

# Budi Dental Bulletin

ISSUE 7 - JUL-SEP 2011

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## Why Do I Have Bad Breath ? Part 2

Hi everyone, leading on from the previous edition of Budi Bulletin, we explore the other reasons behind why people have bad breath. We have discussed food, smoking and the important role of saliva. Now we focus on more direct causes....

### Gum Disease

Gingivitis is the clinical term used to describe red, puffy bleeding gums. Gingivitis occurs in response to plaque (bacterial biofilm) which is essentially a bacterial colony. Without treatment gingivitis may progress to periodontitis, which destroys the periodontium and thus teeth become loose and can even fall out!

Plaque accumulates everywhere - between the teeth and gums and even on the tongue! Plaque traps may exist in your mouth such as; fillings with overhangs, rough fillings, broken teeth, dentures and calculus. It is this accumulation of plaque that exhibits an unpleasant odour. The treatment for gingivitis is the removal of the causative agent which is plaque. Therapy is aimed at the reduction of oral bacteria through regular oral hygiene that includes the twice daily brushing of the oral cavity and flossing. Interdental brushes such as Piksters can be helpful to access the hard to reach areas.

If gingivitis is not treated, it may lead to periodontal disease. We measure periodontal disease by probing the gum around teeth and measuring the depth of the pocket. The normal depth of the pocket in healthy tissue is 2-3mm

structures of the tooth, leading to chronic infection and ultimately tooth loss. Regular maintenance with a hygienist cannot be over emphasized. **Is this you?** Book an appointment with our hygienist Leslie and have your gums assessed!



without the presence of bleeding. When the pocket depth is over 3mm, this allows food debris and bacteria to accumulate. This poses a danger to the ligament that attaches the gum to the tooth known as the periodontal ligament (PDL). If bacteria remains undisturbed in the pocket for an extended period of time they will destroy the supporting

### Tooth Decay

Tooth decay is caused when bacteria in plaque converts fermentable carbohydrates into acid. The acid attacks the tooth surface causing the minerals to be lost (demineralisation). The body tries to recover from this demineralisation process by absorbing the lost minerals into the saliva. This attack and recovery process occurs every time you eat and drink! Decay will develop over time when the attack outweighs the recovery. There are 3 things which are certain to cause tooth decay:

1. Frequent consumption of sugary foods and drinks
2. Lack of saliva – keep hydrated with water!
3. Poor oral hygiene

As tooth decay is caused by bacteria and their presence can cause bad breath. If you have decay present as well, this can lead to a foul odour.

*-Dr Chris Patel, Principal Dentist*



- ◆ General Dental Work
- ◆ Implants-Crowns-Root Canals
- ◆ In Chair & Home Teeth Whitening

- ◆ Custom Made Mouth Guards
- ◆ After Hrs Emergencies
- ◆ Children's Dentistry

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IMPORTANT: Budi Dental follows a rigid 7 step Infection Control Protocol after each instrument use, details are available. The correct protocol is laid down by the Australian Dental Association (ADA) and Health Department, to protect and save lives.

## Mouthguards

Sporting injuries are one of the most common dental emergency procedures. Most people don't understand the importance of wearing a mouthguard or they wear a mouthguard that is off the shelf. To help minimise the impact of a blow to the face, a custom made mouthguard is recommended. These are designed especially to suit the individual and act to absorb and distribute the force of a blow to the face. Mouthguards should be worn whilst training and playing!



Does your mouthguard fit properly? Is it designed to suit your mouth? Call us today! We can design a mouthguard to suit you with your name and colour preference!!

*-Dr Chris Patel,  
Principal Dentist*

## Introducing Oraqix

We understand having your teeth cleaned is not always pleasant. Recently a new non-injectable (no needles!) anaesthetic agent was introduced into Australia called 'Oraqix'.



Oraqix is a clear gel which is placed into the periodontal pocket via a lumen. The gel then heats up with the body's natural temperature forming a viscous gel which then numbs the gum and supporting tissue.

This is advantageous as only the gum area of the tooth being treated becomes numb, thus alleviating the whole jaw numbness feeling. The anaesthesia is also shorter acting and is generally gone by the end of the appointment. So next time you have your teeth cleaned and if gum sensitivity is a concern for you, then let us know.

*-Dr Chris Patel,  
Principal Dentist*

## Odd Spot... Did you know?...

1. Canada is an Indian word meaning "Big Village".
2. Australian mines account cover 0.02% of Australia's land mass. More land is occupied by pubs.
3. Australia's highest temperature, 51 degrees, was recorded at Oodnadatta, South Australia in 1960. The lowest temperature was minus 23 degrees, measured high in the mountains at Charlotte's Pass, New South Wales.
4. A crocodile always grows new teeth to replace the old teeth!
5. If a statue of a person on a horse has both front legs in the air, it means the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.

## The Budi Dental Story...

After 12 years of university and working for other Dentists, it was time to set-up my own practice.

Many people ask how anybody could enjoy looking into mouths all day! I'll admit it seems a little weird, but I cannot imagine doing anything else. The real joy is the people behind the mouths. It's humbling that so many people trust us to look after them. This loyalty and responsibility is appreciated more than you could imagine.



At our purpose built, modern, well-equipped premises on Ballinger Road, Buderim, you'll experience the latest in dental technology with pleasant, informative dentists who'll take the time to educate you and your family, so that you truly understand all of your dental options.

We aim to be your long-term "Dental Buddy" (hence the name budidental) and you'll be warmly greeted by Kacey, Debbie, Liz, Jess, Carly, Leslie, or Lingaiah and I hope to meet you soon...

### So why has Budi Dental produced a quarterly newsletter?

We feel it is a chance for us to share our enthusiasm for dentistry with our patients and community, and hopefully provide information that you will find interesting and helpful.

The greatest compliment we can receive is when you recommend us to your family and friends.

*- Dr. Chris Patel B.D.S(Adel) MRACDS  
Principal Dentist*

### Our Staff

Dr Chris Patel	Principal Dentist
Kacey Muttock	Practice Manager
Dr Lingaiah Dronavalli	Dentist
Leslie Pascoe	Hygienist
Debbie Hall	Dental Assistant
Liz Skelton	Dental Assistant
Carly Martin	Dental Assistant
Jessica Read	Receptionist

## Exciting News!

We have re-vamped our website and now have a Budi Dental Facebook page!! Be in the first top 50 to "Like" our facebook page and go in the draw to win:

1st Prize: Oral-B 5000 Electric Toothbrush  
Valued: \$165

2nd Prize: \$100 Rangoli dinner voucher

\*Entries close 30th September 2011. Winner will be announced on our Facebook page.

**Have You Visited Our Website? [www.BuderimDentalPractice.com.au](http://www.BuderimDentalPractice.com.au)**

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