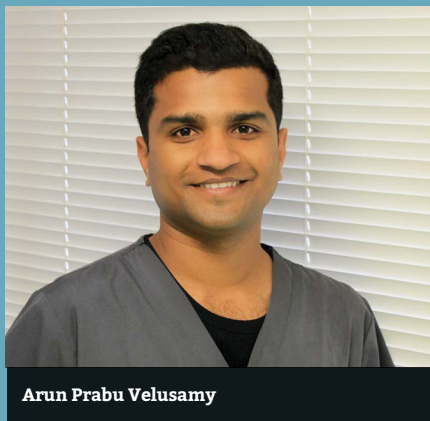


DENTISTRY ON PARKSIDE NEWS BITES

Experience empathy with expertise

Welcome to our Dentistry on Parkside November 2019 newsletter

Arun and Alar are looking forward to welcoming their new baby to their family in early December.



Arun Prabu Velusamy

With the arrival of their new baby Arun will be taking some time off in December. During this time Payman Hamandi will be with us as a locum for Arun's patients.

We wish Arun and his family all the best for their new arrival.

At the completion of Michael's study at the St Johns Theological College in Auckland, Michael and Mary Jo Holdaway will be returning full time to Ashburton. Michael is looking



Michael Holdaway

forward to returning and will be available to see patients three days a week on his return to Dentistry on Parkside in late November.

We welcome Payman Hamadani back to the practice as a locum in November and December.

Where has the year gone! I remember working as a Locum at Dentistry on Parkside towards the end of 2018 and here we are again with another year almost coming to an end. I have now completed my second year of Clinical Doctorate studies at Otago University in the discipline of Endodontics. It has been a great year and we welcomed the

arrival of our son, Rayan, in February which also coincided with the start of my academic year. I can safely say that I have now mastered the art of changing diapers and bath time routines and not to mention learnt a thing or two at University. Parenthood has been amazing, and we are so lucky to have Rayan in our lives. I now look forward to working as a Locum for a brief period over November and December and I always enjoy returning to Ashburton. I have missed my colleagues and

patients and it will be good to see you all again.



Payman Hamadani

Keep Ashburton smiling - Joanne Lee- Oral Health Therapist



As an oral health therapist focusing on early prevention and treatment of oral diseases, my work occasionally takes me beyond the dental practice. Being a board member for HYPE Youth Health Centre has given me the exciting opportunity of promoting

good oral health among young people in Mid Canterbury. From July to August 2019, I teamed up with Sheree Kershaw, the lovely coordinator from HYPE, to deliver a series of classes at Ashburton College for all Year 9 students. The aim of our project was to educate students on oral health issues and encourage them to enrol with a dentist.

While children at primary and intermediate schools receive free dental care from Community Dental Services, teenagers entering Year 9 have to first enrol with their family dentist. Unfortunately, Ministry of Health data reported only half of the students at Ashburton College have signed up with a dental practice, and from that number, only half are actually utilising the service. In fact, it seems like many teenagers are not aware of this free health care service at all!

Therefore, our classes discussed why oral health is important, signs and symptoms of tooth decay and gum disease, how to identify and prevent bad breath, and the effects of sugar, drugs and alcohol on teeth. All students had a go at brushing and flossing on tooth models, and a few brave ones from each class volunteered to have their

teeth painted with plaque-disclosing gel, which showed plaque-filled areas on their teeth that were missed when brushing or flossing. The highlight was definitely the way everyone's faces lit up at the sight of free Colgate products sponsored by HYPE.



Despite being an integral part of health, having a healthy mouth is something that can be easily side-lined. If left unchecked in a young person, dental issues can cause irreversible damage, their appearance, self-confidence, and their ability to speak, chew and digest food will all be negatively affected. Adolescents who are having orthodontic treatment still need to have regular dental check ups. Dental care can also take a big financial toll on a young adult fresh out of school.



I believe our little outreach programme has benefited many young people at Ashburton College, as we noticed a sharp increase in enrolments among Year 9 students at Dentistry on Parkside during and after the project. It is rewarding to know many have come away from this with lifelong skills that they can carry into adulthood, and that young people feel empowered in investing in a healthy smile.

Finance Options at Dentistry on Parkside

At Dentistry on Parkside we have tried to make available a variety of payment options. If you would require to pay off your dentistry in instalments, dental payment plans are available for eligible customers subject to lending criteria. Please feel free to speak to us to discuss whether you are eligible and to find out what plan we can offer you.

We have interest free payment options available with Part Pay or Q MasterCard®

We also accept Ruralco, Farmers Finance Cards and all credit cards.

If you would like to discuss our payment/finance options please visit our website for further information, or contact either Catherine (Finance Manager) or Bernie (Practice Co-ordinator), contact details below.

catherine@parksidenz.co.nz bernie@parksidenz.co.nz

Or phone on (03) 308-7472 Website www.dentistryonparkside.co.nz

Phone: 03 308 7472

Visit: 80 Park Street, Ashburton

Book: dentistryonparkside.co.nz

Facebook: [fb.com/DOPAshburton](https://www.facebook.com/DOPAshburton)

Hours:

Mon, Tues, Thurs 8am to 7pm

Wed and Friday 8am to 5pm

Sat 8:30am to 1:30pm

