

# MY CARE *Community*

EDITION 5  
SUMMER 2023 / 2024



## GAINING COMMUNITY THROUGH THE MEN'S SHED

How using your hobbies  
can open you up to new  
communities.

my   
care  
solution

## ADELAIDE OUTINGS: A TRIP TO HAHNDORF

Our newest social  
opportunity a great  
success.



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# Welcome to My Care Community



Welcome to the fifth edition of our My Care Community Magazine. On behalf of the McBriarty family, thank you for choosing 'My

Care Solution' as your preferred provider of home care services.

In 2024 we will be establishing two new advisory bodies to ensure our clients have consistent input in the delivery of our services. One will be a Consumer Advisory Body that will provide feedback on the client experiences and areas that we can improve. The other will focus on quality and continuous improvement. If you would like to be involved please flag this with your Coordinator and we will be in contact to discuss.

In November, we had our first group client outing for our Adelaide-based clients with a bus trip to Hahndorf. Including a lunch and walk around the town, the feedback given was very positive and we intend to do a number of outings throughout 2024. Again, if you are interested, please let your Coordinator know and we will include you in the communications for our upcoming outings.

We are excited to continue to expand on our service offerings in both clinical and allied health care in 2024, with 2 new registered

nurses - Danielle Bedrikovetski and Christine Kelly, and additional Occupational Therapist - Ruth Hann joining the team.

We remain committed to only using directly employed Caregivers to ensure consistency of care, with a focus on upskilling our team in dementia care, end of life care, manual handling, and medication management.

Finally we held a combined Christmas Party for all our team, both office staff and Caregivers, on December 10th. It was a fun afternoon of mingling, dancing, and wine, and allowed us to recognise the many employees who have completed 5, 10, and 15 years of service with our family business.

We wish you a very prosperous and healthy 2024 - if we can assist you in reaching your goals, whether that be improving your balance, fitness, nutrition, or social connections, please discuss with your Coordinator.

Again, thank you for trusting us with your Care needs, we will never take it for granted.

Kindest regards,

Mark McBriarty,  
 Executive Director, My Care Solution





# My Care Solution Updates

Learn what My Care Solution has been up to in the last couple months.

## Celebrating 2023

2023 was an incredible year for My Care Solution.

Towards the beginning of the year we achieved compliance with no area for improvement in the Aged Care Quality Standards audit.

We then ranked in the Top 10 of the Australian Financial Review BOSS Best Places to Work list for health industries - a significant achievement for our family-run business given the hundreds of applicants in this category.

In May, a new office in Elizabeth South was opened to cater for our clients further north of Adelaide.

Over the course of the year there were many training sessions held from manual handling, to medication administration, to end of life planning. All helping us continue to be the best provider of in-home care.

Now with over 220 staff members and over 700 clients we look forward to another great year together.

## Caregiver Training

Additional training sessions were held for our Caregivers in the second half of 2023.

An excellent chance for our Caregivers to mingle with other Caregivers and office staff, these sessions are so much more than just training to improve client care.

Topics covered at this session included:

- Dementia overview and the Montessori Principles.
- How Caregivers can work with Client Care Coordinators to benefit clients.
- End of Life Planning and Voluntary Assisted Dying.



## Connecting with the Zahra Foundation

As proud partners of the Zahra Foundation, some of the My Care Solution team visited the foundation to learn more about what it is they do, and how we can help beyond that of your typical financial donation.

The Zahra foundation assists women who have been threatened and abused in the hands of their partners, and also protects the children of these mothers to save them from violent homes.

Together with the Zahra Foundation we discussed the potential of using our employment pathways to help the women they're supporting to get back on their feet.



## Giving for Christmas:

### Catherine House

For Christmas we encouraged our staff to open up their hearts and donate to Catherine House for their annual Christmas lunch.

Supporting women who are experiencing homelessness, we were blown away with the amount of donations received.

Here is a snapshot of just some of the donations received.

## Client Care Coordinator Training

Similarly to our Caregivers, our Client Care Coordinators (CCC's) participated in a special training session.

