



The Dental Centre Newsletter

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Issue 11

The Dental Centre
51 Iodide Street, Broken Hill NSW 2880
thedentalcentre.com.au admin@thedentalcentre.com.au 08) 8087 3576

Welcome to The Dental Centre Newsletter

Welcome back to our existing patients and welcome to The Dental Centre to all our new patients! Once again, we have worked hard these past few weeks to bring you our newsletter.

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What's New?

- Dr Greg Cocks finished as our Practice Principal early August, We welcome Dr Thomas Cocks as our new Practice Principal. Learn more about Tom on page 2.
- Dental Assistant Sophie Barlow has resigned. Good luck Sophie we wish you the best on your future endeavors.
- Montana & Adelaide have visited Playtime Pre-school on two occasions to teach the children how to brush their teeth correctly.
- Montana is off to Europe for 7 weeks, we will see her back mid-October. Safe Travels.



*Adelaide ready for Playtime
Pre-school*

About Us: Dr Thomas Cocks



*Thomas Cocks
Principal Dentist*

Tom studied a bachelor of Oral Health at the University of Adelaide and was subsequently accepted into the post graduate Doctor of Dental Medicine degree at the University of Sydney. Whilst completing his post graduate training, Tom worked as an oral health therapist, specialising in the treatment of paediatric patients in two of Sydney's top practices, one on Macquarie Street in the CBD and the other in Hunter's Hill. During his studies, Tom's dedication to excellence was recognised through numerous awards, including the Pierre Fauchard Academy award for Academic Excellence and Leadership, and the Peter Kalwaski Prize for Proficiency in both Endodontics and Prosthodontics. Upon graduation, Tom also received the honour of being awarded the "Australian Dental Graduate of the Year". As a dentist, Tom's easy-going nature, patience, and dedication to his work provides his patients with a painless and often enjoyable dental experience. He has made a name for himself amongst our most nervous patients and apprehensive children with his kind and gentle approach to dental care, relieving dental anxiety for all patients. Tom looks forward to welcoming new patients and ensuring you have a painless and anxiety-free dental experience.

We have asked Tom a few questions so we can all get to know him a little better.

What is your favourite part about being a dentist?

Seeing someone smile with confidence after their treatment is the best part of my day.

Why did you choose to become a dentist?

I love the hands on and artistic aspect of dentistry and have always been interested since seeing my Dad in action from a young age.

If not dentistry, what would you have liked to have studied?

Either medicine or veterinary science. I'm interested in how the body works and I also love animals.

What can we find you doing in your spare time?

Riding my bike, playing with my dog, spending time with my friends and family.

Where is somewhere you've always wanted to go and why?

Iceland. I hear it's green and not too icy.

Cancer and the mouth

Oral Cancer:

Oral Cancer is cancer found in the mouth or the oral cavity. This includes your tongue, lips, gums, cheek lining, salivary glands, floor of your mouth and the hard palate at the roof of your mouth. The start of your throat is also considered to be part of the oral cavity.

With every check-up your dentist should routinely perform an oral cancer check, this involves; checking your skin for any lumps or abnormalities and observing inside your mouth. The dentist will also ask you to say "ahh" a few times, this is to check your muscles and get a clearer view at the back of your mouth.

If your dentist does find something abnormal you may be referred to a specialist to undergo further testing or they may perform a biopsy which involves removing a small amount of tissue to send to a pathologist where they can determine if cancer cells are present.

Oral Cancer Symptoms include (The Cancer Council, 2018):

- A lump in your neck
- Loose teeth
- Swelling or a sore on your lip that won't heal
- Difficult or painful swallowing
- Changes in speech
- Bleeding or numbness in the mouth
- White or red patches on the mouth, tongue or gums
- Unexplained weight loss

What causes Oral Cancer?

The main risks of oral cancer are from consumption of tobacco and alcohol. Other risk factors may include:

- Human Papillomavirus (HPV)
- Epstein-Barr virus (EBV)
- Family history of oral cancers
- Poor oral hygiene and gum disease
- Exposure to the sun
- Chewing the seed of the areca palm tree (sometimes called areca or betel nut).

Other Cancers and Oral Health

Any cancers and cancer treatments may affect your oral health in different ways. Before starting any treatments, it is best to consult your dentist so they can record your mouth's current condition before treatment and make sure your mouth is nice and healthy. If your oral health is poor to start with you may be more susceptible to problems during your treatment.

Health Insurance

Should I have health insurance? Health Insurance is a personal preference. Some people choose to have none, some choose to have hospital only and others choose to have extras. Its best to work out what works for you as some people would rather save and pay a lump sum for their dental treatment and others will pay into a fund to have a lower upfront cost.

What is the difference between General Dental and Major Dental in my health insurance policy? General Dental covers less invasive procedures of dentistry including check-ups, cleans, fillings and simple extractions. Whereas Major Dental covers complex procedures such as surgical extractions, implants and crown work. Each health fund is different, so it is best to check with your company on what you are covered for.

What health fund do you recommend? We are a practice that doesn't have a preferred provider. We accept most health funds on the day with our Hicaps machine, so you should choose a health fund best suited to your needs.

What Health funds are there? There are numerous health funds that provide extras cover including but not limited to:

- AHM
- Bupa
- CBHS
- Cua
- GMHBA
- HCF
- Medibank Private
- Mildura Health Fund
- NIB
- St Luke's
- Teacher's Health
- Westfund



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51 Iodide Street
Broken Hill
NSW 2880

Phone:
08) 8087 4404
08) 8087 3576

Fax:
08) 8087 4520

E-mail:
admin@thedentalcentre.com.au

Website:
www.thedentalcentre.com.au