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THE DENTCARE

Your Monthly Health Care Magazine

Brightening smile the world over

WORLD
Mental Health Day
October 10

**Occlusion and
Posture**

The Gummy
Smile

Interview with

Padmashri Dr. Harsh Kumar

On Glaucoma : The Silent Thief of Vision





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Dear Reader,

'The Dentcare' turns Five!!

Crossing the "magic 60" calls for deepest gratitude in testing times when celebrations remain consciously subdued in God's Own Domain for all the right reasons.

Your blooming health continues to remain our impetus, even as we tantalize your erudite senses with yet another literary offering from the house of Dentcare.

Overall Health shares an implicit arithmetic with Oral Health. Their synergism is certainly obvious and warrants precious attention.

Dental Health should never be 'brushed' aside, while Mental Health too demands serious appraisal in the evolving circumstances.

The Home is where the soul is honestly nurtured. A healthy mind takes shape from a sound family and offers you the resounding answers to minding your health.

What is a thought worth if it is not shared?

Homely food is the right recipe for lasting joy and unending smiles.

Life "style" with Tobacco is inexorably Life threatening, without doubt.

Social Media, unquestionably, remains an effective tool in your hands that can leave a lasting impact. Use it wisely.

Real truth lies in these points to ponder.

What is Trending? *Brightening smiles the world over #Dentcare*

Thank you for living our dream and giving us belief in it too, compelling us to urge a "High Five" as your befitting response to this well earned milestone!!

Yours truly,

Prof. (Dr.) George P. John

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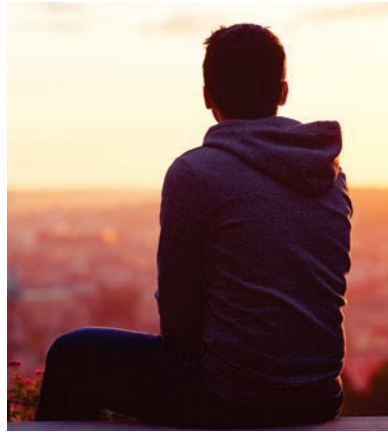
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Acne

Acne (Pimples) is a common problem found among teens and young adults. Though Acne can be seen on the neck, back or thighs, it is most commonly seen on the face



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Sound Mind from Sound Families

Mr. John Kuriakose

Managing Director, DentCare Dental Lab Pvt. Ltd.

MD'S MESSAGE

Psychologists and Stakeholders of mental health agree that youngsters and adolescents of the present age are experiencing more stress and anxieties than their counterparts from the previous generations. The root cause of these issues lies in the family itself. If peace and amity prevails in a family, this will help children grow up as healthy and composed individuals.

I cannot but help convey a thought-provoking anecdote that took place in China.

A newly-wed couple started living in a housing colony. After day-long work, they would come home in the evening. Besides being impertinent and intolerant, both of them were short-tempered as well as argumentative. They quarreled over petty matters and on most occasions, their quarrel would extend late into the night and as a result, their neighbors could not sleep in peace at night.

The neighbors filed a suit in a Court of Law. The Court summoned the couple along with their parents and the petitioners. After a detailed trial, the Magistrate passed the judgment. As per the verdict, the parents were tied up and were 'lashed hundred and one times' while the young couple was acquitted. The Judge noticed that the parents never bothered to live an exemplary life, ideally filled with joy and peace. Had the parents lead an ideal and exemplary life, their children would not have been so quarrelsome.

Does peace and comity persist in our nuclear families? To make a family a blissful abode, every parent must emulate these things in their life:

I. Communication

Regular communication with your family members is imperative in making your family life healthy. Parents should listen to their children even when what they speak is not so worthwhile, to create a feeling that they are heard and valued. These things will definitely help foster unity and togetherness in a family.

II. Decision-making in Family Life

If decisions are made unilaterally in families, such families cannot stay together for long. Everyone should have a role / say in decision-making, especially in all important family affairs.

III. Show Appreciation for each other

Everyone wants to get respect and appreciation from their family members, as it helps create a feeling that they are valued. Hence, spare no effort to encourage and appreciate your family members.

IV. Difference of Opinion

Difference of opinion is very common in families. Each member should be ready for a compromise, if necessary, in an effort to arriving at consensus in family matters.