Guest speakers included:

- Disability Services Adelaide
- Move for Health (Exercise Physiology)
- COTA (Council on the Ageing)

Topics discussed were:

- Reviews on Visual Care
- Respite
- Conflict Resolution Strategies
- Dementia

These sessions are invaluable from both a professional improvement and networking perspective. As we work across 4 different offices, some of our CCC's have never met face-to-face, so it's a great opportunity to build relationships with one another.



# The Benefit And Opportunity of Client Focus Groups



As a provider of in-home aged care services, My Care Solution is aware of the importance of client engagement beyond just that of individual support planning.

Planning activities to engage with our clients by involving them in our service planning and improvement process at a level that they feel comfortable allows My Care Solution to hear the voice of our clients.

Additional benefits to us include: increased knowledge, client empowerment, loyalty, and service innovation.

Commencing back in February 2021, our Focus Groups provide meaningful insight into how we could support clients and their families more. The Groups had to pause when COVID-19 was at its peak as it was too difficult to safely continue our face-to-face meetings.

You may recall we published results of our “Willingness Survey” in our 2023 Winter Edition of My Care Community. That survey was undertaken to offer the opportunity for

participation to those willing to do so. Of those the survey was sent to we had 24% of people respond.

Our Focus Groups consisted of a round table discussion and SWOT analysis to identify what clients see as the Strengths, Weaknesses, Opportunities, and Threats within My Care Solution.

One of the key undertakings with a recent Focus Groups was to consider the then current addendum relating to Home Care Package fees and the information that had been provided to them.

Points of discussion included, type font and font size, receipt via DocuSign, number of related documents per message. It was noted that our letters are always really respectful and make good use of openings.

We have taken these views via a report to the Governance Committees and are committed through its workgroups to address those issues raised and keep our clients up to date with the changes made as a direct result.



## The Move To Consumer Advisory Groups

Recent changes from Government in how we approach our care have noted that we have a new responsibility to offer to establish a Consumer Advisory Body(s) at least every 12 months; even if we already have one.

This body will take over what is currently our Focus Groups to ensure we adhere to this new standard.

The information provided to us by the Consumer Advisory Body will be given to the

My Care Solution Governing Body to consider all the feedback received about the quality of care and services being provided.

Our Governing Body will then write to the Consumer Advisory Body explaining how the feedback was used or considered.

You will be receiving more communications shortly about this opportunity including how to join the new Consumer Advisory Body.

We look forward to learning more about how we can best improve your experience with us.

# Community Club Survey:

## Improving Your Experience

On an ongoing basis My Care Solution holds a Quality Satisfaction Survey for our Community Club to help us understand where our strengths and weaknesses lie so we can improve the experience for our clients.

We encourage our members to be as truthful as possible so we can take their feedback and consider what changes we can make.

Some data we found important is found in Graph 1 and Graph 2.



■ Very Good    ■ Good    ■ Ok  
■ Not Sure    ■ Poor



Graph 1. Could you please share with us the quality satisfaction of your experience today?



Graph 2. Based on your experience what did you enjoy the most about today?

**Based on the survey results and comments, the following recommendations have been taken into consideration:**

**1.** Consider what the budget is for meals and ensure it is consistently provided. Ensure the perception of budget restraints on provisions is discussed.

Note: This has not been the main factor in deciding what is offered but is perceived this way.

**2.** Engage with the clients through a food survey to see what food options they may like served on occasions.

The Quality and Compliance Co-ordinator will prepare a list of options and provide an area for clients to suggest anything that is not listed.

**3.** Encourage more participation with Community Club client participants and reduce staff directing and interjecting. Having clients take the lead with some of the activities where they would like to do this. Offer this to them before commencing and only use staff where clients do not want to do so.

**4.** Engage with clients to determine what quizzes they do enjoy and how this might be improved.

These recommendations will be reviewed and the next steps taken to help improve the Community Club experience of our members.

