A Guide to the Science of chewing Sugarfree Gum

In addition to visiting the dentist regularly, brushing twice a day, flossing daily, and maintaining a balanced diet, chewing sugarfree gum can help protect teeth when patients are ‘on-the-go’.

**How can chewing gum help your patients maintain oral health?**

As you know, immediately after eating, plaque acids can attack teeth and initiate the demineralisation of the tooth surface, which can weaken teeth and lead to decay over time.

Chewing sugarfree gum increases the production of saliva, which can help neutralise plaque acid, wash away food particles and remineralise tooth enamel to strengthen teeth. In fact, chewing sugarfree gum for 20 minutes after meals and snacks has been proven to help reduce tooth decay.1

Research shows that chewing sugarfree gum can help protect teeth in a number of ways.

Multiple clinical trials have consistently demonstrated the effect of chewing sugarfree gum in helping to reduce the incidence of dental caries.2,3 The Australian Dental Association (ADA), New Zealand Dental Association (NZDA) and the FDI World Dental Federation recognise the scientific evidence supporting the benefits of chewing EXTRA® sugar free gum.

**Other oral care benefits of chewing sugarfree gum include:**

✔ **Stimulate saliva flow:** By stimulating saliva production, chewing sugarfree gum can be an important defense mechanism to help protect teeth.4,5

✔ **Reduce plaque:** Chewing sugarfree gum has been associated with a reduction in the quantity and development of plaque on teeth, and a reduction in the acid-forming ability of plaque.6,7,8

✔ **Neutralise acids:** Salivary stimulation by chewing sugarfree gum after snacks or meals containing fermentable carbohydrate has been demonstrated to reduce the acidogenic potential of foods significantly.9,10,11

✔ **Clean the mouth of food debris:** Chewing sugarfree gum increases the rate of food debris clearance from teeth compared with not chewing gum during the initial 15 minutes after eating.11

✔ **Remineralise enamel:** Stimulated saliva helps to restore minerals in tooth enamel, as levels of calcium and phosphate ions in the saliva increase due to stimulation caused by chewing gum.12,13,14,15

For more information, contact: The EXTRA Oral Healthcare Program, extraoralcare@wrigley.com

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CONGRATULATIONS!

The last four or five years at dental school have probably seen many ups and downs, excitement of being in sim clinic for the first time, freaking out when you finally see a real patient and then fitting a denture without having to do any modifications! So to think that you only have a few months left before you finally graduate can be exciting and daunting at the same time.

While you are probably focused on meeting requirements and wondering if you’ll get a job, we’ve put together this graduate booklet to help you figure out what steps you need to take so you can actually work once you graduate. You need to do things such as get a provider number from Medicare, apply for insurance and you have to register with the dental board. There are also some helpful hints that might help guide you in the right direction and assist you in getting your dream job.

If you are in your final year of your studies, we hope you have an amazing couple of weeks in dental school and enjoy being a student while you can! Best of luck with your final exams and we hope you have an exciting and rewarding career.

Best Wishes,

Audrey Irish
ADSA President

FOR FURTHER INFORMATION AND TO KEEP UP WITH WHAT’S HAPPENING, FOLLOW US ON

ADSAMedia
AusDSA
www.adsa.org.au
A Good Oral Care Routine
Maintain a healthy oral care routine by following these five easy steps:

1. **CHECK-UP**
   - Visit your dentist regularly

2. **BRUSH**
   - Brush your teeth twice a day

3. **FLOSS**
   - Floss daily

4. **CHEW**
   - Chew sugarfree gum after eating and drinking when “on-the-go”

5. **HEALTHY DIET**
   - A balanced diet that is low in sugars is essential to maintaining healthy teeth

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(1) **DON’T LEAVE IT TO THE LAST MINUTE**
Get your stokes in the fire. Pound the pavement, ask around and hand your CV out early on in the piece.

(2) **GO PUBLIC**
Every first job has its good points. In the public system you’ll find great mentors, plenty of patients and the chance to work at your own pace in a structured environment. Check out local area health websites throughout your final year or why not look into the VDGYP (see page 14)?

