



Carla Lejarraga | Smile Dental

## how not to catch a cold

Good oral hygiene will help you avoid the cold and flu bugs this winter.

In a recent documentary exploring how we catch colds and flus, researchers conducted a compelling, revealing and somewhat nauseating experiment. Four people sat at a table, playing cards. Attached to the nose of one person was a device that dripped an invisible dye, at about the same rate as the typically runny nose of someone with the flu.

Well, the dye was invisible under normal light, but under neon light it glowed iridescent blue. The person with the 'runny nose' was given a wad of tissues to dab the drip, and the foursome were left to play cards. After half an hour or so, the researchers stopped the card game, the lights were turned off, and a neon light was turned on. All the cards glowed bright blue, as did the hands, ears, eyes, noses and lips of all of the players!

Most of us think we catch colds and flus by breathing airborne particles – from a cough in the car or a sneeze in the office. However, recent research suggests these viruses are most commonly transmitted by physical contact – as convincingly, cringingly demoed in that doco.

It's around this time of year that colds and flus really make their presence felt. They're easily caught, difficult to treat, and can wipe us out for a week or more at a time. They take a huge toll on workplaces, schools and unis. The average adult suffers around three colds per year, while for kids it's around eight. The only disease more common than the common cold is tooth decay!



The good news is, thorough oral hygiene can help you avoid the latest cold and flu bugs.

Follow these tips to avoid a cold:

- Wash your hands frequently with disinfectant handwash, especially before brushing or flossing.
- Avoid touching your face after contact with someone who has a cold – wash your hands first.
- Don't bite your nails or rub your eyes.
- Germs love damp. Use two toothbrushes – one for morning, one for night – and store them in the open air with the heads up, so they dry thoroughly.
- When you have a cold, disinfect your toothbrushes with antiseptic mouth rinse, then air dry.
- Change your toothbrushes regularly, especially after a cold.
- Don't share toothbrushes or allow them to touch.
- If you use a mouthguard, splint, denture or orthodontic appliance, disinfect it with antiseptic mouth rinse every few days.
- Stick out your tongue and say ahhh then clean your tongue with a tongue scraper or toothbrush.

Oh, and you could bury your nose in DUO, just in case!

Keep smiling ; )

**Material supplied by Carla Lejarraga, leader of the hygiene department at Smile Dental. [www.smiledental.com.au](http://www.smiledental.com.au)**



Dr Cameron Arnold | Smile Dental

## Smile for life

The foundations for good oral health are laid before we're born.

As my wife Sarah and I have recently had child number five, babies are once again one of the key topics of discussion. But I'm always talking about babies in my line of work – stressing to new parents, and parents-to-be just how important pre- and post-natal care are for the healthy development of their baby's mouth, jaw and long-term oral health. Good oral health and a sound bite have their foundation in utero and during early infancy.

The full, correct and healthy development of the mouth and jaw are essential for effective feeding, breathing and facial development. Breastfeeding and good nutrition play essential roles. Factors such as thumb sucking, mouth breathing, tongue-ties and enlarged adenoids can have a serious impact on a child's oral health, general health and facial development.

Problems in the child's early development can have a lifetime's impact on the adult. Your dentist can help as you may recall from our happily ending tongue-tie story about baby Thomas (from the August issue of DUO).

Most of us at Smile Dental are parents. In fact, our children outnumber us! So we're passionate about infant oral health and educating mums and dads. We have developed special oral hygiene plans for expectant mums because a woman's oral health can take a hammering during pregnancy. We have produced detailed information brochures on infant oral health and oral health care during pregnancy. And we recently conducted a community information night to share our knowledge with



the public. We dispelled a few myths and shed new light on topics such as fluoride, breastfeeding, dummies and teats. It was so popular, we'll be doing another one in the near future. Please call for details if you're interested – it's open to all.

Oh and Sarah and baby Beatrice are doing very nicely, thank you. In fact, that's them in the photo!

**Dr Cameron Arnold is principal dentist at Smile Dental.**  
[www.smiledental.com.au](http://www.smiledental.com.au)

### DID YOU KNOW?

- The germs that cause decay and gum disease can be passed on from caregiver to baby, mainly by the mum. So don't clean the dummy with your own mouth!
- A restricted airway, the common cause of mouth breathing in children, can lead to a high and narrow palate, crowded teeth, weak chin and sleep disorders.
- Breastfeeding promotes the full and correct forward growth of the baby's lower jaw and the expansion of the palate. This, in turn, promotes the full and correct development of the teeth, jaw and bite.
- Early orthodontic intervention for incorrect jaw and bite development can save your child from years of problems, ranging from headaches to teeth grinding, later on in life.