## What is the MCS Community Club?

MCS Clients gather together to join in playing games, listening to guest speakers, and socialising with each other.

**Where:** Middleton Pioneer Hall (3 Walker Place, Middleton SA 5213)

**When:** Every Wednesday two sessions or a full day are offered.

Morning: 10am - 12.30pm  
 Afternoon: 12.30pm - 3.00pm  
 All day: 10am - 3pm

**How to get involved:** Talk to your Client Care Coordinator about how you can join the My Care Solution Community Club.

## Things Are Changing: COVID-19 Update

We are always looking to ensure we align ourselves with the government's guidelines especially around COVID-19.

In recent months we conducted a review of our COVID-19 safety requirements and this is what was decided.

In line with our PP-079 COVID Ready Management Plan – Testing and Quarantine Requirements, Quality and Compliance have reviewed My Care Solution's (MCS) discretionary directives and can advise that MCS is retracting the mandate for their staff to wear a mask during all client visits, effective immediately.

However, in order to keep both you, our clients, and our Caregivers safe it will be important and required that the Caregiver

asks if you or anyone within your household has COVID-19 or are experiencing COVID-19 symptoms in the past 2 days. A mask will be worn by the Caregiver if the answer is yes, and it is encouraged that you perform a COVID-19 test.

If your answer is no but you still would like your Caregivers to wear a mask, feel free to ask them to do so. The Caregiver will then ensure that your request for Caregivers to continue to wear masks will be added to your key information for others to be aware of.

If a staff member is feeling unwell they will not attend work. If they test positive they will be required to remain at home until 7 days after their positive test.

Please contact us if you have any questions or concerns about these changes.

## Adelaide Outings: A Trip To Hahndorf



On Wednesday November 15th a group of My Care Solution clients were the first to trial our new Adelaide outings.

These adventures are day trips for our Adelaide-based clients providing a good opportunity to get out of the house and socialise with other clients, and potentially explore somewhere they haven't been before.



The first trip saw our clients on a bus to the historic town of Hahndorf. It was a beautiful day driving through the hills, with everyone enjoying a game of 'bus bingo'.

We stopped for lunch at the German Arms Hotel which was lovely to sit and have a chat and get to know each other.

After lunch we drove to the Beerenberg Farm Shop and had a chance to do some shopping, some even snatching up some goodies for Christmas.

Overall the day was certainly an enjoyable one and we look forward to taking you on our next adventure, wherever that may be.



# Gaining Community Through The Men's Shed

Despite being a panel beater by trade, Eddy has turned to woodwork in his retirement.

Eddy, born in Belgium, attended trade school to become a panel beater, a profession he very much enjoyed. As the years went on and Eddy and his wife got married, the couple had thoughts about immigrating to Australia.

He didn't have any friends or family in Australia, but some neighbours down the street had just visited South Australia and were planning to move there.

The neighbour was very enthusiastic, sharing that if Eddy and his wife were to move to Australia, to not go to Sydney or Melbourne because they're too big and just too much, instead South Australia is the way to go.

It didn't take much more convincing than that and they were on their way to Australia, arriving in 1961. Eddy had a fulfilling career as a panel beater in Australia, some images of the vehicles he's restored are shown in Photo 1 and Photo 2.

He loved his job, but after a motorcycle accident in 1988, that all came to an abrupt end. Eddy's accident left him unable to turn his head to the side and move his left arm very far up on his own.

One day around three years ago, a man from the Men's Shed came and visited the rehabilitation centre asking if anyone had any previous skills in woodwork as they had some stools they were making.

Eddy put his hand up for the task, wanting to get his hands to work. The stool created is shown in photo 3.

It was from here that Eddy found a love for the Men's Shed and the community there. Eddy exclaims 'I am very lucky to be a part of the Men's Shed'. For the community of men who have retired, the Men's Shed is a very popular place. Many are all filled up with no room available for new members.

At Eddy's Men's Shed there are 5 different groups of 12 men who attend, Eddy's group has the shed on a Thursday. He admits it can be a long day, with a 9am start and 3pm finish he is often exhausted by the end of it but always has a great time.

