

ASK THE PROFESSIONAL



Q My front tooth is discoloured and I'm embarrassed to smile. Can I get it to look normal again?

A A single discoloured tooth is often caused by pulpal necrosis which means that you need root canal treatment. The problem is, that even after such treatment the tooth remains discoloured and gets worse with time. Where the tooth is otherwise totally sound it may be suitable for internal bleaching. In addition, composite or porcelain veneered facings may be considered to make the tooth look normal. However in most cases the tooth itself is somewhat compromised and a porcelain crown is the most effective solution. A crown is better able to mask the discolouration and also protects the tooth from further damage. In more complex cases where the gums have receded showing the darkened root of the tooth, minor orthodontic extrusion and a dental implant may be required. Whatever the treatment, single discoloured teeth should be managed by a highly skilled dental team. Being embarrassed to smile may be an obstacle to your personal, professional and social success. So pick up the phone and get it fixed, ...your smile is essential.
Dr Alex Fibishenko
Centre for Aesthetic & Implant Dentistry
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Your smile is essential!

It's an established fact that the muscles used to smile release substances into your body that make you feel better. "At the Centre for Aesthetic & Implant Dentistry, it's all about making you smile", says Lisa, the practice manager.

Formerly known as the East Burwood Dental Group, the centre is today an integrated clinic for all aspects of general and family dental care with an emphasis on aesthetics.

"Utilising the latest in dental technology, our goal is to provide each patient with a dental experience that meets their highest expectations", says Dr Fibishenko, the practice principal. "We offer Brite Smile technology for teeth whitening, and sleep dentistry for anxious patients and young children. Also available is 'Invisalign' no-braces teeth straightening, which allows patients to straighten their teeth with transparent plastic aligners".

Having received training from some of the world experts in the field Dr Fibishenko is an Australian leader in advanced rehabilitation with dental implants. The latest developments in dental implants offer an attractive solution for people dealing with the discomfort of dentures or deteriorating teeth. Implant-supported replacement teeth are permanent, better looking and unlike previous implant options, take only a few days to complete.

"There are a lot of denture wearers out there, particularly from the baby boomer era as there was a very high extraction rate in the 1950's, 60's and 70s," says Dr Alex Fibishenko "but with today's technology we are gradually changing the look of Melbourne, ...one smile at a time".

"Dentures can be loose and incredibly uncomfortable, making it difficult to eat, taste food, talk or feel confident in social settings." Some people have been put off getting implants due to the length of time it took to perform. "Traditionally implant treatment involved many stages over an extended period of up to 2 years. Today, modern implant design and state-of-the-art surgical techniques allow most patients to have fixed teeth fitted at or within a few days from the surgery" says Dr Fibishenko.

"Our latest and popular publication entitled 'What Makes You Smile' available from our clinic to non-patients for \$5 may help individuals understand a fixed alternative to dentures", says Lisa.

Also practicing at the centre are Dr Miller and Dr Bormann, both of whom have extensive experience in cosmetic and family dentistry. Dr Miller is also an accredited member of Australian Sleep Association and works with a respiratory physician offering treatment for snoring and sleep apnea.

Interest free finance is available for all procedure to approved applicants.

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Q When considering a franchise, what checks and research should I do before signing an agreement?

A Get professional advice before signing. Verify as much information supplied by the Franchisor as possible. Do your homework and ask questions. Read all documents you are requested to sign. Insist any verbal representation or statement made by a franchisor or its representative be put in writing, especially matters relating to size of franchise, earning capacity and minimum takings of the franchise, and any rental or free licence periods. Get proper financial advice on the amount you require to purchase the franchise and working capital required to run the business.
By George Josephides
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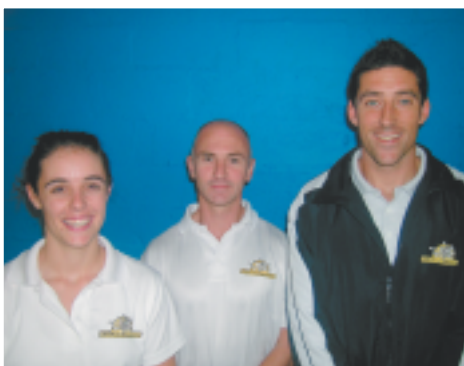
Q As a retiree can I claim a tax deduction on super contributions?

A If you are under age 65 and derive your total income from a superannuation pension and/or a personal investment portfolio you may be eligible to claim a 100% tax deduction by making personal ('concessional') contributions into superannuation up to a maximum cap of \$100,000. It is important to note that concessional contributions are taxed at 15%. This can be a useful strategy if you have an assessable capital gain that added with other assessable income would increase your marginal tax rate to 30% or more. A concessional contribution up to \$100,000 could considerably reduce your personal taxation liability.
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Q I feel good, does that mean I'm healthy?

A According to Dorland's Medical Dictionary health is a condition of optimal physical, social and mental well-being and not merely the absence of disease or infirmity. So assuming that you are healthy just because you have no symptoms is not only inaccurate, it's dangerous! Many serious, even life threatening illnesses may be present without any symptoms at all. You must understand your nervous system is the vehicle through which your expression of health is controlled and co-ordinated. It has been shown time and time again that people under chiropractic care have a greater ability to reach optimal states of wellbeing by allowing their nervous system to function at 100%!
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Q How hard should I train?

A The level is determined by your goals, age and current fitness. One method is to set a target heart rate which can be determined by a Personal Trainer. Another way is to self assess your comfort level on a scale of 1 to 10. 1 being completely stationary and 10 meaning you are completely exhausted. Your minimum target should be a 6. Then the most important process is to progressively increase your speeds, levels, time and/or weights:- the best way to do this is with a personal trainer.
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