

angle ORTHODONTICS house

The Smile File

CHRISTMAS NEWSLETTER
2014

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Competition Winner:-

Congratulations to Kate who won our "Name our Newsletter" competition with her winning name "THE SMILE FILE". It was a tough competition with lots of fantastic entries. Thank you to everyone for taking part and we hope Kate enjoyed her \$100 gift voucher prize.

The Team at Angle House would like to wish all of our patients and families a very Merry Christmas and a Happy New Year.

The practice will be closed from
Monday 22nd December
and will reopen on
Monday 12th January.

Have a safe and enjoyable break!



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Thank you to everyone who supported the Smith Family's Toy and Book appeal here at Angle House. Your donations helped to make a difference for less fortunate children.

TODAY'S TIP:



Keep your retainers and aligners clean by soaking them in a glass of 50% water and 50% white vinegar for 1–2 hours.

Temporomandibular Joint Dysfunction (TMJ) :-

The temporomandibular joint is a hinge that connects your jaw to the temporal bones of your skull, which are in front of each ear. It lets you move your jaw up and down and side to side, so you can talk, chew, and yawn.

Problems with your jaw joint and the muscles in your face that control it are known as **TMJ Dysfunction**.

What are the Causes?

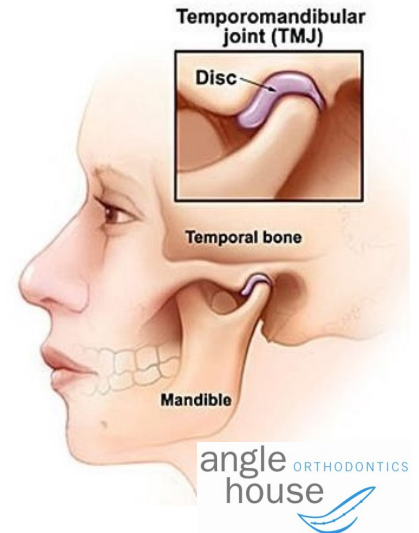
- ◆ Grinding or clenching your teeth, which puts pressure on the joint
- ◆ Injury to your jaw, the joint, or the muscles of your head and neck
- ◆ Arthritis in the joint
- ◆ Stress, which can cause you to tighten jaw muscles or clench the teeth

What Are the Symptoms?

- ◆ Pain or tenderness in your face, teeth, jaw joint area and in or around the ear when you chew, speak, or open your mouth wide
- ◆ Jaws that get "stuck" or "lock" in the open or closed-mouth position
- ◆ Clicking or popping sounds in the jaw joint when you open or close your mouth or chew
- ◆ Difficulty chewing

How Do You Relieve TMJ Symptoms?

- ◆ Use heat or cold packs and take anti-inflammatories like Ibuprofen, which can relieve muscle pain
- ◆ Eat soft foods and cut food into small pieces so you chew less. Avoid hard, crunchy and chewy foods
- ◆ Avoid extreme jaw movements and keep yawning to a minimum
- ◆ Don't rest your chin on your hand or hold the phone between your shoulder and ear
- ◆ Keep your teeth slightly apart as often as you can. This will relieve pressure on your jaw.
- ◆ Learn relaxation techniques to help loosen up your jaw.
- ◆ A splint or night guard lessens the effects of clenching or grinding.
- ◆ Have Orthodontic Treatment. Your orthodontist can correct a bite problem causing TMJ dysfunction.



Welcome: - Melissa

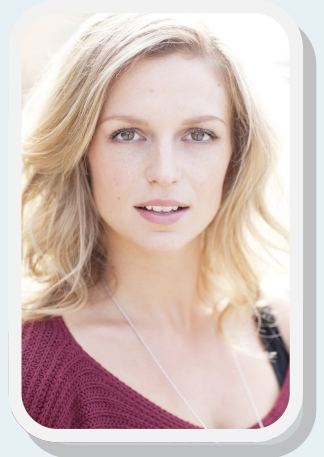
We are very happy to welcome our new Dental Therapist—Melissa Harcourt.

Melissa attained her Associate Diploma of Applied Science in Dental Therapy and has since gained a wealth of experience as a Dental Therapist working for dentists and orthodontists throughout Melbourne. Melissa has now brought her knowledge and friendly approach for all our patients to experience here at Angle House. Please join us in welcoming Melissa.

Patient Profile: - Shaye Hopkins

Shaye Hopkins is a talented entertainer who has performed on stages all over Australia while still managing to visit Angle House Orthodontics for her regular Invisalign check ups. Shaye came to Angle House as she had heard about Invisalign from some other performers she works with.

“ Invisalign sounded like a good option for me to straighten my teeth as I really couldn’t get up on stage and sing with metal in my mouth.” Shaye explained. “ Not only is Invisalign removable for performances, but I could still wear the aligners most of the time without them interfering at rehearsals.”



Shaye loved performing from an early age and began dancing with Rochelle Jones and Brooke Henderson in Sydney. Her talent was recognised when she was awarded a scholarship to train in Melbourne with Danceworld Studios, graduating with a Diploma in Performing Arts.

Shaye successfully transitioned from student to professional performer with various roles in Rock of Ages. Other music theatre credits include The Production Company’s The Boy From Oz, Flinders Street-The Musical and a dancer in the production shows aboard Royal Caribbean Cruise Lines. Shaye was a featured dancer in Tommy and the Tanks music video and a Resident Dancer in The Singing Office on Fox 8.

Most recently, Shaye performed the role of Margot in Legally Blonde the Musical and thoroughly impressed the Angle House staff with her performance. Shaye has also been seen on our television screens with performances in Neighbours, Winners and Losers and Black Jack.

This year Shaye has been performing around Australia and overseas in Grease the Musical. We are now eagerly awaiting the return of Grease to the Regent Theatre Melbourne, where we will get to see Shaye singing and dancing in this “Electifying” production.

For tickets to Grease go to <http://greaseistheword.com.au/tickets>

“The world always looks brighter from behind a smile” - Anon.

Diwali

Diwali or Divali, also known as Deepavali, means “rows of lights or lamps” and is India's biggest and most important holiday of the year. This "festival of lights" is an ancient Hindu festival celebrated in October/November every year. The festival spiritually signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.

The five-day celebration is as important to Hindus as Christmas is to Christians. Diwali originated as a harvest festival that marked the last harvest of the year before winter, where people would seek the divine blessing of Lakshmi, the goddess of wealth. Today, this practice extends to businesses everywhere and marks the day after Diwali as the first day of the new financial year in India.

Families celebrate Diwali with gatherings, glittering clay lamps, festive fireworks, strings of electric lights, bonfires, flowers, sharing of sweets, and worship to Lakshmi. People open their doors and windows and light lamps to invite Lakshmi in. They also wear outfits to help them "shimmer, shine and sparkle."



*Dr Kataria with
Dr Nupur celebrating
Diwali in October.*



For gum problems, implants and other periodontal therapy, see Dr Nupur at Melbourne Periocare, now consulting at Angle House. To book a consultation with Dr Nupur, phone 9817 1860 or visit www.melbourneperiocare.com.au

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