There are a lot of personal projects that come to the shed, as well as things that people need to be fixed, or simply just projects that people want to try and create.

Most of the time, because of the injuries he suffered from his motorcycle accident, Eddy's role involves tasks like helping feed the wood through certain machines. He sticks to tasks that are low risk for him, but still allows him to get involved.



Photo 1.



Photo 2.



Photo 3.

His biggest involvement was the restoration of an old rocking horse. A member of the public had brought it in and once fixed up it was taken and sold at the markets. The money made on the rocking horse was donated to those in need.

Eddy spent a long time getting the rocking horse fixed up and painted and was very proud of his efforts. The before and after is shown in Photos 4 and 5.

After the success of the first rocking horse, it was requested that two more be made from scratch. The Men's Shed took this upon themselves as a challenge and Eddy took responsibility of one of the horses.

After finding the templates for the initial rocking horse to make things easier, Eddy spent the weeks ahead cutting, sanding, and painting to make their rocking horses the best they could be. The creation process is shown in Photos 6 - 11.

Eddy talks very highly of the Men's Shed; it is the highlight of his week stating that each week 'I'm looking forward to it, that's for sure!'

In December/January they stopped for a couple weeks as people took holidays, however Eddy share's that the group have taken it upon themselves to organize coffee catch ups which Eddy is very grateful for.

Despite being the oldest in the group at 86 years old, he is very thankful of the men that have offered to drive him back home after the long day and to those who keep in him the loop with things like the coffee catch ups.

Eddy's has now moved onto his next project, he is now helping with the restoration of some chairs which he admits is taking him a long time to complete, but he's loving seeing them be brought back to life.

## How Has Eddy's Story Inspired You?

The community that surrounds us is the key to ensuring positive mental health.

Consider, finding like-minded people who share similar hobbies or interests, like Eddy has, and join or build a community that excites you!

Ways to find these groups include:

- Local community notice boards
- Your city council's website
- Ask your friends and neighbours



Photo 8.



Photo 9.



Photo 10.



Photo 4. The Before



Photo 5. The After



Photo 6.



Photo 7.



Photo 11.



# 4

## Fruits To Elevate Your Health

An excellent source of both vitamins and minerals, fruits are a great way to boost your overall health.

Not only does eating a diet high in both fruits and vegetables make you feel more energetic and healthy on the day to day, but it can also help reduce the risk of developing heart disease, cancer, and diabetes.

**So what are some of the fruits that stand out above the rest?**



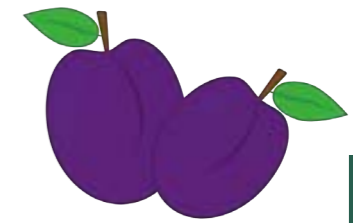
**Blueberries**

An easy little snack that requires no preparation, blueberries have essential nutrients like manganese, vitamin C, and vitamin K.

Overall they are a great source of antioxidants which reduce inflammation in the body.

**How to incorporate into your diet:**

Either frozen or fresh in things like cereals, desserts, yoghurts, or smoothies.



**Prunes**

Known to help with digestion thanks to their high fibre content, prunes assist with helping bulk stool and therefore making it easier to go to the bathroom.

They are particularly high in vitamin K which helps to develop certain proteins needed for blood clotting and bone building.

**How to incorporate into your diet:**

Dipped in dark chocolate, added to a chicken salad, alone as a snack, or mixed with nuts and other dried fruits.



**Apples**

Amazingly, apples have been shown to reduce the risk of many chronic diseases such as cardiovascular disease, diabetes, and cancer due to their polyphenolic compounds.

They also contain brain-supporting nutrients like omega-3s and choline.

**How to incorporate into your diet:**

An easy on-the-go-snack, combined with almond butter, or used in applesauce.



**Avocado**

Often referred to as a superfood, avocados are rich in oleic acid, which contributes to lowering cholesterol levels. This in turn can assist with reducing your risk of heart disease and stroke.