(3) **LOCATION, LOCATION, LOCATION**
There is no doubt that the more flexible you are with relocating, the better your chances of finding the right job. Whilst rural/remote locations tend to offer more opportunities to new grads, don’t jump in and commit yourself without testing the waters. In any job there will be plenty of down time and its important to make sure you have things to fill those hours. Before you accept a job in any location make sure you go and spend some time in the area to get a feel for where you could spend your first few years of working life.

(4) **THE INTERVIEW**
There is no doubt everyone wants to impress in their interview and saying the right thing to your prospective employer will be first thing on your mind! Don’t forget though this is a great chance for you to find out whether the practice will be a good fit for you and your practice ideals (not everyone will be... trust me!)

Some good questions are:
- What will my role be in the practice?
- What sort of mentorship will be available and are we able to structure some mentor time into the working week?
- Could I see some examples of interesting recent cases you’ve treated?

(5) **DON’T STRESS**
The increase in numbers of dental schools and their intakes (and therefore greater numbers of graduates looking for jobs) may be alarming - but at the end of the day, the right opportunity is waiting out there for everyone. Don’t be disheartened, keep chipping away and things will work out for the best.

Good luck!

- ADSA
To register with the board, you can apply through the Australian Health Practitioner Regulation Agency (AHPRA). December is a very busy time of year with thousands of medicine and allied health graduates sending in their application forms.

Luckily, you can start the registration process 4-6 weeks before completing your course. Once you complete all the requirements for your degree, your university will inform the AHPRA that you have officially completed your degree and your application will be processed.

We recommend sending in your forms early so you can skip the queues and practice sooner rather than later.

MORE DETAILS ONLINE

www.ahpra.gov.au/Registration/
Graduate-Applications.aspx
MEDICARE

ALL DENTISTS NEED A MEDICARE PROVIDER AND PRESCRIBER NUMBER

After you register with the Dental Board of Australia you need to fill out the two forms below from Medicare and mail or fax your application form along with supporting documentation to the contact details found on the forms.

Application for an initial Medicare provider/registration number for a Dentist, Dental Specialist or Dental Prosthesist

The provider number allows dentists to request certain diagnostic imaging services set out in the Medicare Benefits Schedule (MBS), available online on the Department of Health and Ageing website. It allows the dentist and the location from which a service is provided to be uniquely identified. You need to have a medicare provider number before you can start billing patients.

Application for approval to prescribe medications under the Pharmaceutical Benefits Scheme

This is the application form to allow you to prescribe medications under the Pharmaceutical Benefits Scheme (PBS)

DOWNLOAD FORMS ONLINE

***

INDEMNITY INSURANCE

BEFORE YOU PRACTICE YOU MUST HAVE INDEMNITY INSURANCE

This must cover all aspects of dental practice that you plan to carry out. There are a number of indemnity insurance providers that currently insure dentists, including:

- DPL (Dental Protection Limited)
  http://www.dentalprotection.org/australia/

- Guild

- MIPS (Medical Indemnity Protection Society)

Understand that providers differ in membership fees, level of cover and support beyond insurance needs. Also be aware that insurance requirements are also different for each state.

When choosing a provider, we suggest that you make an informed decision based on your needs as a recent graduate. Ask those around you whose opinions matter and don’t be afraid to quiz providers about their policies!

DENTAL PROFESSIONAL INDEMNITY INSURANCE REGISTRATION STANDARD

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The requirements of a radiation licence will depend on the state in which you wish to practice in. Each state has different practising radiation regulations, e.g. dentists in NSW only need registration to take OPGs and in WA radiation licences are not required. So before you take that first bitewing, make sure that you're licensed!

WESTERN AUSTRALIA
Current legislation does not require a radiation licence

NORTHERN TERRITORY
Department of Health
Radiation Protection Act 2011

SOUTH AUSTRALIA
EPA South Australia
Radiation Protection and Control Act 1982

NEW SOUTH WALES
NSW Government Licensing Service Radiation Control Act 1990

QUEENSLAND
Queensland Health
Radiation Safety Act 1999

VICTORIA
Department of Health
Radiation Act 2005

TASMANIA
Department of Health and Human Services
Radiation Protection Act 2005
Looking for a job isn’t always easy. It may take a few interviews and resume drops before you find a clinic that you feel you would like to work in. Word of mouth is a great way to find out who is willing to take on a new graduate. Here are some places you can try.

