Management of such conditions depends on correct diagnosis. Specific tests are required to identify the main cause of the condition before selecting the correct treatment modality.

Divine's Café Corner

Matcha (Green Tea) Cheese Cake

Ingredients

Time: 60 min

3 Eggs
120g White Chocolate
120g Cream Cheese
2 table spoons of matcha (green tea) powder

Steps

1. Preheat oven at 170°C.
2. Separate the egg yolk and egg whites.
3. Melt chocolate by double boiling.
4. Add cream cheese into the melted chocolate, and stir gently.
5. Add the egg yolks in, and stir through.
6. Beat the egg whites until foamy, and add into mixture.
7. Add the matcha powder into the mixture, and mix well.
8. Transfer the mixture into a baking tin, and place into the oven for 30 minutes.
9. Serve after cooling.

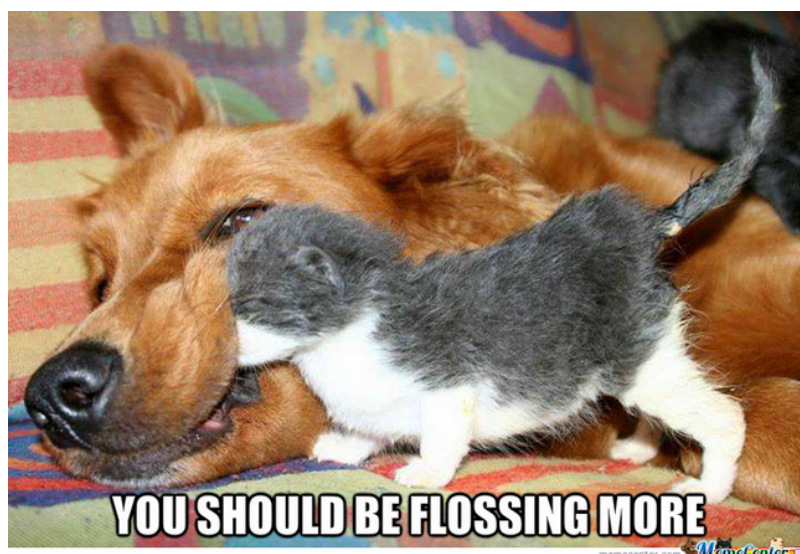


New Dentist Profile – Dr. Yi Pu (Terry)



Terry graduated from The University of Queensland in 2015 with Bachelor of Dental Science (Honours). During his study, he was trained at both the Oral Health Centre, Herston, and the Ipswich Community Dental Clinic. He was the founder and president of The University of Queensland Taiwanese Dental Group from 2012 to 2014. He volunteered as a dental assistant with the Tzu Chi International Medical Association (TIMA) since 2012 where he assisted dentists to provide treatments for refugees and homeless individuals at the Queen Elizabeth II Jubilee Hospital. He is currently a member of the Australian Dental Association, and a member of the Queensland Medical Orchestra since 2011.

Come and say hello to Terry when you visit Divine Smiles!



Opening Hours

Mon-Fri: 08:00-18:00

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Elegant Results**