

Rosebud Dental Group

1533 Point Nepean Road
Rosebud West VIC 3940
PH: (03) 59822 800

Newsletter

QUARTER 2 : 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!!

After many years at Rosebud Dental Group Dr. Bernard Campbell has left us to move with his family to Mullimbimby on the NSW north coast. All the staff wish him the best with his northern sea change, we will all miss him.

On a brighter note we welcome Dr. Mindy Nguyen to the practice. Mindy graduated from Melbourne University in 2009 and has been working in a community dental clinic where she met and worked with a lot of lovely people. Among her many dental interests are conservative and preventative dentistry, special needs and motivating patients.



Dr. Mindy Nguyen

Mindy is extremely excited to have joined Rosebud Dental Group for she has dreamt of working by the sea. Mindy shares in common with Bernard a caring, gentle personality and we are sure all Bernard's patients will be as happy with Mindy as they were with Bernard. Mindy is available for appointments Thursdays and Fridays.

In addition, Dr. Heba Elbarki is now here full time and Dr. Peter Coghill is also increasing to 3 days (Mon-Wed), so we have 3 capable dentists to fill the void left by Dr. Campbell.



Dr. Heba Elbarki



Dr. Peter Coghill

Derek, Malcolm, and Tom are very pleased to welcome Mindy and have no hesitation in recommending Mindy, Peter and Heba 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 any of them.

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?

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, 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 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 healthy gums.

OXFAM TRAILWALKER

On April 1st Kellie, Amy and Malcolm along with Kellie's husband Jason are participating in the Melbourne Oxfam Trailwalker. Oxfam Trailwalker is one of the world's toughest team challenges. The challenge is to get your team of four across the 100km trail and collectively raise at least \$1,000 to help overcome poverty and suffering around the world. The team is trying to finish in under 24 hours this year. If you would like to sponsor them you can leave donations at our reception desk or online at

www.oxfam.org.au/trailwalker/Melbourne/team/638