

**Newsletter nr. 3
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November – Dental Health Month

A beautiful smile lies in healthy teeth. For this they require appropriate care and furthermore to know what the right oral hygiene is, which oral hygiene means to use and what the right methods for cleaning the teeth are. With the initiative of Kliinik 32 November has been declared Dental Health Month in order to draw attention to the importance of healthy teeth and appropriate oral hygiene.

Within this we will organise various events. **In cooperation with the Department of Stomatology of the Faculty of Medicine of the University of Tartu** we will carry out a study in order to find out what practices Estonians use in caring for their teeth. The study will be carried out in October and November all over Estonia; the centre of the study in Tallinn is the Solaris Centre. If you are determined to contribute to the study with your answers, please contact us for a questionnaire. In order to raise awareness we will install a **tooth installation** in Estonia puistee in Tallinn near the Solaris Centre, where everyone can pretend to be a bacterium themselves and also see how oral hygiene influences dental health.

Within Dental Health Month all people in Estonia have an opportunity to get a compliment to their beautiful and healthy smile and to choose the smiles that have the most beautiful teeth. **In cooperation with Delfi** we will organise a **photography competition for finding the most beautiful and healthiest smiles in Estonia**. In order to participate, simply take a photo of your own smile, the one of your friend or a family member or even a stranger with nice teeth. The jury that will choose the most beautiful smiles includes head doctor of Kliinik 32 Dr. Lauri Vahtra, singer Birgit Õigemeel and photographers of Delfi. The winners will be given Tooth Spa packages at the clinic. For further information and exact conditions click here: <http://pilt.delfi.ee/>. Don't hesitate to participate!

In November **our hygienists** will visit **companies, institutions and schools**, where they will talk about appropriate oral hygiene in more detail and share information about this seemingly very simple and self-evident topic that even now many patients are lacking. If you would like to invite a hygienist to come to your workplace or school, please send us your details and request to info@kliinik32.ee.

On www.kliinik32.ee/abc we will open a specialised webpage on oral hygiene which involves humorous descriptions about correct methods and means for this.

New generation tooth-friendly Lumineers have reached Estonia

Starting from this September Kliinik 32 offers an opportunity to have new generation porcelain veneers of the US cosmetic dentistry – Lumineers – placed on teeth that need adjustment. Unlike the laminates used in Estonia so far, new Lumineers enable a straight and beautiful row of teeth lasting for decades without grinding down and harming the patient's teeth.

According to Dr. Martin Martma from Kliinik 32, the advantage of the Lumineers lies in the fact that while placing the laminates the structure of the tooth has to be ground down leaving only a small part of it; however, while placing the Lumineers, the patient's teeth remain intact. "Unlike laminates, which are Lumineers predecessors and widely used in Estonia today, Lumineers are extremely thin (up to 0.3 mm) and therefore grinding down the tooth's structure is not required. Hence, placing the Lumineers is a safe procedure and more importantly for many patients – it is painless. And if placing

the laminates is an irreversible decision made for life, then Lumineers can be removed if the patient wishes so," Dr. Martma explained.

Lumineers are extremely thin veneers made of special patented Cerinate porcelain that are placed on the patient's teeth. As a result the patient has a perfectly aligned, pearl-white row of teeth. Lumineers are suitable for patients who want to adjust askew teeth, have big gaps between teeth, whose teeth have inappropriate shapes or are chipped; Lumineers also help to improve the teeth's colour. In simpler cases, Lumineers can also be used for adjusting tooth location instead of braces.

"Sometimes, in some more complicated cases, if teeth are a bit crooked or overlapping they need to be contoured or the smile line of the gum reshaped. Contouring takes place only within the enamel; hence, it is perfectly safe and painless for the patient," Dr. Martma added.

It takes only two visits to a dentist to have Lumineers placed. During the first visit, the dentist will take an exact impression of the teeth and the patient has a chance to choose the future shape and length for their teeth with the dentist by means of a special computer programme. During the second visit, the Lumineers will be placed. They will be ordered from the US and it takes 3-4 weeks to get them ready.

Lumineers will be placed by Dr. Martma, who is specialised in cosmetic and prosthetic dentistry.

Dr. Kadastik and Dr. Aluoja participated in training on a root canal treatment microscope by a European specialist

Dr. Triin Kadastik and Dr. Laura Aluoja, root treatment specialists from Kliinik 32, participated in September in training on a root canal treatment microscope by a leading root treatment specialist, Dr. Christian Friedrichs, in Germany. Kliinik 32 also acquired an additional microscope.

Dr. Friedrichs, specialised in root treatment, first got acquainted with the doctors of Kliinik 32 in last year's conference, *Future Trends in Root Treatment*, organised by Kliinik 32 within a series of conferences where he also gave a presentation. Now, in a two-day training event Dr. Kadastik and Dr. Aluoja had a chance to follow Dr. Friedrich's work closely, assist him and learn the working methods of a prominent root canal treatment specialist. The doctors got new tips on work before beginning root canals, choosing instruments in different stages of root treatment and improving work efficiency while working with an assistant. The doctors got new ideas during the training on how to make the root treatment for the patient more comprehensive and how to show and explain to the patient what the doctor sees with a microscope. They considered these ideas to be important as well.

Similarly with Kliinik 32, Dr. Friedrichs foresees for a visit of one patient lasting 1.5-2 hours. The reason for this is that treatment with a microscope takes longer because this way the doctor sees significantly more: what places need thorough cleaning, where cracks and splits are, etc. Clearly, without a microscope high-quality root treatment today is very hard to achieve.

Dr. Friedrichs visited Kliinik 32 last year. He said that he had shared the positive impressions he got from there with his colleagues as well. According to him, the treatment equipment and hygiene and root treatment standards of Kliinik 32 are of the highest level and he believes that Germans have something to learn from Estonia. Dr. Friedrichs said that there are many clinics in Germany where root treatment, for example, is carried out without a cofferdam (a tooth protecting barrier of rubber).

The next training on using a microscope takes place in mid-November, also in Germany, and hopefully the doctors of Kliinik 32 will have a chance to attend that, too. In the meanwhile, Dr. Friedrichs encouraged the doctors to join the association of German root canal treatment specialists in order to get updates on the recent developments in root canal treatment.

Kliinik 32 was represented in the SEB Tallinna Sügisjooks and Amsterdam Marathon

The doctors and team of clinics take care of their physical shape. The cycling tour undertaken in summer was followed by the SEB Tallinna Sügisjooks in September; 29 out of a total of 32 employees participated in it.

Kliinik 32 was also represented in the 34th Amsterdam Marathon held on 18 October in the Netherlands. One of the 26,000 participants on the start line was our doctor, Reet Pallase. Weather conditions favoured the runners, who surpassed themselves and by encouragement of spectators she performed in her first marathon very well by finishing at 4:36:17.

Kliinik 32 now on Facebook and Twitter

We have been always trying to communicate actively and to be accessible online – Kliinik 32 uses Skype and we definitely write a lot of e-mails. Kliinik 32 accounts are now open on Facebook and Twitter as well.

Readers can get information about the developments and news of Kliinik 32 and our team and watch pictures and videos about important events. We will also break news about future trends in dental treatment.

On Facebook you will find our account by typing 'Kliinik 32' into the search box. Our address on Twitter is www.twitter.com/kliinik32.

We are looking forward to your active participation, and your feedback too.

NB! Within Dental Health Month new users joining us in November on Facebook and Twitter may win a perfect dental care kit each week that contains everything necessary for proper oral hygiene: an electric toothbrush, dental floss, a tongue scraper, toothpicks, mouthwash and sugar-free chewing gum with Xylitol.