**ADA**
[www.ada.org.au](http://www.ada.org.au)
Also visit your local ADA branch website and the classifieds section of ADA bulletins.

**Dentist Job Search (DJS)**
A job search company, where you can simply register your details and they will “promote” you to clinics looking for dentists.

**The Young Dentist**
A one stop shop resource for young dentists by young dentists. This website includes articles on finding the perfect job, setting up a practice, working abroad and much more.

**Other places to visit**
- State health service or state dental health service websites
- Australian Defence Forces
- General medical hospitals
- Dental hospitals

**General Job Sites**
- Seek
- MyCareer
- CareerOne

At the interview, besides the standard queries regarding pay, hours and holidays, some important questions to ask could be:

- Have you hired a new graduate before?
- Will I be able to book longer appointments until you pick up some speed?
- Will you have time to review cases with me during the week or do you expect me to work alone?
- Do you use amalgam, rotary endo, written or electronic records?
- What areas of dentistry do you focus on and which cases do you refer?

These questions will give you an idea of the attitude of your potential employer as it’s important that you feel comfortable with their expectations and working conditions. It is also a good idea to find out if they want to restrict you to certain types of treatment or allow you to practice to your full scope. Often new graduates find having some extra support, especially in the first few weeks, invaluable so find out if they are happy for you to refer cases to them or if you can start off with a few easier cases until you feel a bit more comfortable. Don’t forget to have a contract signed before you start work!
The majority of dentists work in private practice and this can be achieved in a few different ways

- Setting up a practice
- Purchasing an existing practice
- As an associate dentist where some of the expenses of setting up the practice are shared with other dentist(s) but fees may be collected individually and some expenses are not shared
- As a partner where all expenses and profits are shared according to an agreed percentage, or
- As an assistant dentist working for the owner of a practice

Other career choices you can consider include

- A government dentist treating patients that can have their dental treatment publicly funded
- The armed services (www.defencejobs.gov.au/army/jobs/Dentist/JobDetails)
- As a short-term university tutor or lecturer (a permanent position will require higher degrees)

Dental Board of Australia’s List of Specialties

Additional programs of study must be completed after graduating in order to become a specialist. Normally you need to be working for at least two years as a general dentist before you can apply for a specialist training program. These training programs are normally 3 years, and each has different requirements. Different course providers for specialist training programs can be found in AHPRA’s database at http://www.ahpra.gov.au/Education/Approved-Programs-of-Study.aspx

Below is a list of some of the areas you can specialise in.

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dento-maxillofacial radiology</td>
<td>Diagnostic imaging procedures of the oral and maxillofacial region.</td>
</tr>
<tr>
<td>Endodontics</td>
<td>Pulpo-dentine complex and periradicular tissues.</td>
</tr>
<tr>
<td>Oral and maxillofacial surgery</td>
<td>Surgery of injuries and defects of the jaws and associated structures.</td>
</tr>
<tr>
<td>Oral medicine</td>
<td>Diagnosis and non-surgical management of the oral and maxillofacial region.</td>
</tr>
<tr>
<td>Oral pathology</td>
<td>Nature of diseases.</td>
</tr>
<tr>
<td>Oral surgery</td>
<td>Diagnosis and surgery of oral and dento-alveolar tissues.</td>
</tr>
<tr>
<td>Orthodontics</td>
<td>Malocclusion of teeth and surrounding structures.</td>
</tr>
<tr>
<td>Paediatric dentistry</td>
<td>Oral facial problems in children from birth to adolescence.</td>
</tr>
<tr>
<td>Periodontics</td>
<td>Supporting tissues of the teeth.</td>
</tr>
<tr>
<td>Prosthodontics</td>
<td>Coronal alteration or reconstruction of natural teeth or replacement of teeth, oral and maxillofacial tissues.</td>
</tr>
<tr>
<td>Public health dentistry</td>
<td>Oral health education of the public, administering dental care programs, prevention and control of oral diseases in communities.</td>
</tr>
<tr>
<td>Special needs dentistry</td>
<td>Special dental treatment plans for patients with intellectual, medical, physical or psychiatric conditions.</td>
</tr>
<tr>
<td>Forensic odontology</td>
<td>Examine, document and evaluate dental evidence in cases including human identification, orofacial trauma and bitemarks.</td>
</tr>
</tbody>
</table>
This program offers graduate dental students the opportunity to complete a year of paid work experience in a range of clinical settings, with online learning, mentoring and professional support.