Perfect unity will not be possible all the time in any family. Whenever there is discord in families, never lose your heart as you can settle the problem within the family itself with the grace of God. All couples should always remain exemplary, in addition to having mutual respect and consideration. This will provide a congenial and harmonious atmosphere in the family, enabling everyone to lead a happy life. ☺

The Gummy Smile



Dr. Eric Mario Shailander A.
Consultant Periodontist
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A gummy smile occurs when there is excessive gingival display while smiling. Its interpretation is very subjective. It is commonly defined as a smile with display of more than three or four millimeters of the gums. Some individuals are often conscious of this condition and will avoid smiling wide or smile with a closed mouth to hide the deformity.

What causes a Gummy Smile?

For getting beautiful smile lines, the gums, teeth, bones, and lips must be in the ideal position with an ideal size. An imbalance / disruption in the proportion may cause deviation from the ideal smile line.

The Gums

Gummy smile can be caused by an enlargement of the gingiva (Gingival Hypertrophy) or when the teeth are not fully erupted into the oral cavity. Hypertrophic gums may cover a significant portion of teeth, making teeth appear shorter than their normal size.

The Teeth

All teeth have an ideal path of eruption. When there is an alteration in their path, teeth tend to deviate and can erupt in abnormal positions. Abnormal tooth

position can also cause disruption in the ideal smile line. In some instances, there is a premature cessation of tooth eruption. As a result, a good portion of the tooth remains covered by the gums. This again causes teeth to appear shorter than their normal size.

The Bone

When there is an abnormality in the development of the jaw bones, the appearance of the face may be altered. Even the alignment and position of teeth can also be altered. When there is an excessive growth of the upper jaw, significant portion of the gums gets exposed while smiling despite the size of the tooth being normal. This can have a genetic predilection.

The Lips

Even when the teeth, gums and bones are normal, a Gummy Smile can occur if there is a developmental deficit in the height of the lips. An inadequate lip length can make the smile appear gummy because the lips are too short to cover the tooth and gums. If the upper lip covers the gums and teeth properly 'while at rest' but rises up higher than normal while smiling, there probably exists a 'hyperactive lip'. A hyperactive lip, also known as a hypertonic lip can typically be treated by reducing its tonicity.

Diagnosis of a Gummy Smile

The Smile Line

Smile line assessment is crucial while determining the treatment of a Gummy Smile. A smile line can be high (about 2 millimeters (mm) of contiguous maxillary gingiva is revealed), average (75-100% of the clinical crown of the maxillary central incisor is visible) or low (<75% of the clinical crown of the maxillary central incisor is visible).

It is important to assess the parameters involving the gums, teeth, bones and lips in relation to the position and function. It is necessary to acquire an elaborate history with regard to the occurrence, especially when the condition is recognized by the patient for the first time. Study models and radiographs help assess the structural relationships of the bone and teeth. It is necessary to plan the treatment process cautiously. It is very essential to identify the root cause. Patient should be educated and motivated regarding the outcomes and the limitations of such corrections.

Management of Gummy Smile

Gingival Contouring / Gingivectomy

Surgical sculpting procedures involve the reshaping of the marginal gingiva by excising the excessive portion of the gums that cover teeth. This is usually a minor surgical procedure and can be performed using a laser, Cryo- and thermo-excision or conventional methods. This is often done when there is a hypertrophy of the gingiva.

Apical repositioning of the Gingiva

Sometimes an apical repositioning of the entire soft tissue component of the gingiva may be necessary. In such scenarios, bone contouring (Osteoplasty) may be necessary to maintain the ideal biologic width.

Orthodontic rehabilitation of teeth

If a tooth or teeth are not in the ideal position or have not erupted entirely, rehabilitation with orthodontic intervention may be the ideal approach. This can aid in reestablishing the ideal smile line.

Surgical correction

Maxillofacial surgery may be necessary to correct the excessive growth in the jaw bone to bring it to ideal anatomy.

Lip repositioning / Lip contouring

This is done surgically to reestablish ideal or close to ideal position of the lip to correct a deficit in the lip height.

Lip Rehabilitation

This is usually performed to reduce the muscular

hyperactivity which would restrict the contraction of the lips while smiling and this in turn, helps limit the amount of gums exposed while smiling.



Use of Botulinum Toxin (BOTOX)

Botulinum Toxin can also be used to reduce the hyperactivity of the muscles of the lips and helps reduce the amount of exposure of the gums 'while smiling'. Botulinum toxin helps prevent muscle contractions by inhibiting the binding of certain molecules to their respective receptors.

