



Principals: Dr Jennifer Levecke B.D.Sc. Dr William Levecke B.D.Sc. Dr Wynne Yip B.D.Sc.

NEWSLETTER

December 2019

Our end of year edition features...

Dental Myths and Legends!

Congratulations to Khanh on the birth of her second child

Update and congratulations to Rachelle Welti

Consultant Oral and Maxillofacial Surgeon, Dr Sophia Richardson, has opened new rooms in Fitzroy.

Our Christmas-New Year Surgery Hours 2019-2020



Introducing "Dental Myths & Legends"



MYTH! *Diet drinks are better for you*

Whilst diet drinks have no sugar, they are generally very acidic. The acid enhances flavour and is a preservative.

Unfortunately, a low pH (high acid) environment causes erosion of biting surfaces of teeth and at the gum margin. This leads to loss of tooth height and can be very sensitive.

Advanced erosion is difficult to manage.



MYTH! *Have a baby, loose a tooth*

Hormonal and dietary changes during pregnancy can make woman more at risk of gum disease. This can be managed with excellent brushing and daily flossing combined with a professional clean by a hygienist or dentist. It is safe to do most dental procedures during pregnancy and we encourage all women to see a dentist before and during pregnancy. The developing baby may make high demands on the mother but cannot "take calcium from the teeth".

Once developed and erupted into the mouth we cannot lose calcium except through dental decay, acid erosion or wear. Again, these are prevented with good oral hygiene and diet.



MYTH! Fluoridated water isn't good for you

Skepticism about the risk-benefit of fluoridation still persist despite overwhelming evidence that adding fluoride to drinking water is safe and reduces tooth decay. In Australia, after multiple systematic reviews the National Health and Medical Research Council (NHMRC) has concluded that: "fluoridation of drinking water is an effective way to ensure people across the community are exposed to fluoride and can benefit from its preventative role in tooth decay, regardless of age, gender or socioeconomic status." At Blackburn Dental Group we are proud of the role one of our founders, Dr Gavan Oakley, played in getting Melbourne's water fluoridated.



MYTH! Caring for children's baby teeth is not important

Treating decay in baby teeth which will be eventually lost may seem like a waste of time and money but these teeth play an important role in saving space for the permanent tooth underneath. A decayed baby tooth can cause considerable pain. Treatment of decayed baby teeth is the leading reason for general anaesthetics in children. None of us wants to see a child suffer unnecessary pain or need a general anaesthetic and it should be the aim of every parent to prevent decay in their children's teeth. Prevention of decay is simple, follow the 5&2 message - Infants and toddlers should only have 5 eating events a day and only drink water between meals (preferably tap water because in Australia it generally contains fluoride). Children should not snack between meals, especially on sugary or starchy foods and drinks. Finally, children's teeth should be brushed twice a day with fluoride toothpaste using just a smear of toothpaste on the brush (less than the size of a pea). See <http://protectingtinyteeth.com.au/index.html> for further information and a great video.



MYTH! Brushing our teeth hard is better

The plaque we remove when brushing our teeth is relatively soft and can easily be removed with a soft bristled brush. Scrubbing our teeth hard with a hard brush causes excessive wear at the gum margin leading to chronic sensitivity issues.

IF YOU WANT TO KNOW MORE ABOUT DENTAL MYTHS AND LEGENDS... please raise any questions at your next DENTAL examination or HYGIENIST visit. We are always very happy to discuss any of these topics.

A new Fitzroy based practice for Dr Sophia Richardson!

Sophia first started at BDG in 2001 as a recent graduate taking care of our patients' general dental needs on Saturday mornings. She showed a passion and talent for oral surgery and during this time tackled some of the more challenging procedures which would otherwise have required referral to a specialist.

Sophia went on to complete her medical degree, a Masters degree in Oral and maxillofacial surgery and her specialist training program. This involved a further 11 years of study and training including 2 periods working in the United Kingdom. In her spare time, she managed to get married and have two beautiful children.

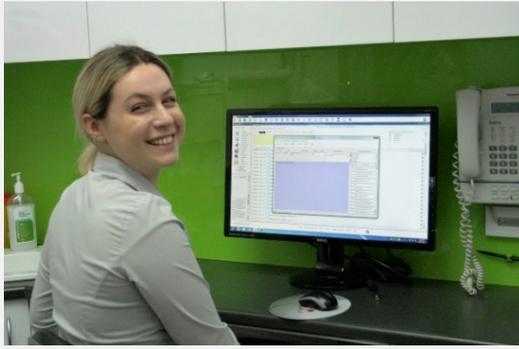
As one of our very trusted specialists who assist in our patients' care, we have been very fortunate to have Sophia consulting and performing minor operative procedures at Blackburn.

Together with her husband Jeremy who is a plastic surgeon, Sophia has opened a new purpose-built practice in North Fitzroy.



After a recent visit to inspect the new Fitzroy premises, Will, Wynne, Jenny and Odette can confirm that it is a very impressive facility. Sophia will continue to consult regularly at BDG and we wish the Drs Richardson every success.

Congratulations to Dr Rachelle Welti



Since moving on from Blackburn Dental Group in 2018, Rachelle spent some time within the community dental health area and then was offered the position of **dental registrar** at the **Royal Children's Hospital of Victoria**. This was the first time the hospital has had a dental registrar.

In this role at the **Children's Hospital**, Rachelle is thoroughly enjoying being involved in the management of all sorts of rare conditions which we don't get to see in private general practice.

More recently, Dr Rachelle Welti was selected as one of four candidates for the **2019 launch of the Health Sector Leadership Program**. The Program, sponsored by Guild and delivered by Leadership Victoria, has helped shape many ADAVB emerging leaders who have since served on ADAVB committees and Council. Six program alumni have served on ADAVB Council, including two as ADAVB President, and one alumna as a member of Federal Executive.

We congratulate Rachelle and are very proud of her successes.

Our new arrivals!

As many of you are already aware, **Dr Khanh Nguyen** went on maternity leave in early October. We are very pleased to announce that **baby Xavier** arrived safely on 25th October. Both mother and baby, as well as father and older sister Sophia are doing well and enjoying this very special time together. Khanh is planning to return to work in the middle of 2020.

In late 2019 we welcomed **Dr Kate Snell** to the Blackburn Dental team, who is filling in for Khanh while on her maternity leave.



CHRISTMAS – NEW YEAR HOURS

DECEMBER 2019

Friday 20 Dec 8am – 4pm

Sat 21 Dec 8am-12 Noon

Mon 23 Dec 8am – 5.30pm

Tues 24 Dec 8am-1pm

Wed 25 & Thurs 26 Dec - Closed

Fri 27 Dec – 8am-1pm

Sat 28 Dec – Closed

Mon 30 Dec 8am – 1pm

Tues 31 8am-1pm

JANUARY 2020

Wed 1 January – Closed

Thur 2 January

Normal hours resume



The Blackburn Dental Team
wish patients, colleagues
and friends,
“Compliments of the Season”

Best wishes from
Jenny, Will and Wynne

Gift Giving Donations

We are continuing the tradition at Blackburn Dental of **donating Christmas Food Hampers** to the St Vincent De Paul Society, in conjunction with our local Parish, St. Thomas the Apostle Catholic Church.

Our Staff members all donate essentials such as pasta, pasta sauces, canned vegetables, tuna and ham, to some more festive items including Christmas cakes and puddings, mince pies and bonbons. We hope our donations, in lieu of gift exchanges, can go to those less fortunate at this time of the year.

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