

A modern approach to dentistry

Wouldn't it be wonderful if you knew exactly how much you were paying for each treatment? The fixed price of the initial comprehensive assessment and clean make the experience positive for patients as there is no ambiguity with costs at My Dental Team.



Your friendly and professional My Dental Team with state-of-the-art equipment.

This dental practice with five dentists and eight staff members continues to grow and is committed to providing the best possible dental care for all ages, treating each patient's needs and desires individually.

The team thrives on building lasting relationships while inspiring their patients to maintain a lifetime of dental health.

Good treatment commences with proper assessment and oral diagnosis using clinical examination skills, digital radiographs, clinical photographs and other tests.

You will be made to feel comfortable as they provide dental care in a relaxed and caring environment.

"We have had over 700 patients in under five months while a visiting specialist prosthodontist Dr Ken Hooi does dental implants," Dr Ramesh Sivabalan of My Dental Team said.

All staff are highly qualified Australian-trained dental professionals dedicated to meeting

the needs of your entire family's dental care. With continued education, they provide their patients with the latest techniques dentistry has to offer. The waiting rooms are also modern with café-style seats and there is a bright and cheerful children's play area.

Free oral hygiene seminars are also available for those who want to know how to properly care for their teeth and gums.

Besides dental examinations and general dentistry, My Dental Team also provides:

- Cosmetic dental services
- Teeth whitening
- Crown and bridge
- Cosmetic veneers
- Bonding and tooth coloured fillings
- Root canals

- Children's dentistry
- Orthodontic consultation
- Dentures

"We are one of the Australian Small Business Awards finalists for best new business in 2012," Dr Sivabalan said. "We are involved in the community and the events we have been involved in include the Clean Up Lake Illawarra Day and Australia Day Breakfast."

HICAPS makes fast claims on the spot possible. Open Monday to Friday from 8am to 6pm, My Dental Team is located at Unit 12b/c, 75 Cygnet Avenue in Shellharbour. Phone for an appointment or more information on (02) 4296 1112 or see www.mydentalteam.com.au.

Teeth whitening: How to best brighten your smile

A bright smile can easily be achieved by anyone. It begins with watching what you eat and drink, brushing your teeth at least twice a day, having regular checkups with your dentist, ensuring the repair of any damaged teeth or gums, then personally maintaining a good oral hygiene habit.



Actual in-house result of a current patient at CBD Dental.

Teeth whitening is more than just white teeth. It is very important that your teeth and gums are healthy before you even consider using any product to whiten your teeth. Otherwise, you may cause yourself much unnecessary discomfort and pain, or you could be adversely affecting your oral health.

The misconception of teeth whitening is that with one application your teeth will be white. This is unfortunately not always the case. Everyone's teeth are naturally different in colour and can only improve and be measured in shades.

Many products on the market claim to make teeth white but actually mean to say shades lighter.

The enamel of your teeth is

constantly being stained from common foods and drinks that you consume, so once your have lightened your teeth, you will need further treatment if you wish to maintain the new lighter, brighter smile.

For the ultimate result, your teeth need to be professionally cleaned first, even for a once-off occasion, such as your wedding or special birthday celebration.

At CBD Dental they consider it to be their duty as dental professionals to provide you with the best possible result, while ensuring that your future dental health is not compromised.

That is why at CBD Dental they are continuing to offer their Hygiene Package at 50 per cent for all new patients and also offer all patients an individualised teeth brighten system treatment plan - there is more than one way to lighten and brighten your smile.

Call CBD Dental today, and together they can create your new 'Brighter & Lighter Smile'.

Phone CBD Dental on 4225 0505 at 6 Kenny Street in Wollongong or phone 4228 9126 at 27 Bridge Street in Coniston.



Southern Ophthalmology

Southern Ophthalmology started providing eye care to the Wollongong region 5 years ago. We have been steadily expanding our range of services over the years. We pride ourselves in providing specialist eye care of the highest standards using the latest diagnostic and therapeutic techniques and imaging technologies to achieve the best outcomes.



Dr Alan Flax:

- Age-related Macular Degeneration (AMD)
- Refractive cataract surgery
- Glaucoma
- Diabetic eye disease



Dr Evan Soicher:

- Age-related Macular Degeneration (AMD)
- Refractive cataract surgery
- Glaucoma
- Diabetic eye disease



Dr Robert Chong:

- Retina and Macula Diseases
 - Age-related Macular Degeneration (AMD)
 - Diabetic eye disease
 - Retinal vein occlusion



Dr Harry Leung:

- Paediatric Ophthalmology
- Adult strabismus surgery
- Adult Cataract surgery
- Adult Glaucoma

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