

Sugar

As dentists, we see the impact of excess sugar consumption daily.

Australian children now get a third of their daily calories from junk food and sugary drinks.

14-18-year-old boys consume an average 22 teaspoons of sugar a day.

The average Australian consumes somewhere between 14-16 teaspoons of added sugars daily.

With a 600ml bottle of soft drink containing 16 teaspoons of sugar – a bottle a day consumption is the equivalent to consuming 23 kg of sugar from soft drinks alone per year!

Eliminate soft drinks, juice, sugar-sweetened beverages, "sports drinks" and flavoured milks which have lactose plus added sugar. "dental insights".

Product	Sugar content - grams (gms)	Sugar content - tea spoons (Tsp)
Soft drinks 600mls bottle	65	16 ¼
Sports drink (Powerade) 600mls	45.6	11 ½
Soft drinks 375mls can	40.9	10
Sports drink (Gatorade) 600mls	36	9
Full fat flavoured milk 300mls	28.2	7
Energy drinks 250mls can	27	6 ¾
Orange juice 250mls	20	5
Fruit drinks 200mls	18	4 ½

At Southside Dental Options your Dental Health is our top priority.

Southside Dental Options offer cleaning and dental exams that not only help detect tooth decay and gum disease, but also build a healthy oral hygiene routine.

Southside Dental Options is committed to providing you and your family with the best dental care possible.

Now that is something to SMILE about.



OPENING HOURS

Monday 9am-7pm

Tuesday 9am-5pm

Wednesday 9am-5pm

Thursday 9am-5pm

Friday 8am-3pm

Saturday appointments available.

CONTACT US

SOUTHSIDE DENTAL OPTIONS

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A reason to
SMILE

General Dentistry

Cosmetic Dentistry

Restorative Dentistry

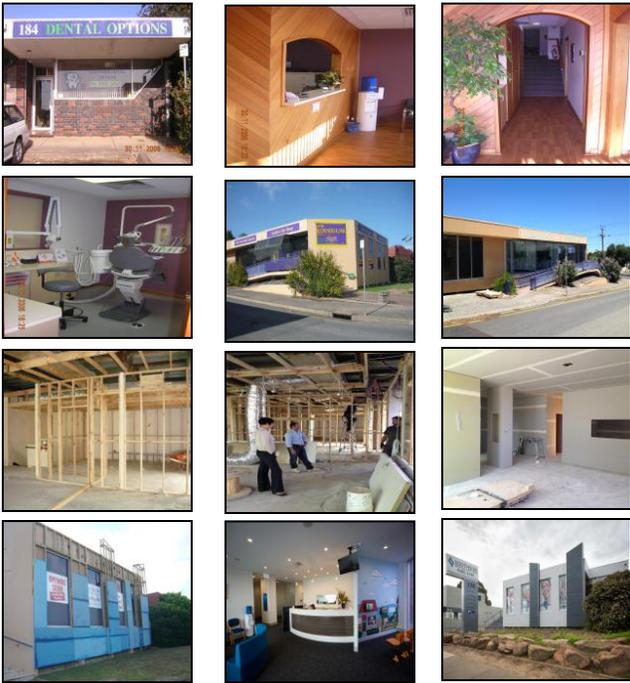
Orthodontic Treatment

Implants

Myofunctional Therapy

The team at Southside Dental Options wish you a very Happy New Year and hope 2017 brings you good health and happiness.

Dr's Tanja and Vilia purchased Southside Dental Options 10 years ago in November 2006. A lot has changed in those 10 years, we have now grown to be a very successful business employing 16 very hard working staff members. Our Practice Manager Pam, has been with us since 2006 and the majority of our other staff began soon after. We would like to thank all of our clients for their loyalty and for supporting their local family business.



Interesting Dental Fact: Mick Jagger had an emerald chip put in the middle of his upper right incisor, but people thought it was spinach caught in his teeth. So, he changed it to a ruby until he was tired of people thinking it was a drop of blood. He settled on a diamond. Rolling stones is Dr Tanja Hollfelders favourite band.

What are the common causes of stained and discoloured teeth?

When patients come in with tooth staining or discolouration we start by seeing whether the staining is *intrinsic* or *extrinsic*.

Stained teeth can often affect the amount of confidence people have in their smile and their overall appearance

The type of staining depends upon the cause of the staining, but also has implications for the treatment. Intrinsic staining is staining that comes from within the tooth, whereas extrinsic is on the surface of the tooth.

Tooth staining type one: Intrinsic staining

Intrinsic tooth stains can be due to a number of reasons:

Problems during infancy: Some people's teeth have always had that stained appearance since they were a baby. These kinds of staining are largely due to:

Some kinds of *antibiotics* that they had as a baby. A common type of antibiotic tooth staining is tetracycline staining.

If someone had a *fever* as a baby it can affect their developing teeth. Unfortunately, that type is one thing that they couldn't have prevented.

Dental Trauma: If someone has sustained a *trauma* or a *knock to the tooth*, then the tooth can develop internal stains that discolour the tooth. Think of it like a bruise one might get on their skin but instead it's on the tooth and it doesn't go away

Dental treatment: Root canal therapy on a tooth can sometimes leave that that tooth look greyer. This doesn't happen to everyone but it does occur in some cases.

Tooth staining type two: Extrinsic staining

Extrinsic tooth stains, on the other hand, are on the surface of the tooth or teeth. The common causes of extrinsic tooth discolouration are:

- Cigarette smoking
- Tea or coffee
- Red wine,
- Previous white fillings that have gone yellow or brown over time.

This type of extrinsic tooth staining can cause yellow teeth, grey teeth and in extreme cases brown teeth. Colgate oral care centre".

Southside Dental Options offer a wide variety of options for stained and discoloured teeth. Please ring and organise a consult today.



Buteyko Health
Breathing retraining programme:

The Buteyko Clinic International teaches people to correct dysfunctional breathing and thereby normalise their breathing pattern. This results in immediate improvement in asthma, sleep apnoea, snoring, emphysema, COAD, COPD, sinusitis, hay fever, rhinitis, blocked nose, allergies, bronchitis, bronchiectasis, panic and anxiety conditions, and many other respiratory problems.

The Buteyko Method is taught in a programme consisting of five sessions of 30 minutes. Clients are taught how to retrain their breathing to enable them to breathe correctly when sleeping, exercising, speaking, eating, and performing all daily activities. Improvement occurs within the first 24 hours. Suitable for children and adults of any age.

Consults available with our qualified Buteyko staff.
Zoe Marsden and Tessa Norris