



# The Smile File

## WINTER NEWSLETTER 2016

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### Winter Competition

Don't forget to enter our Count the Aligner Competition for your chance to win a \$100 gift voucher next time you are at the practice.

The competition runs throughout June and July. Winner to be announced 1st August 2016.



## 3D Scanner :-



Starting orthodontic treatment is now a whole lot nicer thanks to the introduction of some state-of-the-art technology at Angle House.

In order to provide the most comfortable and convenient experience for our patients we now have a Core 3D True Definition Digital Scanner to eventually replace alginate impressions.

The digital scanner is an intra-oral scanner. This enables us to view some of the previously tricky to see corners of the mouth during our orthodontic assessment. The data and imaging we take of teeth and jaws using the digital scanner are incredibly detailed and accurate and form the basis of our treatment plans.

This fully digital process can lead to a faster turnaround so our patients can begin treatment sooner. No longer do we need to ship physical impressions; it is an immediate, secure digital transfer to the lab. The scan's accuracy also means we can create an incredibly precise treatment plan which reduces the number of visits patients need to make to us over the course of their treatment. And of course, no more mouthful of impressions! The 3D scan is currently available for Invisalign patients and eventually will be incorporated for all of our orthodontic patients.

## Winter Warmer Recipe :- Fabulous Fish Pie

### INGREDIENTS:

#### Potato Topping

5 or 6 large Coliban or Desiree potatoes  
Knob butter  
1/3 cup warm milk  
Salt & Pepper  
3 hard boiled eggs, halved lengthways  
1/2 cup grated tasty cheese

#### Fish Filling

4 -5 Fillets of firm white fish (eg Cod or Hake)  
1Tbsp Olive Oil  
1 Leek (chopped )  
1 large handful of spinach  
500ml Cream  
1/2 cup grated tasty cheese

### METHOD:

Preheat oven to 180 ° C

Boil potatoes in a large saucepan of water with a pinch of salt for approx. 20—30 min. Drain, then add butter, salt and pepper and gradually add warm milk. Mash until mixture is creamy. Set aside.

Heat oil in frypan and gently soften leek. Add spinach and cook gently for a few minutes.

Add cream and gently bring to just boiling, stirring frequently. Add cheese and stir until melted.

Cut fish into bite sized pieces and lay out in a greased pie or baking dish.

Pour over cream mixture, then spread mashed potato evenly over the top. Sprinkle grated cheese over the potato .

Bake in oven for 30 minutes until golden. Place eggs over top of pie. Return to oven for 10 minutes.

Serve with sautéed green vegetables.



## Patient Profile:- Ellora Kelly

Ellora Kelly is a young teenager who encapsulates the term “all-rounder”. She has a busy schedule of activities which she fits in around school commitments and has just added an Australian record to her list of achievements. Her list of activities includes an impressive range of sports, community involvement and umpiring.

Earlier this year Ellora and her school team won a gold medal at the state level All Schools Cross Country championships. Ellora also threw Javelin at the Girls Sport Victoria Championships. When she isn't running and throwing the javelin, Ellora plays water polo, soccer, softball, hockey, cricket and swims for her school. She loves her school work and recently had a joint science project nominated by the school for a State Science Award. Ellora also does debating and is involved in community service and Duke of Edinburgh.



On the weekends and in her school holidays, Ellora plays rep and club cricket in summer and State Metro Hockey and both Junior and Senior Club Hockey at Camberwell in winter. She is an assistant coach for an under 10 hockey team and loves helping younger people have their initial forays into sport.

Recently Ellora, along with 3 other girls, received Australian Record status for acquiring their Level 1 hockey umpire accreditation. The Accreditation requires several years of umpiring at community and beginner levels, mentoring, workshops and a range of tests to achieve such a high level.

The girls record is based on their age (they are qualified to umpire seniors games), their ability and excellence, and because they are all girls. These girls are charging ahead to break down some of the gender disparity prevalent in this field. Look out for an article in the local Leader newspaper this month about their achievements.

Although Ellora has now finished her braces treatment at Angle House, we look forward to seeing her happy, smiling face for retainer check ups and hearing about her latest endeavours.

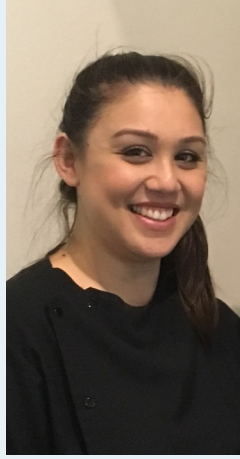
*“Smiling is infectious  
You can catch it like the flu  
Someone smiled at me today  
And I started smiling too!”  
Anon*



## Team News :-

There are a few new faces at Angle House this year. We welcome Dental Assistant Helen and trainee nurses Rowena and Sharon.

We also wish Joanne all the very best on her new adventure with baby on the way. Our new patients will get to spend a bit more time with Katrece as she steps into Joanne's role as Treatment Co ordinator for the next 12 months.



For gum problems, implants and other periodontal therapy, see Dr Nupur at Melbourne Periocare in the Angle House building. To book a consultation with Dr Nupur, phone

**9817 1860** or visit  
[www.melbourneperiocare.com.au](http://www.melbourneperiocare.com.au)



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