

SUMMER NEWSLETTER

STAFF NEWS



IT'S A BOY!

Dr. Olivia has been expecting her fourth child, and we are thrilled to announce **James Mina Ignatiou** arrived on the 17th of November!

AND...

We are also very excited to introduce **Dr. Kim Wong**, who has recently joined our practice. Kim graduated from the University of Melbourne with Honours, and has a particular interest in paediatric dentistry. Her gentle, caring nature makes her perfect for kids. She is also a self-professed bookworm!

Tips for the Holidays

With the festive season fast approaching, your teeth will be bracing themselves for the inevitable onslaught of sugars and acids.

Here are some tips to remember over Christmas and the New Year:

- **Don't use your teeth as scissors, pliers or ice crushers!**
- **Floss your teeth every night** and brush twice a day...fight the lazies!
- **Sugar free chewing gum can help** prevent decay and protect enamel as it increases production of protective saliva.



Fighting Gum Disease

Q What is periodontitis?

A **Periodontitis** is the advanced stage of gum disease. It can cause serious damage to the teeth and gums, and the bone that supports the teeth. Periodontitis can result in the loss of many teeth in some people.

Signs of Periodontitis:

- gums that are red, swollen, tender or bleeding
- gums that have shrunk back from the teeth
- persistent bad breath
- bad taste in the mouth
- the fit of a denture has changed
- teeth that are loose, drifting apart or noticeable gaps appearing between them

REGULAR CHECK-UPS

and professional cleans can help prevent gum disease. Come and see us for more information.

REDUCED SUGAR Christmas Treats!

Chocolate Orange Macadamia Truffles

(credit to: www.iquitsugar.com)

Ingredients:

- 1/2 cup raw, unsalted macadamias
- 1/2 avocado, mashed
- 1/4 cup cacao powder
- 4 1/2 tablespoons rice malt syrup
- 1/2 cup shredded coconut
- 1/2 cup milk powder
- finely grated zest of two oranges

Method:

1. Pulse macadamias in food processor until coarsely crushed.
2. Combine macadamias, avocado, cacao powder, rice malt syrup, coconut, milk powder and zest. Refrigerate for 30mins.
3. Roll mixture into truffle sized balls.
4. Roll each ball in cacao powder, coating evenly. Back in the fridge for an hour, and then **enjoy!!**



Opening Hours:

Mon | Wed | Thurs | Fri : 8am - 6pm
Tues : 8am - 5pm
Sat : 8am - 11am

Contact Us:

(02) 9639 6900
www.northmeaddental.com.au