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## look who's smiling

Everyone loves to laugh. So what if you don't like your smile? Smile Dental client Debbie Bellamy discovered how important a smile is.

When new Smile Dental patient Debbie Bellamy came to us recently, we took her through our usual getting-to-know-you procedures – everything from a comprehensive oral health examination to a lengthy discussion about her dental health, medical history and general concerns, complaints and desires. After listening to Debbie for some time, it was obvious her teeth were giving her grief.

Debbie wasn't happy with the appearance of her smile. "I love to laugh," she told us, "but I've always hated my smile. To me, it's ugly. No matter how much time I spend dressing up, I've never felt pretty."

Debbie explained how she'd cover her mouth when laughing, avoid the camera at weddings and never wear lipstick, not wanting to draw attention to her mouth. She had a few gaps between her teeth and some old crowns that were starting to show their age and look a bit lifeless. She was keen to see what her options were for improving her smile.

We did a 'smile assessment' and prepared a treatment plan for Debbie, showing her how porcelain veneers could improve the colour, shape, size, angulation and orientation of her teeth to give her the smile she'd always dreamed of. She couldn't book in fast enough.



Debbie Bellamy shows off her new smile.

We showed Debbie through our 'smile catalogue' and helped her choose the right style of veneer to suit her face, mouth and existing teeth, as well as appealing to her personal preferences. Debbie chose a very feminine, natural-looking smile. We then set about getting the colour of the veneers just right to perfectly suit her complexion.

Debbie's new smile was then prepared and completed over two visits. She now has a beautiful and, most importantly, perfectly natural looking smile. Her porcelain veneers are indistinguishable from her own teeth. Debbie says she can't stop smiling. She even wrote us a beautiful card to say thank you.

"You've given me a great smile and changed the way I feel about myself. I cried from the time I left your surgery until I got home," Debbie's letter said. "I feel more confident. I even got a promotion I never thought I'd get. For 25 years, I had a smile I was ashamed of and it took you three hours to correct. Thank you for what you have given me. I can't stop smiling. You should see the lipsticks I've bought!"

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# No more migraines

## High-tech dentistry gives marine biologist Danielle Dixon her life back.

Danielle Dixon, a 24-year-old marine biologist, came to our practice recently to see if there was anything we could do to help alleviate the migraines and jaw problems that had plagued her since childhood. They'd become so severe of late that her GP had referred her to an oral surgeon, who recommended surgery.

From sixth grade, Danielle had suffered from what she described as "wicked headaches" – migraines with vomiting. She had undergone a myriad of medical tests, which had failed to identify any illness or tumours. Ultimately, she had to deal with the pain using medication.

In ninth grade, Danielle was involved in a car accident. She sustained head injuries and suffered subsequent jaw dislocation and seizures. The migraines became so severe she was taking up to 20 painkillers a day and was occasionally hospitalised. Some years later, Danielle was involved in a second car accident, further exacerbating her headaches. From time to time, her jaw would lock open.

Danielle is currently researching clown fish for her masters degree in marine biology. As a result of her studies, she spends a lot of her time underwater, kitted out with scuba-diving gear. Danielle was finding it increasingly difficult to hold the regulator in her mouth and stay



underwater for extended periods. Her research had taken her to Papua New Guinea, and she was terrified of being stuck in PNG's jungles with her jaw locked open!

Danielle had heard about the work we've been doing with neuromuscular dentistry. She thought she'd give us a go before facing the surgeon's knife.

Using a computer system that creates a 3D analysis of the jaw, we measured Danielle's jaw muscle activity and digitally tracked the movement of her jaw. This enabled us to identify Danielle's ideal jaw position. We then made an orthotic to temporarily adjust her bite.

Danielle noticed an improvement immediately. Only 10 weeks later, she was totally symptom-free. No headaches. No jaw dislocation. And no medication. Today, Danielle is happily diving again, completing her masters research.

Danielle couldn't thank us enough for getting her work back on track and putting the smile back on her face. Not to mention saving her liver.

