



Mad March is upon us again! We hope you are taking advantage of all the festivities Adelaide has to offer at this time of year, as many of our team have been. We will also be hosting our own mini-event with Bike SA, which you can read more about below. Also in this edition we introduce you to our newest Oral Health Therapist Catherine and say farewell to Dr Eleanore. We share the exciting developments of our Green committee and announce your chance to win a FitBit.

Dentistry on Unley is now on Instagram... the fastest growing social media platform in Australia. We would love for you to join us on Instagram or Facebook for the latest insights, offers and news from your dental home.

### **Be Safe Be Seen - Bike SA presentation**

We are holding a presentation for all our cycling enthusiast patients on Wednesday April 22nd at 5pm. The presentation also coincides with a new bike rack having recently been installed in our carpark. The 'Be Safe Be Seen' presentation reveals the findings of new SA cycling casualty research; providing local, detailed information on where and how crashes most commonly occur and how best to avoid them.

Every attendee receives a safety gift pack containing: a saddle bag, backpack cover, slap bands and a free 3 month membership to Bike SA. Highly relevant to all levels of experience, including the most experienced cyclists and motorists, the presentation contains surprising and essential information for anyone using our roads. We will also be providing a sausage sizzle after the presentation. Register your interest by calling us on 8272 9087.

### **Introducing Catherine Newsham**

We are excited to announce Catherine Newsham as the latest addition to the DOU team. Catherine comes to us with years of experience working alongside reputable practitioners in private practice in Brisbane, Adelaide & London and has already fit into our team beautifully.

Catherine's passion is creating positive dental behaviours from a young age while promoting and maintaining a healthy, beautiful smile for life. Catherine likes to invest the time in her patients to ensure their dental visit is a pleasant experience. To arrange your hygiene appointment or your child's examination with Catherine, please call us on 8272 9087.

### **Children's Day dates for 2015**

Appointments for our Children's Days are filling fast, so get in now to avoid disappointment. All 2015 Children's Days are being held during school holidays.

- Friday 24th April
- Friday 17th July
- Friday 9th October

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## Take a dental selfie and WIN!

To celebrate Dentistry on Unley's arrival on Instagram we are giving you the chance to win a Fitbit activity tracker. All you need to do is take a selfie of yourself in the dental chair at your next visit, post it to Instagram or Facebook and tag Dentistry on Unley. For those who are not on social media, send us your dental selfie and we will print it out for our photo wall. The winner will be drawn at random on Friday 29th May 2015. We're looking forward to seeing some creative and quirky in-chair selfies!



### DOU goes green!

In 2014 a Green committee was formed to investigate ways to make our practice more environmentally friendly. Dental practices tend to use high amounts of disposable materials to meet infection control standards and they need quite a bit of electrical equipment for procedures, not to mention the energy required to inhabit a large building 6 days per week. Some of the initiatives our Green committee have implemented include; changing our plastic disposable cups to a paper bio-degradable variety, implementing better recycling processes, installing a bicycle rack in our carpark, improving energy efficiencies and minimising paper usage.

We have also upgraded our solar panelling on our roof from 5kw to 15kw.

We are always looking out for innovations to improve our ecological sustainability and reduce our environmental impact. If you have any suggestions we would love to hear from you.



### Farewell to Dr Eleanore

Congratulations to Dr Eleanore Owen who left Dentistry on Unley late last year to commit to being a fulltime Mother. Dr Eleanore now has two beautiful children and is enjoying the time she now gets to spend with them and her family.

Dr Eleanore would like to thank all of her patients for their loyal support. She recommends for her patients to continue looking after their dental health with one of the experienced practitioners at Dentistry on Unley, as she doesn't have any plans to return to clinical practice herself, at this stage. We would like to thank Dr Eleanore for her committed care to our patients over the years... she has built a loyal following of raving fans! If you are a present or previous patient of Dr Eleanore's please call us on 08 8272 9087 to arrange a time for your next appointment.

### Oral Health tips from our Hygiene team

We asked our Hygiene team for their top tip for more effective flossing...here are their responses.

#### Sue Leathem - Hygienist

"When flossing always make sure you wrap the floss around each tooth and gently take the floss under the gums a couple of millimetres to get the true benefit. Too many people just jiggle the floss up and down and leave a lot of plaque behind."

#### Stella Harrold - Oral Health Therapist

"Placing floss or interdental brushes somewhere you can see them helps remind you to incorporate cleaning in-between your teeth as part of your oral care routine."

#### Catherine Newsham - Oral Health Therapist

"Don't have time to floss? Take a piece into the shower with you!"