



# The Dental Centre Newsletter

May/July 2018  
Issue 10

The Dental Centre  
51 Iodide Street, Broken Hill NSW 2880  
thedentalcentre.com.au gcocks@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.

### INSIDE THIS ISSUE

- 1 Welcome
- 1 What's New?
- 2 About Us
- 3 Dental Q&A
- 4 Paving our sidewalk part 2

## What's New?

- Hygienist Corinne is expecting a little girl mid-November. Congratulations Corinne and Nick.
- We welcome Brooke Carpenter to the team as a casual dental assistant.
- Brylee is back after doing a month work placement for her course, welcome back Brylee.
- The paving of our sidewalk is now completed. Great job Adrian Clarke and team! See photos on page 4.



---

*Congrats Corinne!*

---

## About Us: Greg Cocks



*Greg Cocks*  
*Principal Dentist*

Dr Gregory Cocks graduated at the University of Adelaide in 1980. After completing his studies, he began to work in a small practice in the Argent Street Medical Hall Chambers in 1984. In the year 2000 he made the move to the old RTA building in Iodide street where we currently are now 18 years later. Greg has learnt quite a bit over the years and keeps up to date with modern dentistry by attending conferences and seminars across the country. In 2005 Dr Cocks led a group to Bali to provide quality dental treatment to the disadvantaged at an orphanage. While there he was able to see every child, teacher and carer at the orphanage totaling to 406 patients.

We have asked Greg a few question's so we can all get to know him a little better.

What is your favourite part of being a Dentist?

I am a "People Person" and I enjoy meeting and talking with patients and team members. Dentistry is the perfect way to help people and hear their stories.

What got you into Dentistry?

An interest in health care and a desire to work with my hands seemed to be a good fit.

If you weren't a Dentist what would you want to be?

A pilot

What can we find you doing in your spare time?

In a plane, on a tennis court or walking my dog.

Where is your favourite place to visit and why?

Anywhere in the outback. I like people, but nature's solitude is enriching and good for your mind.



## Dental Q&A

### How often should I visit the dentist?

You should aim to visit the dentist every six months. These bi-annual preventative appointments are the best way to keep your gums and teeth healthy while also being able to keep an eye on your teeth to detect potential problems early on.

### How often should I brush my teeth?

Ideally you should be brushing your teeth twice a day, morning and before you go to bed. Brushing your teeth too little can lead to cavities, bad breath and more. Brushing your teeth too much can lead to your brush scrubbing away your enamel which may result in sensitivity to your teeth.

### Why is flossing important?

Flossing is just as important as brushing your teeth. Your tooth brush can't get right between your teeth meaning your leaving 2 out of 5 surfaces of your teeth untouched. Not cleaning in-between your teeth can cause a build up of plaque and calculus which leads to gum disease.

### When should my child have their first check up?

We recommend bringing your child in at least by the time they turn two. By this age they should have most if not all of their baby teeth. Visiting us at a young age also makes them more comfortable coming to the dentist in the later years.

### What are Fissure Sealants?

Fissure Sealants are generally placed in the cracks and grooves of your molar teeth to make it easier for you to keep clean. The bristles on your tooth brush can't always get right in to clean these grooves making it an area prone to decay.

### How can I replace a missing tooth?

There are a number of ways you can replace a missing tooth, these include; Implants, partial dentures and bridges.

An implant is a screw that drills into the jaw bone acting as a root that can support a crown on the end of it. Implant crowns can be removed by a dentist if you ever decide to change the shape or colour.

A partial denture can replace one or multiple missing teeth. These dentures are a removable option if you were after something you can take out.

Bridges generally replace one or occasionally two consecutive missing teeth. The bridge is bonded to the teeth either side of where your missing tooth is making it a non-removable piece.

**Have a question of your own? Ask our friendly staff.**



# Paving Our Sidewalk part 2

The paving of our sidewalk that commenced late march by local paver Adrian Clarke and his team is now completed. Adrian has done a great job!

Here are some before, during and after shots:



*Before*



*After*



*During*



### The Dental Centre

51 Iodide Street  
Broken Hill  
NSW 2880

Phone:  
08) 8087 4404  
08) 8087 3576

Fax:  
08) 8087 4520

E-mail:  
[gcocks@thedentalcentre.com.au](mailto:gcocks@thedentalcentre.com.au)

Website:  
[www.thedentalcentre.com.au](http://www.thedentalcentre.com.au)