Avocados are rich in lutein, an antioxidant important for healthy eyes and skin.

**How to incorporate into your diet:**

Add it to your salads, make a guacamole, or add it to an egg on toast.

Sources: Eatingwell.com, realsimple.com, medicalnewstoday.com

# The Hardest Jobs Are the Most Rewarding

An abundance of different career pathways, Sonia has tried it all. Now on top of being a My Care Solution Client Care Coordinator Sonia shares her passion for her dairy farm.

Sonia shares...

I worked as an owner and operator of an earth moving business working for Santos and National Parks in the Cooper Basin Oil and Gas Fields living at Innamincka.

Since leaving there I have been in career roles with mental health and disability since 2005, and an Ambulance Office and Training Coordinator at SA Ambulance Service for 8 years.

I have worked in kitchens in pubs, restaurants, cafes, and takeaway shops. I own my own mobile catering business that is more of a hobby. I do anything from weddings to birthday parties, wakes, divorce parties, to picnic boxes and grazing tables.

Now, still amongst being a Client Care Coordinator I live on a dairy farm where we have 400+ Jersey Cows. I milk the cows in the mornings several times a week before heading into work for My Care Solution.

It's an early start, between 3am and 4am depending on the number of cows being milked that day. We have just started a very high-tech Robotic dairy on the farm which is now milking close to 200 of the cows that we have.

It is very exciting to see the progression of the dairy machinery and improvement of the heard health with this new technology.

I have been milking cows for almost 29 years now, they are a great passion of mine and I have learnt a lot about animal husbandry and heard health nutrition and farm practices from the animals themselves with vet care, irrigation, and general farm maintenance of all types of farm equipment.

It is a life that is not easy, it's a twice a day, 7 days a week, 365 days of the year kind-of-job.

“It's so rewarding and yet so heartbreaking too.”

Every cow has her own personality, some will bowl you over for a cuddle and a scratch, and then they'll give you a big old lick up the side of your face! Others will not have a bar of you even when you're looking at them – just like people!

I have spent 22 years in a row showing our best cows at the Royal Adelaide show with quite a bit of success in the winner's ring. I have also been involved in training youth with learning about every aspect of getting cattle ready for shows.

I've also been to International Dairy Week at Tatura in Victoria, competing against teams from every state in Australia at the largest dairy show in the Southern Hemisphere.

“It was a very rewarding experience spending time with the future generation of the dairy industry.”

Wow! What a life - we continue to be impressed by how much Sonia is able to accomplish within her day.



Sonia pictured with her cattle



## Glynn's Love for Greyhounds

We spoke with My Care Solution client Glynn to learn about his career as a greyhound trainer and life after training.

A love for dog racing that spans decades, Glynn's love for the sport first began when he was a young boy living in England.

From as young as 12 years old Glynn took an interest in training race dogs. Beginning by helping out his friend with whippet racing, Glynn's main job would entail helping to catch the dogs at the end of their run.

As his love for whippet racing grew so did his responsibilities. Glynn made quite a name for himself, he ran a well-known Whippet Club in the UK at just 20 years old, unfortunately the club didn't continue after he had left.

He also established the first drag lure for whippet racing in the UK by using a bicycle frame. Photo 1 on page 21 shows him featured in the local paper with his young daughter and the drag lure.

At around the age of 25, Glynn decided to pick up and move to Australia. He had to put a pause on his career in race dog training for some time whilst he worked with his wife at the time to raise his family and buy a house.

But he couldn't be kept away for long. At around 30 years old he jumped right back into it, this time taking an interest in a similar breed of dog but larger, the greyhound.

After purchasing a couple of dogs to race himself, Glynn ended up buying his own greyhound property in Murray Bridge. The property was 13 acres and was all set up for both racing and raising the greyhounds.

