



A healthy me

Your health depends on a number of factors but did you know that keeping your teeth and gums healthy can help keep your whole body healthy?

Well established evidence shows a positive link between oral health and your general health. People with gum disease are more likely to suffer from heart disease, stroke and complications if pregnant so it's in your best interest to look after your oral health.

Dental visits should start from an early age and regular check ups (as advised by your treating clinician) are encouraged. After all, minimising and reducing the likelihood of gum disease and teeth problems can save you money and improve your quality of life.

Eye health is just as important and it's recommended that your eyes be tested every two years starting from as early as age three. You may be interested to know that regular eye exams are recommended every two years from this age to ensure good eye health is maintained. Checks can reveal conditions such as glaucoma, cataracts and other underlying health problems such as high cholesterol or even diabetes.

ahm's Dental and Eyecare Practices provide a range of dental and optometry services for everyone's needs.

Use your ahm extras cover to receive great benefits and savings.



Dental health and services

ahm Dental Practices offer much more than general dental services, which is why visiting us is so convenient. We offer specialist care in orthodontics (braces) and prosthodontics (implants, crowns and bridges).

We develop internal expertise amongst our general practice dentists through further training in endodontics (root canal therapy), oral surgery, implant surgery and periodontics (gum treatment). Prosthetists are specially trained to provide removable full and partial dentures for patients.

Dental treatment is also available under sedation at our Parramatta Practice for those who are anxious about treatment.

Full range of services we provide

Routine dental

- Consultations and advice
- Cleaning
- X-rays
- Fillings
- Fissure sealants
- Root canals
- Extractions, including wisdom teeth
- Professionally fitted mouthguards

Complex

- Periodontics
- Endodontics (root canal therapy)

Major

- Indirect restorations
- Crowns, bridges, implants
- Dentures
- Orthodontics

If you have an eligible extras cover with ahm, you can get a dental check-up at no cost to you, providing your general dental limits haven't been reached. Plus, you can claim benefits for Cancer Council items like sunscreen and sunglasses.



Dental and eyecare

to put a smile on your face



Eye health and services

You can expect high quality care, professionalism and excellent customer service when you visit one of our Eyecare Practices located at Haymarket and Parramatta in NSW. Our on-site optometrists offer the very best and latest in eye care services:

- Bulk billed comprehensive eye examination, including assessment for spectacles, contact lenses or visual therapy when appropriate.
- Screening for glaucoma using computerised visual field testing.
- Dilated retinal examination to investigate for signs of eye disease, such as diabetic retinopathy, cataract and macular degeneration.
- Retinal photography.
- Evaluation of suitability for laser refractive surgery and co-management with laser centres.
- Referral to ophthalmologists when required.

Our Eyecare Practices are open to all.

We bulk bill eye examinations. Make your appointment today.



Catering for kids and teens

We can help ensure your children grow up with a great smile. Our preventative approach minimises the need for fillings and emphasises helping children form healthy dental habits for life.

There's a 25% discount on general dental service fees for children under 12.

Our Practices also offer affordable orthodontic treatment (braces) with highly qualified and experienced orthodontists. Our prices are very competitive and members receive an additional \$1000 discount for double arch banding.

Kids

We employ oral health therapists qualified in dental therapy and dental hygiene. They're skilled in treating children and ensuring a positive dental experience.

Visits include:

- an examination of your child's teeth and mouth
- any necessary X-rays
- a "caries risk assessment" to identify the risk of developing tooth decay and
- a personalised program including any preventative measures needed to improve your child's oral health.

Teen Dental Plan

ahm participates in and bulk bills for eligible teenagers under the Teen Dental Plan. This government initiative encourages good oral health for teenagers. Eligible teens receive a voucher from Medicare entitling them to a specified value of certain preventative treatment under the Teen Dental Plan.

For more information about the Teen Dental Plan, call 134 246.

Where to find



Haymarket
Dental & Eyecare Practice
6th Floor, The Prince Centre,
8 Quay Street,
Haymarket, NSW 2000
Fax
Dental: 02 9281 2667
Eyecare: 02 9844 9967
Opening Hours
Mon - Fri: 8am - 5pm
Sat: 8am - 1pm (Dental)
Sat: 8am - 12.30pm (Eyecare)



Parramatta
Dental & Eyecare Practice
23 - 27 Macquarie Street,
Parramatta, NSW 2150
Fax
Dental: 02 9843 6685
Eyecare: 02 9843 6690
Opening Hours
Mon - Fri: 8am - 5pm
Sat: 8am - 4pm



Wagga Wagga
Dental Practice
37 Trail Street,
Wagga Wagga,
NSW 2650
Fax
02 6937 3799
Opening Hours
Mon - Fri: 8am - 5pm
Sat: 8am - 12pm