

# Newsletter

QUARTER 3 : 2018

Welcome to our third newsletter of 2018.

## SERVICES PROVIDED

As well as routine general dental care Rosebud Dental Group now also provides the following treatment.

### ORTHODONTICS

Dr Ella Jin has completed a two year post graduate Progressive Orthodontic Seminar series, qualifying her to provide orthodontic treatment to children and adults with a certain range of orthodontic problems .

Ella provides both removable and fixed orthodontic appliances including:

- upper fixed and removable expanders
- removable growth management appliances
- clear aligners for selective cases
- fixed orthodontics

Ella believes that certain cases require early intervention, children as young as 8 years old may benefit from early orthodontic intervention in order to control and manage skeletal and dental development, so that the fixed orthodontic treatment phase is simpler and faster.

Ella is able to provide standard orthodontic treatment to patients, however she will always provide a specialist orthodontist referral if the required treatment is beyond her scope of practice. Appointments can be made directly with Ella at RDG and no referral to see her is required.

For more complex cases where a referral is required RDG has a visiting Specialist Orthodontist Dr Paul Hanks who is based in Mt Eliza but also provides treatment at our clinic once a fortnight.



## SLEEP APNOEA AND ANTI-SNORING DEVICES

Sleep apnoea, is a sleep disorder characterized by pauses in breathing or periods of shallow breathing during sleep. Each pause can last for a few seconds to a few minutes and they happen many times a night. In the most common form, this follows loud snoring. There may be a choking or snorting sound as breathing resumes. As the disorder disrupts normal sleep, those affected may experience sleepiness or feel tired during the day

After a person has been diagnosed with sleep apnoea, normally by a sleep study organised by their Doctor an oral appliance may be recommended. Oral appliance therapy uses a dental device fitted in the mouth to prevent airways collapsing during sleep which also causes snoring. This is usually achieved by holding the jaw forward



Dr Tom Barrett has completed his training in making devices to treat sleep apnoea and snoring, and can provide treatment to sufferers. Of every 100 snorers about 95% will have a decrease in the noise levels they make during sleep. Of every 100 people with mild to moderate obstructive sleep apnoea 80% will have good results while using an appliance.

There are many types of device available and Tom will be able to suggest the one to get the best result, however oral appliance therapy may be unsuitable for patients with a pre-existing disorder of the jaw joint, severe untreated gum disease or dental decay, or those who wear full dentures.

## WHY OUR RECEPTION TEAM ARE ASKING FOR YOUR E-MAIL ADDRESS



In line with our policy to be environmentally responsible Rosebud Dental Group is trying reduce our paper usage as much as possible. We have recently updated our software to enable us to now email receipts. If you have registered an email address with us our reception team will now start offering the choice of an email receipt or a printed one.

We are also emailing our medical history update forms and using SMS and email for all reminder notifications.

You still have the option to opt out of electronic forms of communication, however we hope you take the opportunity to help us reduce paper waste.

### IT'S A BOY

Many of you have been asking about our dental assistant Amy and we are delighted to announce Finn was born in early April. A baby brother for Benji.