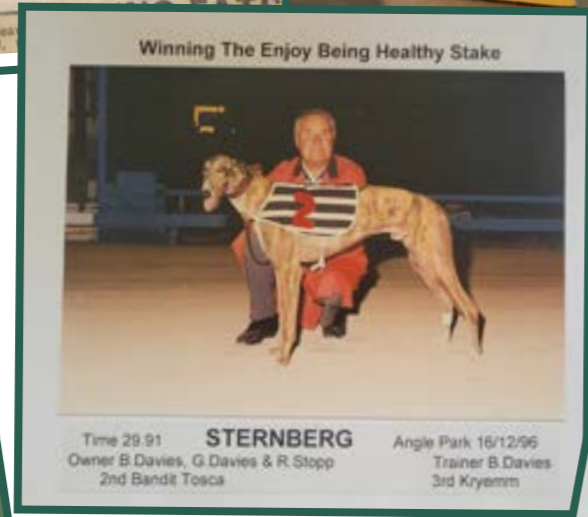
It was at this point that his career in racing really took off. After obtaining his official trainers licence from Greyhound Racing SA which involved thorough inspection of the living conditions of the dogs, and tested your knowledge and treatment of the dogs, Glynn was ready to start properly training for not only himself but many others.

At any one time Glynn would have nearly 200 dogs on the property. The greyhounds would begin their racing education at around 12 – 14 months depending on the dog, and by around 16 -17 months they would begin racing.

At the time, Glynn was running the biggest Greyhound complex in Murray Bridge and potentially even South Australia.



Photo 1. Glynn pictured with his child and the UK's first drag lure for whippet racing.



After moving on from the Murray Bridge property, Glynn bought a new one in Taillem Bend. For this property he had to put in a bit more work, fixing it up with kennels and other essentials. He'd eventually sell this property for a profit to Taillem Bend greyhound racing as an inclusion to their track.

Throughout his active years as a greyhound trainer Glynn also had the opportunity to dabble in pigeon racing. However, he found his love and enjoyment of training the dogs was far stronger than his love for pigeons.

Unfortunately, at the young age of 46, Glynn was forced to retire from work due to a long term illness. But this didn't stop him from continuing to stay involved in the greyhound racing industry.

Glynn spent many years watching people perform chiropractic services on whippets and greyhounds, so when he wasn't able to help with training and racing anymore he turned to Chiropractics.

Glynn kept himself very busy in his retirement with his voluntary chiropractic services. Travelling around South Australia for four days a week, and to Murray Bridge every Sunday. Many dogs were relieved of pain because of Glynn's knowledge and kindness.

A core reason trainers would approach Glynn for help was because their dogs were unable to properly race around the curved track due to back pain.

Dogs that had been suffering years of pain were suddenly relieved when Glynn worked on them for just a few short minutes. Even our own staff member's dogs have benefited from Glynn's services.

Over the course of his career Glynn shares that his favourite dog was called Supreme Dandy (Pictured in Photo 2). "A fantastic dog that was a great all rounder, well behaved, and most importantly, won a lot of races."

Despite the many years of winning trophies, Glynn has only kept two of them out of all his wins. As he shares his thoughts that trophies are just dust collectors. However, he has kept plenty of racing photos of him and the dogs he trained as keepsakes.

The treatment of the greyhounds is strictly monitored very well these days, with strong enforcement around those who fail to treat the dogs well.

Glynn is extremely pleased about the introduction of the Greyhound As Pets (GAP) program.

The program formally known as Greyhound Adoption Program SA, is a non-profit organization dedicated to finding homes for both retired and non-racing greyhounds, and helps educate the public about the gentle nature of the breed.

Despite their stereotype formed through Greyhound racing, these dogs really are affectionate, gentle animals who thrive on human companionship and often spend a majority of their time curled up on the couch.

Their mission is to ensure all unraced and untrained greyhounds have the opportunity to find a permanent and loving home.

If you would like to learn more about Greyhounds As Pets SA, visit [www.gapsa.org.au](http://www.gapsa.org.au)



# New Hobbies for a New Year

As we dive into another year, the months can start to tick over without anything too exciting to look forward to.

