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Prevention the key on World Oral Health Day

After 30 years as a dental therapist, Elizabeth di Meco knows prevention is key, and loves working with children at the Marrickville community oral health clinic.

Seven year-old Claudia Cheung visits Elizabeth in the clinic every six months and patiently has her teeth checked.

Claudia's mother, Trish, loves coming to the clinic where the staff are gentle and caring.



Sisters Anna and Claudia Cheung with dental therapist Elizabeth di Meco

"I found out about the service from a neighbour and I wish I'd been earlier. Now, I bring all three of my kids here and it's a sigh of relief that something like this is provided."

Elizabeth has always worked with children but is seeing more tooth decay in toddlers.

"Tooth decay is totally preventable with a healthy diet. It breaks my heart to see two year olds coming in with tooth decay.

"I remind all my patients that when you're brushing there is no rushing. And I remind the parents, to supervise their children brushing their teeth and to limit surgery drinks.

"Many parents are learning for the first time about how to brush properly. They don't know unless someone tells them and that's what we are here for."

The District offers accessible, friendly community oral health clinics at four sites in Croydon, Concord, Marrickville and Canterbury, providing free general treatment for children up to 18 years of age. To contact your nearest clinic for a booking, phone 9293 3333.