



Autumn 2025

Issue 02

WELCOME TO TOOTH WORKS!

We are thrilled to bring you the second edition of the Tooth Works newsletter! As the seasons change, we are here to keep you updated with the latest Tooth Works' news, exciting updates and helpful oral health tips to keep your smile shining.

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TOOTH WORKS UPDATE

We have had an exciting few months at Tooth Works with new faces, innovative technology and some big changes to enhance your experience at our clinic.

Welcome to Our New Dentists!

As mentioned in the last newsletter, we are thrilled to introduce Yahya Al-Shokri and Lauren Southorn who have recently joined the Tooth Works team.

Yahya comes to us after two years as a dental health surgeon at Southland Hospital. He brings a gentle and empathetic approach to patient care ensuring our patients feel comfortable and well cared for.

Lauren has spent the past year practising in Gore. With a background in nursing, she brings a broad skill set to the team and has already settled in amazingly well.

Farewells (For Now)

Unfortunately, Paul Richter's locum position has come to an end, but we are hopeful he will return in the near future.

Exciting Tech Updates

We have been busy introducing some cutting-edge technology to enhance your dental experience:

AI-Powered Second Opinions on X-Rays – We are trialling an AI tool that provides an extra layer of analysis on x-rays. While this technology is still developing, it is a fascinating addition to our diagnosis process.

Intraoral Cameras in All Surgeries – These cameras allow us to take high quality images inside your mouth, helping us incorporate more clinical photos into your assessment and discussions.

Introducing the Patient Portal – To streamline your visit, we have launched an online portal! When you receive your 7 day appointment reminder, you will get a link to complete your patient details, medical history, dental survey and terms and conditions before you arrive. This will help prevent bottlenecks at reception and speed up the check-in process. If you need help, our team will be happy to guide you through it when you arrive.

Online Booking (Coming Soon!) – In the near future, we plan to introduce online booking for your annual exams. When your 12 month reminder comes through, you will be able to book your check-up with just a click!

Clinic Upgrades in Progress

We are making some exciting improvements to our clinic, including updates to the sterilisation area and a clinical room/surgery. We appreciate your patience with any disruptions while we work to make your experience even better.

SPOTLIGHT ON BAD BREATH

Bad breath – also known as halitosis – is something most of us experience from time to time. Whether it is from that extra garlicky lunch or waking up with morning breath, it's usually nothing to worry about. But if bad breath sticks around no matter what you do, it could be a sign of an underlying issue.

What Causes Bad Breath

Poor Oral Hygiene – The most common cause! When food particles and bacteria aren't properly cleaned away, they produce foul-smelling sulphur compounds. Without regular brushing and flossing, plaque builds up, leading to bad breath and potentially bigger dental problems.

Your Diet – Strong smelling foods like garlic, onions, coffee and alcohol can leave lingering odours in your mouth. These smells don't just sit on your tongue – they can even enter your bloodstream and be released through your breath hours later!

Gum Disease and Tooth Decay – Cavities, gum infections and deep pockets around your teeth provide perfect hiding spots for odour-causing bacteria. If you have persistent bad breath along with red, swollen or bleeding gums, it's time to see your dentist.

Dry Mouth (Xerostomia) – Saliva plays a key role in washing away bacteria. If your mouth is too dry whether due to medications, dehydration or mouth breathing – bacteria and food particles aren't flushed away as easily leading to bad breath.

A Coated Tongue – The surface of your tongue can trap bacteria, food debris and dead cells, which contribute to bad breath.

Sinus Issues and Postnatal Drip – When mucus from your sinuses drains into the back of your throat, it can create a foul odour. Chronic sinus infections, allergies and even acid reflux can all play a role in bad breath.

How to Keep Your Breath Fresh

Brush and Floss Every Day – Good oral hygiene is the first step in preventing bad breath. Make sure you're brushing twice daily and flossing to remove hidden food particles.

Clean Your Tongue - Use a tongue scraper/your toothbrush to remove bacteria and build up from your tongue's surface. This is one of the most effective ways to combat bad breath.

Drink More Water – Staying hydrated helps prevent dry mouth and washes away food debris and bacteria throughout the day.

Chew Sugar-Free Gum or Mints – This stimulates saliva production, which helps neutralise odours and cleanse your mouth.

Limit Strong Smelling Foods – If you know certain foods trigger bad breath, try to rinse your mouth or chew gum afterward to reduce the odour.

Schedule a Dental Check Up – If your bad breath persists despite good oral hygiene, it could be a sign of a deeper dental issue like decay, gum disease or even an infection. A dental visit can help identify and treat the root cause.

Bad breath isn't just about freshening up – it's a sign of your overall oral health. If you are concerned about persistent halitosis, do not hesitate to book a check up with us. We are here to help you keep your smile (and breath) fresh and healthy.

TOOTH WORKS IN THE COMMUNITY

At Tooth Works we believe that great oral health goes hand in hand with supporting our wider community. That is why we are always looking for ways to give back. Here's what we have been up to:

Project Uplift – A Drop of Point for a Great Cause

We are proud to announce that Tooth Works is now an official drop off point for Project Uplift.

Project Uplift is an incredible initiative that collects and distributes bras to women in need across the Pacific Islands. In many communities, bras are expensive and difficult to access, yet they are essential for health, dignity and confidence. Since 2005, Project Uplift has donated over 2 million bras making a tangible difference in the lives of countless women.

If you have new or used bras sitting in your drawers, why not donate them to someone who truly needs them? Simply bring them into our clinic and we will ensure they make their way to Project Uplift. It's a small gesture that can have a big impact!

For more details, check out their website: www.projectuplift.org.nz

Supporting the Diabetic Health Day

We were also excited to be involved in the Diabetic Health Day held at Awarua Whanau Services, on 5 April 2025, alongside many other dedicated healthcare providers and community supporters.

Where: Awarua Whanau Services, 190 Forth Street, Invercargill

When: 5 April 2025

Time: 10.00am to 2.00pm

This event, co-hosted by West Invercargill Health and Awarua Whanau Services, is all about providing education, support and access to valuable health services.

If you would like to get involved in Project Uplift or learn more about Diabetic Health Day, feel free to ask us at your next visit or drop by the clinic.

STAY CONNECTED

Follow us on social media to stay up to date on all things Tooth Works:

- <https://www.facebook.com/toothworksinvercargill>
- Instagram: tooth_works

If you have any questions or would like to schedule an appointment, feel free to contact us at 03 218 4937 or reception@toothworks.co.nz.

Thank you for being part of the Tooth Works family. We look forward to seeing you at your next appointment!