**FEATURES**

The VDGYP is a Commonwealth funded initiative which will place students in community based dental clinics around Australia.

The program provides students with training, mentoring and clinical skill development. Students have access to a range of mentors and specialists from around the country and have online access to a number of resources to assist them with their learning.

The program includes:

37.5 hours of training per week, with 20% of that being non-clinical learning, mentor support at your place of employment salary upon completion of your program you will receive a bonus of $15,000 the program contributes to 60 hours of CPD

**Participants can choose to take their non-clinical component from one of two pathways**

a. Participation in web based learning, case discussions and workshops in conjunction with 10 comprehensive case presentations,

or

b. The same web based learning, case discussions and workshops, but also prepare for and undertake the RACDS primary exams and 5 comprehensive case presentations.

**IMPORTANT DATES**

- 4 August 2014 applications open
- 31 August 2014 applications close
- 19 January 2015 program & placements commence

**FOR MORE INFORMATION***

The Dental Board has stipulated the following guidelines concerning mandatory continual professional development (CPD) for dentists.

A. Complete a minimum of 60 hours of CPD activities over three years

B. Ensure that 80% of the minimum 60 CPD hours are clinically or scientifically based

C. Make a declaration of their compliance with CPD requirements at the time of annual renewal

D. Maintain records detailing CPD activities for audit purposes

E. Produce evidence of CPD activities when requested to do so by the Dental Board

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**EARN CPD POINTS FREE**

There are many opportunities to earn CPD points for free. Keep your eyes peeled for fliers from your local dental hospital, radiographer and other dental companies or help groups such as Dental ED. The ADA Bulletin often contains articles with question and answer sheets that can be submitted for CPD points.

**CPD THROUGH THE ADA**

The ADA run a dental congress over 3-4 days, every two years. This will accrue over 20 CPD points for a relatively low cost compared to other CPD courses. The congress is also a great way to network with other dentists and suppliers. Your local ADA branch also run several lecture series and hands-on courses where you can extend your knowledge in many areas of dentistry.

**OTHER OPTIONS**

There are a myriad of companies and lecturers who hold courses and seminars for CPD points. These are often informative and insightful, but make sure that they are reputable before you sign up!
Royal Australasian College of Dental Surgeons (RACDS) study programs provide opportunities for new graduates and experienced dentists to improve their skills, knowledge and understanding of clinical dentistry.

**ATTAINING MEMBERSHIP OR FELLOWSHIP**

The main focus of the RACDS education programs is to provide world standard, evidence based education, training and assessment in dentistry, leading to Membership (MRACDS) or Fellowship (FRACDS) of the College. Membership and Fellowship begins from the moment you decide to aim for achievement by joining the RACDS.

Your RACDS qualifications demonstrate to patients that their practitioner is equipped with the knowledge and skills to practise clinical dentistry at the highest standards throughout their working life.

**ADVANCE YOUR CAREER WITH THE RACDS**

Participation in RACDS programs is suited to all dentistry careers including private practice, government health services, academia, and the armed services. Many dentists enrolled in university postgraduate studies will find Membership or Fellowship of the RACDS a rewarding addition to their postgraduate qualification.

RACDS has education programs in both General Dental Practice (GDP) and Specialist Dental Practice (SDP). Successful completion can lead to either Membership or Fellowship in your chosen stream.

**MEMBERSHIP IN GENERAL DENTAL PRACTICE**

The MRACDS(GDP) Program is a 2-3 year structured educational learning program for qualified General Dental Practitioners (GDPs), that aims to provide an ongoing high standard of patient management, diagnosis and treatment for the benefit of the community. The program comprises six core and three elective modules.

The MRACDS(GDP) Program is structured to enhance and support the acquisition of knowledge and skills of GDPs and provide a structured approach to Continuing Professional Development (CPD).

MRACDS(GDP) is the first step to RACDS Fellowship. On its own it is not a registrable qualification to practice dentistry in Australia or New Zealand.

