

# Rosebud Dental Group

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## Newsletter

QUARTER 2 : 2012

Welcome to our second newsletter for 2012.

### STAFF PROFILES

This years newsletters will be introducing you to members of staff whom you may or may not have already met. This quarters newsletter will be introducing Tom, Amy and Kellie.

#### Tom

After graduating from London University, Dr. Barrett moved to Australia in 1977. He then practiced in Boronia for 20 years before taking a position

as a principal dentist in both Queensland Health and D.H.S.V. He joined the practice in 2005. He has a wide range of experience in all areas of dentistry with a special interest in special needs dentistry and dentistry for the aging



population.

Outside dentistry he has been an active Rotarian for 30 years and is currently a member of the Rotary Club of Mt. Martha. He is also very active in local theatre, being treasurer of the Frankston Theatre Group.

#### Amy

Amy began dental nursing in 2006 and qualified with a Certificate III in dental assisting through RMIT University. She began with Rosebud Dental Group in 2008 with Dr. Barrett. Amy enjoys all aspects of dental assisting, in particular, learning new things, meeting interesting people and not knowing what to expect with each appointment. She enjoys working with the team and Rosebud Dental Group and working near the beach.



Amy

Kellie

#### Kellie

Kellie began dental nursing in 1987 and qualified through the Pharmaceutical College of Melbourne. She began at Rosebud Dental Group in 1996. Kellie is now a valued member of our front desk team

Amy and Kellie both participated in the

Oxfam Trailwalker with Dr. Malcolm McLean, raising money for Oxfam.

### MEDICAL HISTORY

Your medical history often has an effect on the way we can treat you. Having a complete and current medical history of our patients helps us provide you with a better service.

If you answer 'yes' to any of the following questions then please ask reception for a form to update your medical history or speak to your dentist at your appointment time.

Has it been more than two years since you last updated your medical history with us?

Have there been any significant changes in your medical history since your last appointment with us?

### PATIENT PHOTOS

Our dental computer software enables us to upload photos to our patients files. This can be useful for patient identification (putting a face to your name). If you would like to have a profile picture uploaded to your dental file, please ask the reception staff who can take a photo or alternatively email a photo to [rosebuddentalphotos@hotmail.com](mailto:rosebuddentalphotos@hotmail.com) and reference your name and date of birth.

### THE WORLD WIDE WEB

We have finally ventured into the world wide web, creating a website for Rosebud Dental Group.

[www.rosebuddental.com.au](http://www.rosebuddental.com.au)

You can view profiles on each dentist at the practice, follow links for more information on dental treatment, and download our latest newsletters.



You can also find us on facebook, with similar information to the website. Make sure you like us, and even 'check in' and recommend your friends to our page.

### COMPUTERS

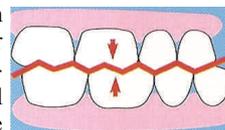
After a terrible year in 2011 with computer troubles we have installed a new server and upgraded the x-ray software. We hope that this will eliminate computer outages. We would again like to thank those of you who have been so patient with us when the computers have not been working.

### DENTISTRY- BRUXISM

Bruxism is the excessive grinding of teeth which is not part of normal chewing movements.

When the jaw and teeth are at rest, there is a

slight space between the upper and lower teeth. When grinding, the upper and lower teeth come into heavy contact



and a grinding action takes place. If there is a night time grinding habit there can be an associated noise which can be heard from other rooms.

Three of the main muscle groups that are associated with bruxism are the temporalis, masseter muscles and the lateral pterygoid muscles.

Grinding and clenching can be a serious problem over a long period of time. Some of the long term side effects include:

- Worn down teeth causing aesthetic problems and over sensitive teeth.
- Cracked teeth and broken fillings.
- Chronic facial pain with tension headaches, caused by intense muscle concentration.
- Enlarged and painful jaw muscles.

Causes of clenching and grinding can be:

- Habit
- Stress
- Anger
- Pain
- Frustration
- Concentration

Studies have shown that night bruxism is a sleep disorder.

It is advisable to have clenching and grinding habits investigated and treated. Treatment may consist of:

- Once a person is aware of their habit this helps greatly in identifying the cause of their habit.
- Relaxation Techniques
- If the habit is a night time one it can be advisable to wear a night time splint. A splint is similar to a mouthguard but smaller and harder. A splint separates the teeth and gives relief to the jaw muscles and joints.
- If you find yourself clenching your teeth together, try to remember to keep your "lips together" and your "teeth apart."

For more information on bruxism, you can visit:

<http://www.colgate.com/app/CP/US/EN/OC/Information/Articles/Oral-and-Dental-Health-Basics/Common-Concerns/Bruxism-Tooth-Grinding/article/Bruxism-Teeth-Grinding.cvsp>. You should always see your dentist for treatment advice.