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## abetterbite

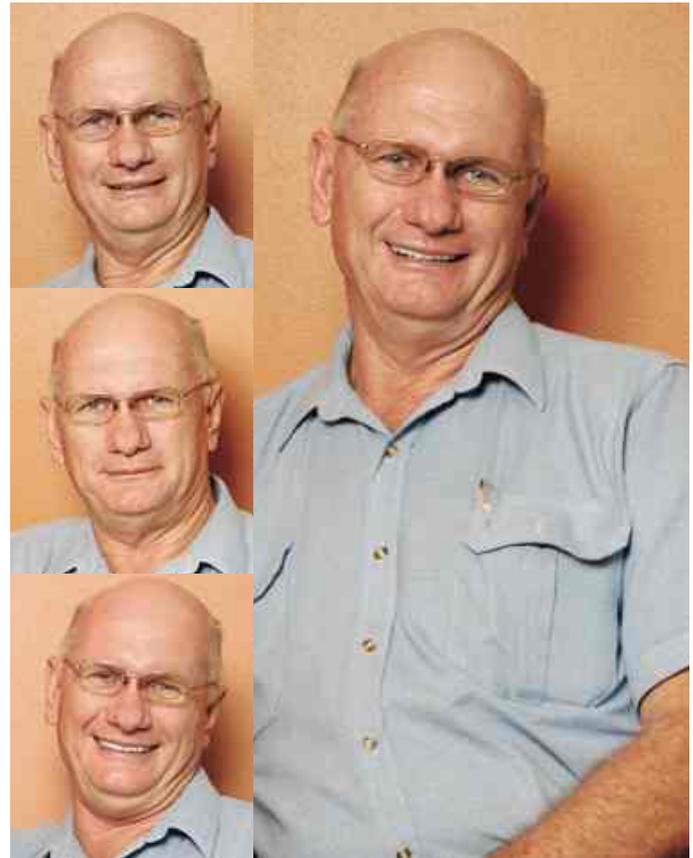
Who'd have thought migraines could be caused by a bad bite? For Smile Dental client Errol Wolf, neuromuscular dentistry was the solution.

When a patient mentioned he'd been suffering chronic migraines, we suggested neuromuscular dentistry may help. It did. He even has the 'headache diary' to prove it.

Errol Wolf came to us for a routine check-up in December. He mentioned in passing that he'd been suffering from bad headaches and migraines, which had been gaining in frequency and severity. He couldn't fly or drive long distances without getting a migraine. Some could last three days.

Errol was at a loss as to the cause of the headaches and what to do about them. He had his eyes tested – negative. He noticed that eating certain foods or missing meals could aggravate the problem. So he eliminated the problem foods from his diet and made sure never to miss meals. But the headaches persisted. He consulted various medical and health care practitioners – to no avail. And, to make matters worse, painkillers had little effect.

I really felt for Errol – he was clearly in a lot of discomfort. And my assistant, Debbie Jaques, knew exactly how he felt. A few years back, Debbie was suffering severe and persistent neck and jaw pain. But we fixed the problem with a mode of treatment known as neuromuscular



dentistry (NMD). In the time since, we've helped many patients with NMD treatment. NMD procedures are now a regular part of my work.

I was confident NMD could help Errol too. I explained what it was all about. Debbie enthusiastically backed me up. The poor bloke probably thought we had a double act worked out to sell this strange-sounding procedure! But he trusted us. I think he was ready to give anything a go.

So we examined Errol's teeth, bite and jaw. We determined his ideal bite and jaw position, then prepared an orthotic to adjust his bite. We hoped to see a result in two to three months. We would continue to adjust the orthotic every two weeks as Errol's bite improved.

Errol kept a headache diary to monitor our progress. Before we commenced treatment in December, he was suffering 30 headaches a month. After a month of treatment, the number of migraines he suffered were reduced by 90 per cent.

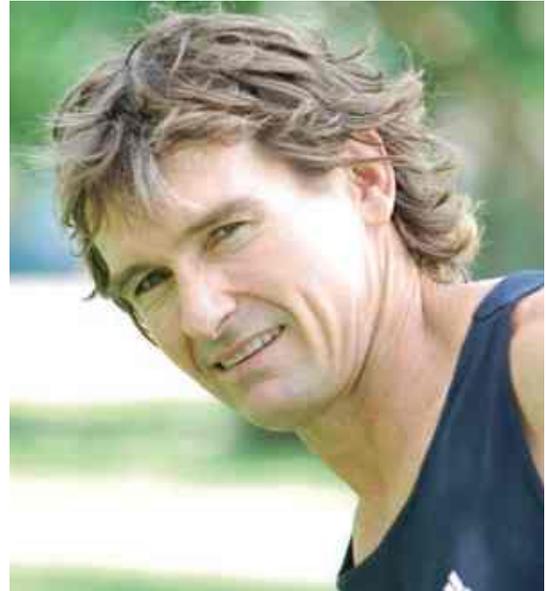
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## guard your smile and finish first

Protect your teeth and improve your sports stats with the Pure Power Mouthguard.



