



### What's new at Totally Teeth

During dental health week our Oral Health Therapist Vandana and our senior Dental Assistant Janet visited the preps at Southern Cross Primary school.

We love to visit local schools to educate them on the importance of good oral hygiene. Instilling proper oral care habits in children can prevent a host of dental issues, such as cavities, gum disease, and enamel wear, which can be painful, costly, and even lead to more severe health complications later in life.

Moreover, healthy teeth and gums aid in proper speech development and ensure that children can chew food effectively, facilitating good nutrition. Beyond the physical implications, a bright and healthy smile boosts a child's self-esteem and confidence, influencing their social interactions and self-image. Additionally, ingraining these habits early on tends to result in adults who maintain consistent oral care routines, leading to a lifetime of dental health.

Ultimately, children equipped with the knowledge and practice of good oral hygiene are set on a trajectory for overall better health, wellness, and quality of life.



Bookings are available online. Visit us at



What do you call a bear with no teeth?  
A gummy bear



[HTTPS://WWW.ENDEAVOURHILLSTOTALLYTEETH.COM.AU/](https://www.endeavourhillstotallyteeth.com.au/)



**Did you know?**

The relationship between diet and dental health is significant

A balanced diet and diligent oral hygiene play pivotal roles in the preservation of dental health and the prevention of diseases. Consuming a nutrient-rich diet fortifies the teeth and gums, providing them with essential vitamins and minerals. Simultaneously, frequent intake of sugary and acidic foods can expedite tooth decay and erosion. Regular oral hygiene practices, like brushing and flossing, remove food particles and harmful bacterial plaque, thereby reducing the risk of cavities and gum disease. Together, a health-conscious diet and thorough oral care create a robust defense against dental ailments, ensuring a lifetime of strong, radiant smiles.



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**Cancellation Policy**

Your appointment is valuable to your dental health needs. If it is necessary to reschedule, we ask that you provide 48 hours notice otherwise a \$60 cancellation fee will be incurred.

**Patient Testimonials**



It is always a pleasure to come here for my dentist appointment! The staff are always caring and do an exceptional job from start to finish. Especially by keeping me well informed about the health of my gums and teaching me how to care for them. - Meena



Very professional, kind and caring. Fuss free dental care. Highly recommend+++ - Jacqueline



Amazing experience, great education for my children on how to look after their teeth now and into the future. -Mike



**Quiz Time**

1. **Which part of the tooth is visible above the gum line?**
  - a) Pulp
  - b) Crown
  - c) Root
  - d) Dentin
2. **How often should you ideally replace your toothbrush?**
  - a) Every week
  - b) Every 3-4 months
  - c) Every year
  - d) Every 2 years
3. **What is halitosis more commonly known as?**
  - a) Gum disease
  - b) Tooth erosion
  - c) Bad breath
  - d) Toothache
4. **Which is not a type of tooth?**
  - a) Molar
  - b) Incisor
  - c) Canine
  - d) Tusk
5. **What should you use to clean between your teeth?**
  - a) A toothpick
  - b) A toothbrush
  - c) Floss
  - d) Mouthwash

Answers:  
1. b) Crown  
2. b) Every 3-4 months  
3. c) Bad breath  
4. d) Tusk  
5. c) Floss