

February 2014

# St Leonards **holistic** dental care

Level 2, Suite 208, 69 Christie St, St Leonards NSW 2065 Phone 02 9439 2090

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



## // We Are An Accredited Dental Practice!

Delivering quality improvement through innovative systems and solutions.



At the end of 2013 we received our official notice from Quality Innovation Performance (QIP) that our practice has met all the criteria to be awarded the Australian Dental Association Introductory Dental Practice Accreditation. Currently there are only 145 dental practices in all of Australia who have met the requirements. In the North Shore area there are only 10 practices and, we are one of them!

The accreditation is based on 6 of the 10 National Safety and Quality Health Service (NSQHS) Standards which were written by the Australian Commission on Safety and Quality in Health Care (The Commission) endorsed by health ministers in September 2011.

So what does this mean? This means that our practice has been bench marked against a national set of standards  
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## // Surprise Xmas Party Delight

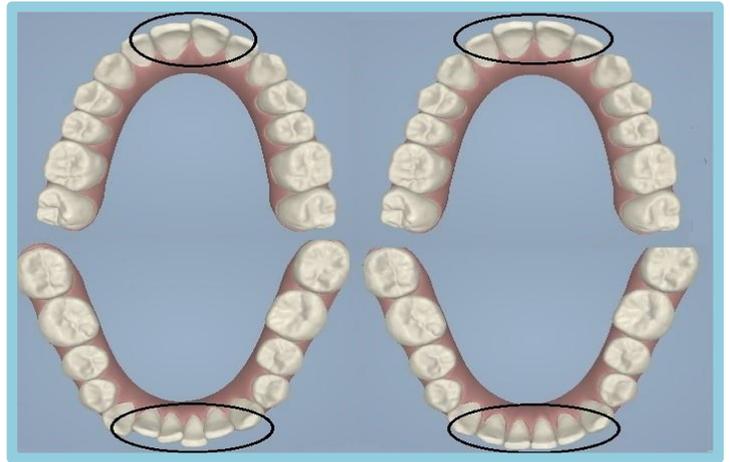


Those of you who were in at the end of last year may have taken part in our guessing game as to what Dr Charlotte planned for the team here at St Leonards Holistic Dental Care. Every year she plots a top secret surprise and allows both team members and patients to take part in questioning her to try and figure out the mystery adventure.

The questions asked led to answers like; dress code is smart casual, bring makeup but don't arrive wearing it and bring a swimming costume but not towels, sunscreen or hair products and expect to be out very late. What would you have guessed we did?

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## // Small changes can make a BIG difference



Sometimes it's the small things in life that matter the most to us. Things that go unnoticed by many others but catch your eye every day and make you think, make you take action and or make you want a change. If one of those seemingly small things is the alignment of your front teeth we have a solution. Invisalign has released a new product that is specifically designed for minor front teeth movements such as minor crowding, spacing, orthodontic relapse or simply aesthetic improvements. The best part is that results can be achieved in as little as 3 months!

Our project administrator, Katelyn, is using this new product now. Although when you see her in the office you probably think "her teeth look straight, why would she want Invisalign?" To her it's the small things like her lower crowded front teeth and the top front tooth that sticks out further from the other tooth that she notices when she looks at her smile. Invisalign allows us to use 3D imaging to see  
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## // 3D Printing for your Health

What do dental implants, Invisalign, prosthetic limbs and internal organs all have in common? They can all be created for human use through the advancing technology of 3D printing! An article published in the United Kingdom's Huffpost Tech



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across all health services. Our practice made a choice to be committed to ensuring we are up to date with current and existing safety and quality guidelines. We volunteered to participate in this program to validate our safety and quality measures through an independent third party. Furthermore, it means we uphold our practice to the highest standard of practice possible to continue to help you get well and stay well in this New Year and every year!

## // Surprise Xmas Party Delight

Dr Charlotte arranged for us to be chauffeured up to Crow Bar for tasty tapas and bubbles in the elegantly designed posh pub on 6 Burlington St in Crows Nest owned by John & Tracey Cantle. It's definitely a place you want to be dressed smart casual in. From there we were taken to the Langham Hotel in The Rocks. It was only after the doors to the lift opened revealing the serenity and beauty of their spa that we figured out what we needed our swimming costumes for. The 20m indoor heated pool was a tranquil haven, complete with pale stone columns and a star-dappled sky ceiling. After being in the oasis of the pool, relaxing in the sauna and or steam room we then were pampered with a holistic spa treatment massage.

Our "Summer Niiiigghhhtss" Xmas party ended at the Star Casino theatre where we laughed and sung along to the musical *Grease*. The performers really got into character with high energy and amazing strong vocal. The details in the costumes, lighting and special effects were marvellous.

We all look forward to seeing you this New Year and hearing what you did over the holiday break.

## // Small changes can make a BIG difference

the stages of movement in teeth from start to finish. In her case the small changes will make a big difference as you can see in the picture.

If you are interested in making a change this year to the alignment of your teeth and are an existing patient call us to schedule a free 30minute Invisalign consultation with Dr Charlotte.

## // 3D Printing for your Health

this year states 3D Printing is advancing regenerative medicine. From a prosthetic jaw to tissue replacement to human organs, the possibilities of "printing" seems endless. Additive manufacturing or bioprinting as it is called in the medical field has come a long way from printing the first 3D dental fixtures and Invisalign moulds. It is in the works for being able to reshape, remould, and rebuild what we were born without, or need replacing ( due to trauma or failure) over the next couple of decades.

How is this possible? By clicking a mouse on the print button of course. Well, it's almost that simple ..... "3D printing for organs works by taking a sample of the person's cells, designing a digital model and then using a layering process to turn that image into a true-to-life man-made human organ. The "bio-ink" is made of living human tissue and is grafted layer by layer into a physical structure, because the cells will be taken from the patient's own genetic make-up, there is little chance of a negative autoimmune response when placed in the body, as is common with traditional organ transplants."

Technology like this does come with a heavy start-up cost though. "The non-pharmaceutical medical technology will end up costing \$100 billion in the next 5 years as developing methods work to get off the ground." However, it will save patients thousands of dollars for treatments such organ replacements and it will save thousands of lives.

<http://www.huffingtonpost.co.uk>

## // Sweet enough?



As we have been providing you with information on sugar and different types of sweeteners on the market over the past few newsletters we thought reiterated the importance of limiting your intake of the sweet stuff based on new research carried out at the end of last year by

The Newcastle University study was commissioned by the World Health Organisation (WHO) to look into the effects of sugars on our oral health as part of a global initiative to reduce tooth decay. WHO has recommended that intake of "free sugars" should be less than 10% of total energy (calorie) intake since 1990. (Free sugars are sugars that are added to foods by the manufacturer, cook, or consumer; plus those naturally present in honey, syrups, fruit juices and fruit concentrates.)...

[Find the full article in our blog](#)

<http://stleonardsholisticdentist.blogspot.com.au>