But 2024 is going to be different! In 2024 we encourage you who are feeling tired of doing the same thing day in, day out, to pick up a new hobby. Here are our examples:

## 1. Puzzles

Whether it be jigsaw puzzles, brain teasers, sudoku, or playing the daily Wordle, puzzles are a great way to both keep you busy and keep your brain active.

Depending on their level of difficulty, puzzles can keep you entertained for hours, and are perfect for a rainy day.



## 2. Join a Community Group

Maybe you've got plenty of hobbies already, but you just don't have people to share them with. Community groups are a great way to connect with other like-minded people. There's groups for everything: crafts, reading, dancing, choirs - you name it!

## 3. Writing

Maybe putting pen to paper is your type of thing. The list is endless when it comes to writing, you could write a fiction book, journal your thoughts, write poetry, or even document all your proudest accomplishments to reflect on an incredible life you've had.

Whether you write for someone to see it or not is completely up to you!

Talk to your friends and family to learn what other hobbies could be fun for you.

# Follow us on Social Media!

Get regular and timely updates about what the My Care Solution community is up to on Facebook, Instagram, and Linked In.



# Keeping Your Smile Shining Brightly as You Age

**M**ore than 60% of Australians over the age of 75 are suffering from gum disease. This statistic alone puts a spotlight on the vital importance of needing good oral health as mature aged Australians.

The chances of developing certain oral health conditions increases with age, but with the appropriate care and regular dental check ups, many of these issues can be treated and prevented.

It's important to note that oral health care doesn't just stop at your teeth. It includes: lips, tongue, gums and tissues, saliva, natural teeth, dentures, and oral cleanliness.

The hygienic maintenance of all these things is what will keep you looking good and feeling good.

## Top Oral Health Conditions To Be Aware Of:

**Dry mouth** – As described, this is when there isn't enough moisture in your mouth.

**Attrition** – Where the natural protective layer of enamel covering the surface of the teeth starts to wear down, increasing your risk of cavities.

**Oral diseases** – This includes a variety of things, from mouth cancer to oral thrush.

**Gum disease** – A build-up of dental plaque and a major cause of tooth loss in adults.

**Root Decay** – Decay found at the root of the tooth.

**Sensitive teeth** – From receding gums which expose the areas of your tooth not protected by enamel.

## Oral Health Tips:

### Visit your dentist regularly:

Even if you're wearing dentures it's important to get your teeth and gums checked regularly. These checkups can help problems be identified before you find they are affecting you.

### Brush your teeth twice a day, and floss at least once:

Brush your teeth with fluoride toothpaste morning and night, and floss at least once a day to help reduce the risk of cavities.

### Quit smoking:

As tobacco is linked to an increased risk of mouth and throat cancer, as well as other diseases, quitting smoking can significantly increase both your oral health and overall health.

### Limit your sugar intake:

To reduce your risk of tooth decay and cavities, start cutting out sugary treats. Easier said than done, for the sake of your oral health it's highly recommended to reduce your sugar intake.

### Stay hydrated:

When taking medication that causes dry mouth, it's important to drink plenty of water, around 2 litres a day is a good goal. In general, it's also a great idea to avoid drinking alcohol which can dehydrate the body.

Sources: National Dental Care and SA Dental



[mycaresolution.com.au](http://mycaresolution.com.au)

**Campbelltown**

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Campbelltown SA 5074

**Victor Harbor**

Phone: (08) 8552 9840

Address: 2 Stuart Street,  
Victor Harbor SA 5211

**Morphett Vale**

Phone: (08) 8423 0103

Address: 3/166 Main South Road,  
Morphett Vale SA 5162

**Elizabeth South**

Phone: (08) 7286 9210

Address: 89 Philip Highway,  
Elizabeth South SA 5112

my  
care  
solution

The logo for 'my care solution' features the words 'my', 'care', and 'solution' stacked vertically in a dark green, lowercase, sans-serif font. To the right of the text is a light pink graphic element consisting of two overlapping squares: a larger one on top and a smaller one on the bottom, partially overlapping the top one.