**FELLOWSHIP IN GENERAL DENTAL PRACTICE**

Attain FRACDS(GDP) by obtaining a pass in the RACDS examinations which involves the Primary Exam and the Final Exam.

The Primary Exam consists of study and examination in the areas of Anatomy, Histology, Physiology, Cell Biology and Biochemistry, Pathology and Microbiology. The aim is for candidates to demonstrate an understanding of the funda-
mental principles of the basic sciences and, importantly, their relationship to clinical dental practice.

QUALIFICATIONS IN SPECIALIST DENTAL PRACTICE DISCIPLINES

Membership and Fellowship is available in the following disciplines.

- Dental Public Health
- Endodontics
- Oral Medicine
- Orthodontics
- Paediatric Dentistry
- Periodontics
- Prosthodontics
- Special Needs Dentistry

Fellowship in the Specialty Practice of Oral and Maxillofacial Surgery is a four year structured training program. Further information can be found in the OMS Handbook on the college website.

MEMBERSHIP IN SPECIALIST DENTAL PRACTICE

Membership in Specialist Dental Practice is granted in recognition of a candidate’s standing as a specialist in their discipline. It is seen as the attainment and recognition of specialist status by one’s peers. Membership is awarded by examination. Either by the College or via University Post Graduate course work where there is an agreement with the College to award conjoint qualifications.

FELLOWSHIP IN A SPECIALIST DENTAL PRACTICE

Fellowship in a Specialist Dental Practice discipline represents the assessment and peer review of a candidate at an advanced level following the completion of a period of specialist experience gained after the completion of a higher university qualification in that discipline. It is seen as a continuation of learning and professional development in that discipline.
If you have deferred paying your tuition fees at University, chances are you know you have a HECS-HELP debt and need to pay back this money to the Commonwealth Government once you start earning an income.

**HOW MUCH DO I OWE?**

Your debts are managed by the Australian Taxation Office (ATO). To request the balance of your account, have your tax file number ready and call them on 13 28 61.

**WHEN DO I HAVE TO START PAYING BACK MY LOAN?**

When your repayment income exceeds the compulsory repayment threshold which, for the 2014-15 income year, is $53,345. That means once you start earning over $53,345 it is compulsory to pay back some of your loan.

A new minimum repayment threshold, $50,638, for HELP will be introduced from the 2016-17 income year. In that year, a 2% repayment rate will apply if your income lies above this new threshold, up to the existing threshold ($56,264 for the 2016-2017 income year).

**HOW MUCH IS EACH COMPULSORY REPAYMENT?**

The ATO calculates your compulsory repayment as a percentage of your income and the amount will be on your income tax notice of assessment. This percentage increases as your income increases.

**IS INTEREST CHARGED?**

No, however on June 1 each year, your debt is adjusted in line with changes to the cost of living to maintain its real value.

**CAN I PAY OFF MY DEBT SOONER?**

Yes, this is known as a voluntary repayment and can be made to the ATO at any time for any amount on top of the compulsory payments.

**IS THERE A BONUS FOR VOLUNTARY REPAYMENTS?**

Your account is credited with an additional 5% of the payment amount if you make a voluntary repayment of $500 or more on top of the compulsory repayments.

Legislation to implement the 2013-14 Budget changes to the HECS-HELP program from 1 January 2014 has not been passed by the Senate. Therefore, until further notice, voluntary repayment bonuses are still available.

**WHAT DO I DO IF I CAN’T AFFORD THE REPAYMENTS?**

You can apply to the ATO to defer your repayment. To justify your financial hardship, you will need to complete a form titled *Deferring your compulsory HELP, HECS or Financial Supplement repayment*.

**FOR MORE INFORMATION***

www.studyassist.gov.au

www.ato.gov.au

Call ATO on 13 28 61
Superannuation is a fund that is only accessible to people once they retire. Employers must contribute to this fund, and individuals are encouraged to contribute and manage their superannuation accounts so they can maximise their funds available for them in retirement.

For graduates who are dealing with superannuation for the first time, here are the basics of superannuation. The two types of contributions are concessional and non-concessional.