You're no doubt familiar with the idea of using a mouthguard to protect your teeth. Or perhaps using an orthotic insole to correct a walking or posture problem? But what about a mouthguard that not only guards your smile, but also corrects your bite and improves your strength and balance! It sounds hard to swallow, but the Pure Power Mouthguard is producing jaw-dropping results in the sports world.

Readers of this column will be familiar with the term 'neuromuscular dentistry' (NMD) and how the wrong jaw position can cause all sorts of problems. I recently recounted the cases of two patients who, thanks to NMD, were finally able to say goodbye to migraines. The Pure Power Mouthguard, developed by Canadian dentist Dr Anil Makkar, works on the same principle. The breakthrough came when Dr Makkar noticed that NMD patients reported improvements in strength and balance too. Sports science also drew a link.

With the lower jaw slightly open and forward, breathing is easier, posture better, and the body more balanced. It's estimated that more than 90% of people are limited by improper physical alignment and residual muscular tension. So Dr Makkar applied precision NMD techniques to produce a mouthguard that doubled as a custom orthotic. The results speak for themselves. Athletes of many different sports, from golf to kickboxing, report improved strength, balance and range of motion using the Pure

Power Mouthguard. And this means a more powerful and precise tennis serve, footy kick, cricket strike, you name it...

We've recently fitted veteran Townsville triathlete Max Fegan with the Pure Power Mouthguard and his feedback has been fascinating. "I've used the mouthguard swimming, riding and running and have noticed one of the benefits is it opens up your airways," says Max. "I also think it helps your core strength and stability. I feel more balanced on the bike, and a lot more relaxed through the neck and shoulders — not tense like you normally are when racing."

Max recently won his age group in the Mooloolaba Triathlon and finished fourth overall in Julia Creek's Dirt and Dust event. Well done Max! We won't try to claim the credit for your hard work but we're glad to have helped your race.

So forget about gritting your teeth. If you want to improve your performance, the answer could be a more relaxed approach.

For more information, log onto the Pure Power Mouthguard website at [www.pppmouthguard.com](http://www.pppmouthguard.com).

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## tooth lightening

When you want a smile that shines, but whitening isn't the solution.



You've no doubt heard a lot about professional tooth 'whitening', where a specially prescribed bleaching agent is applied to your teeth – either by your dentist or hygienist using an activating light or laser system, or by yourself at home using customised applicator trays. The technique delivers excellent results for people with discoloured teeth, or for those simply wanting an overall brightening of their smile. But what about when your smile is compromised, not so much by the colour of the tooth enamel, but by tiny grooves and undulations in the surface of your teeth? Or when procedures such as orthodontic treatment, or conditions such as fluorosis, leave white spots or a mottled appearance on the tooth surface?

Tooth 'lightening' is an effective new alternative to bleaching or whitening and it's been developed right here in Queensland! The technique can deliver excellent results in the many situations where bleaching isn't suitable and is the initiative of Brisbane professor Lawrence Walsh. Professor Walsh is the head of dentistry at the University of Queensland and something of a guru in the world of tooth whitening.

Rather than using a whitening agent to alter the colour of the tooth enamel, tooth 'lightening' uses micro-abrasion to polish and smooth the surface of your teeth. A smoother tooth surface reflects more light, which makes your teeth appear brighter.

But it doesn't end there. Tooth lightening works in two stages, kind of like shampooing and conditioning do for your hair. The second stage of the

tooth lightening procedure involves the application of a special mineralised gel, which effectively moisturises and conditions the tooth enamel. This strengthens the surface of your teeth, making them more resistant to acid erosion and discolouration. It also adds to the reflective effect of the polishing. Overall, the result is a more consistent, reflective and stable tooth surface – a smile that truly shines.

Tooth lightening is ideal for adolescents, pregnant women, those who've had orthodontic treatment or who have teeth with irregular surfaces. It's also a great solution if you have teeth with white spots or mottling or that are prone to acid erosion. It's quick, comfortable, long-lasting and delivers both cosmetic and health benefits.

**Material supplied by Carla Lejarraga, dental hygienist at Smile Dental. [www.smiledental.com.au](http://www.smiledental.com.au)**