

Welcome to our new Physiotherapist

We welcome Emmy-Rose Curtis, our locum Physiotherapist who commenced in June and will be here until December. Emmy-Rose completed her Master of Physiotherapy on the Gold Coast, whilst training as an Ironwoman and winning several Australian titles. Emmy-Rose has a passion for the ocean, having grown up on an Island on the Great Barrier Reef and is currently sailing around Australia working as a Locum. She has broad physiotherapy experience, having worked across all areas of Physio over ten years.

For more information on the Physiotherapy role check out the NIHRACS website: www.norfolkislandhealth.gov.nf and click on Services.

Dental Clinic Update

Dr Nitin Gupte, Dentist, will be on leave from now, returning in late January 2023. We welcome Dr Sue Fletcher into the leave relief position.

COVID-19 Update from NIHRACS

As at 7am Wednesday, 27 July 2022 NIHRACS moved to Tier 2 of the NIHRACS COVID-19 Response Plan. This reduction in response level is driven by reduced community transmission and will be reviewed as required.

All patients and visitors entering NIHRACS facilities will still be required to show a negative Rapid Antigen Test (RAT), have a symptom check as well as wearing a surgical mask or equivalent whilst in a NIHRACS building.

To book appointments please phone our reception on 24134.

Norfolk Island Patients' Travel Accommodation and Assistance Service (NIPTAAS) Reminder

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to collect a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website. www.norfolkislandhealth.gov.nf

Please be reminded that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.

Love your teeth!



This Dental Health Week (1-7 August | dentalhealthweek.com.au), Aussies are being asked to love their teeth! Dental Health Week is an annual event run by the Australian Dental Association which aims to make everyone aware of the key things they need to do to keep their teeth and gums healthy.

You might think it doesn't really matter if you miss a bit of flossing, skimp on the thoroughness of your brushing, or tell your dentist "thanks, but no thanks, I'll see you in 2024". But of course, like anything that's necessary and good for you, it does matter and it's definitely worth adding to your list of daily To Do's.

Now, before you groan and think to yourself that there's no way you can cram anything else onto a list as long as a Senate ballot paper, it's actually pretty simple and easy to make dental hygiene a key part of your day.

Brushing

The reality is that a quick, occasional dash along your teeth with a hope and a prayer is not going to cut it. As your dentist will tell you, it is best to brush for at least two minutes two times per day.

Brushing once in the morning and once again at night, just before going to bed, and be sure to use a toothbrush with soft bristles. Following the same brushing routine every time you clean your teeth can help you to make sure that you reach all surfaces of your teeth. If you have trouble using a manual toothbrush, you may wish to try a powered toothbrush. Your dentist is available to provide advice just for you.

Clean between your teeth

Cleaning between teeth is recommended for both adults and children every day. There are a few different options that can be used to do this, such as floss, interdental brushes and water flossers.

Some people may need to use more than one option. Cleaning between the teeth removes the bacteria and bits of food that collect during the day. Cleaning between teeth can be tricky when starting out. Your dentist can provide hands-on advice to help you.

Say "Hello!" To your dentist

If you can have a regular dentist, it is a good idea. Seeing the same dentist at every appointment means that they get to know you, and this can improve their ability to provide you with care. It is best to see your dentist regularly. This means something different for everyone and your dentist is the best person to let you know how often to return. For example, a person

whose dentist finds a new area of tooth decay at every visit may be recommended to attend more often than a person who has reached middle age and has never experienced tooth decay.

Eat and drink well

The foods and drinks we have every day can impact the health of our teeth. In particular, foods and drinks high in sugar can increase the risk of tooth decay developing. The World Health Organization recommends adults only have 6 or less teaspoons (24 grams) of sugar per day to decrease their risk of tooth decay. This includes sugar found in both foods and drinks. Water and milk are the best drinks for healthy teeth. It is important to not snack on sweet treats throughout the day. Eating sugary foods too often can be worse for teeth than eating a lot of sugar just once.

In 2021, the Australian Dental Association created Teeth.org.au. This is a one-stop-shop website that provides Aussies with up-to-date and easy to read oral health information.

Check out the site at www.teeth.org.au