**MAKING CONCESSIONAL (BEFORE-TAX) CONTRIBUTIONS**

Superannuation guarantee (SG) is a compulsory superannuation contribution from the employer which eligible employees are entitled to. For those aged 18 years or over, your employer must pay 9.25% of your earnings into your super account if you earn at least $450 a month before tax.

Salary sacrificing is when your employer can put some of your before-tax salary to your superannuation fund.

Self-employed or not employed or if you receive less than 10% of your income from an employer, then you can also make concessional contribution.

**MAKING NON-CONCESSIONAL (AFTER-TAX) CONTRIBUTIONS**

These are contributions from money on which you have previously paid income tax already. There is no 15% tax on such contributions. You may even be eligible for a bonus from the government for doing so if your assessable income is under $48,516 for the 2013-14 year, known as the co-contribution.

**WHAT HAPPENS TO MY EMPLOYER’S SUPERANNUATION CONTRIBUTIONS?**

They are paid by certain deadlines into a super fund which can be chosen by your employer or in most cases, you have the right to choose your own super fund by filling out a Standard Choice Form given by the employer.

**SUPERANNUATION FUNDS**

Each superannuation fund has different fees, benefits and choices about where you can invest your money. It is worthwhile finding a superannuation fund that suits your needs.

Your superannuation goes in to your superannuation account, and your superannuation provider will send you statements informing you how much superannuation you have in your account.

**BASIC INFORMATION ON TAX**

Concessional contributions are generally hit with a 15% contributions tax. Employers are able to claim a tax deduction when they make your SG contributions or by salary sacrifice agreement. Individuals paying by salary sacrificing can pay less tax on the reduced personal income even though the actual contribution still gets a 15% tax.

Non-concessional contributions have no tax deducted so the full contribution reaches your super account. Earnings on these contributions are usually taxed at a lower rate compared to earnings that are not put into a super fund.

Capital gains your super fund makes from the sale of fund assets fund earnings are also subject to taxes.

For more information

www.superguide.com.au
Membership with your professional association is important throughout each and every stage of your career. Whether it is completing your studies and looking for your first job, becoming familiar with your professional obligations, accruing CPD hours or starting your own practice, the ADA exists to support dentists. On top of professional support it’s important you are represented and your future is protected. Stay connected with the ADA.

Membership includes;

- Employment advice and opportunities
- Networking
- Instant access to Continuing Professional Development
- Human Resources materials and advice
- Regular updates and information to support you in your profession
- The Australian Dental Journal and other clinical publications
- A range of lifestyle benefits

To update your membership status contact the ADA in your state or territory.
### BEFORE FINISHING UNI

- AHPRA registration

### AFTER RECEIVING YOUR REGISTRATION NUMBER

- Indemnity insurance
- Medicare Provider Number
- Medicare Prescriber Number
- Radiation licence
- Consider ADA membership
All the best & Good luck!

www.adsa.org.au
They may be called ‘finals’ but they actually mark the start of your career. It’s now that the real work begins.

Fortunately, BOQ Specialist has worked closely with the dental profession for over 20 years. That’s why we’ve put together a graduate banking package and a car loan that will help you get started and make sure these next years are easier than the last.

You have a long career ahead of you. But don’t worry, we’ll be with you all the way.

To find out more, visit boqspecialist.com.au/grads
50 Years Strong

Being dental's top choice for decades* is only the beginning. Whether it’s advancing sit-down dentistry or setting the standard for treatment-room ergonomics, any measure of A-dec success is a result of quality through caring.

- 37% of U.S. dentists who purchased major dental equipment or cabinetry during the last five years chose A-dec—more than the next three competitors combined.
- 500+ schools and government institutions across more than 100 countries invest in A-dec equipment.
- 62 Townie Choice Awards during the last 11 years have recognized A-dec products as “Best in Class.”
- #1 is A-dec’s industrywide ranking for Reliability, Service, and Value.

To the doctors who have shared their insights with A-dec over the past five decades, thank you. Not only do you inspire us to make the best better, it’s why the future looks so strong.

Please join A-dec in celebrating 50 years of quality through caring. See us at a-dec.com/50years.

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*Based on research by Strategic Data Marketing. Dental product categories include chairs, delivery systems, lights, and cabinetry.