

Rosebud Dental Group

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Newsletter

QUARTER 1 : 2011

Welcome to our second newsletter for 2011. This year thus far has been full of changes at Rosebud Dental Group and we would like to tell you all about them.

DEPARTURES & ARRIVALS

At the end of May we farewell our long time nurse Erin for a year as she embarks on her exciting new role as 'mum'!! Erin's baby is due at the end of June and we are all very excited for her!!

It is with pleasure we welcome Dr Peter Coghill back to the practice. Peter has rejoined us after extended sick leave and we are sure those of you who already know him will be pleased to hear of his return. Peter is here on Tuesdays and Wednesdays each week. Prior to returning to Mel-



Dr. Peter Coghill

bourne and joining us Dr Coghill, a 1974 Melbourne University Graduate, had a very busy long standing practice in Traralgon. Peter is now enjoying being able to offer his experience and knowledge to patients without the associated complication of having to administer such a busy practice.

As well as Dr Coghill returning we are also fortunate enough to have obtained the services of the delightful Dr. Heba Elbarki who joined the practice last year. She has been warmly received by our dental team and patients alike. Heba graduated

from the Dental School in Alexandria in Egypt in 1998 and practiced there until 2004 when she decided to return to Australia. Having her skills



Dr. Heba Elbarki

recognized by the Australian Dental Board she has practiced in both the public and private sectors. Heba is passionate about dentistry and preventative dentistry in particular, a great motivator in helping patients maintain their oral health.

Derek, Malcolm, Bernard and Tom are very pleased to welcome Peter and Heba and have no hesitation in recommending them to you, particularly if you have an emergency. So if you require an appointment, for any reason, earlier than is available with your usual dentist please do not hesitate to take up the opportunity to see Dr Coghill or Dr Elbarki.

PRACTICE MANAGER

Hope Tollan is our new practice manager. After training and qualifying as a dental assistant in 2001, she has since completed her Certificate and



Hope Tollan

ploma of Practice Management. With over 10 years experience in the dental industry in the local area, Hope's management skills are invaluable as she takes over the day to day running of our growing practice. Her addition as team leader has been greatly appreciated by all of us.

PARKING

We know there are parking difficulties surrounding the surgery which have been exacerbated by the building developments at the rear of the hospital. Our landlord submitted a plan to the council combining our car park with South Coast Medical's which will increase the overall number of parking spots. We have been asked by the hospital to advise patients not to park alongside the fence on the hospital side as the ambulances are having difficulty getting around cars that are parked there.

DENTISTRY-GUM HEALTH

An early sign of gum disease is bleeding on brushing or flossing. Fortunately it can easily be reversed if caught early enough. Bleeding is caused by bacteria in plaque left behind on teeth, which in turn irritates and inflames the gums. Left untreated, gum disease can lead to tooth loss. The following oral hygiene steps should be taken;

- Brush your teeth using a fluoride toothpaste and a soft toothbrush. Angling the bristles at a 45° angle towards the gum line and gently jiggling the brush in small movements.

- Brushing your teeth at least twice a day. If your gums bleed then you need to brush more, not less. If they are tender when you first begin this, rinsing with warm salt water will

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help.

- Booking an appointment to see your dentist who may have to remove hardened plaque (calculus) from your teeth.
- Continuing a strict oral hygiene regime at home as well as routine dental examinations will maintain health gums.