Use of Prosthetic Teeth / Crowns

Artificial teeth or crowns can help recreate the morphology and size of the natural tooth, if there is a situation of developmental anomaly like Anodontia (absence of teeth) or Microdontia (small size of teeth). This can help improve the esthetics.

A Comprehensive Interdisciplinary Treatment Plan

It is not unusual to include multiple approaches either sequentially or simultaneously to treat a Gummy Smile. Treatment for Gummy Smile may involve multiple disciplines like a Surgeon, Periodontist, Prosthodontist and an Orthodontist. Even an Endodontist might have to share his expertise at times.

Conclusion

A Gummy Smile, though most often of esthetic concern, may also have functional inhibitions. An efficient diagnosis, along with meticulous interdisciplinary treatment planning and execution has been proven to be successful in managing the problem. [1]

A person wearing a grey hoodie is sitting on a concrete ledge, viewed from behind. They are looking out over a cityscape at sunset. The sky is a mix of orange, yellow, and light blue, with the sun low on the horizon. The city below is blurred, showing buildings and streets. In the bottom left corner, there are some pink flowers.

World Mental Health Day

October 10

The theme of World Mental Health Day 2018, which is observed on 10 October, is 'Young People and Mental Health'. It is beyond doubt that the young people of the present-day are facing unprecedented challenges than ever before. They are often the victims of human rights violations, domestic violence, discrimination at workplace etc.



Rev. Fr. (Dr.) Jose Puthenveed
Director and Psychotherapist
IPSS Counseling and Psychotherapeutic Centre
Kollam, Kerala, India

Vast majority of youngsters are using Social Media Platforms and some of them are using it to tarnish the images of those people whom they dislike, adversely affecting the mental health of the victims. Many of them are overly spending their time on the Internet / Social Media and utilize it as channel for Cybercrimes, Cyber bullying and playing dangerous video games, such as 'Blue Whale', 'Momo Challenge' etc.

The rates of suicide / 'attempted suicide' and Substance abuse have been steadily rising among the younger generation. Lesbian, Gay, Bisexual and Transgender (LGBT) communities – almost all of them are youngsters, feel that they are discriminated against / ostracized or persecuted for being 'true to themselves'. Consequently, many young adults are afflicted with serious mental problems of varying magnitude. So far, no effective steps have been taken to help them get out these problems, enabling them to be productive citizens.

'This Special Day' envisages to bring to the limelight the issues being faced by young adults and invokes everyone to take constructive efforts to help them get out of this predicament, enabling them to grow up as healthy, happy and resilient individuals.

The Government of India is spending less than one percent of the total 'Annual Budget Provision' for the prevention and treatment of mental health disorders. The alarming situation is that there are only less than five hundred Psychiatrists in the country. Most of them are serving in private hospitals and vast majority of Indians are denied access to the treatment, as it

The rates of suicide / 'attempted suicide' and Substance abuse have been steadily rising among the younger generation



is too expensive for them and are forced to depend on the Public Health System, which are very few and far between.

As in developed countries, the Therapy Centers and professionally trained Psychologists in India do not 'come up to the standards'. The Psychologists in the country are not very much professionally competent and the training given to them is not 'up to the mark'.

The World Health Organization reports that one in four people suffers from mental or neurological disorders, at some point in their lives. In poor countries like India, food, shelter, physical health and employment should certainly be given priority, but it should not be at the expense of the mental health / wellbeing of the citizens. Better budgetary allocation for mental health, setting up of high standard treatment facilities and proper training of Mental Health Professionals are inevitable to improve the mental health of people at large.

Natural disasters occur all over India at regular intervals and the victims have to face depression and Post-traumatic Stress Disorder (PTSD). Government should take active steps to recruit, train and deploy professional Psychologists / Psychiatrists for the long-drawn out psychological rehabilitation of these affected people.

An emergency action plan is indispensable to mitigate the problems being faced by mental health patients, especially the younger population, who are the promise of the future. Let us 'leave no stone unturned' to help the younger generation tide over their traumatic experiences, instead of stigmatizing / marginalizing them. ☹

A small, cute, winged tooth character with a smiling face, positioned above the word 'Thank'.

Thank
you
so much



DentCare has over the years carved out a niche for itself as one of the best healthcare magazines. In comparison to the many in the field, we have been a constant beacon of conscious living for others.

This month we mark **Five** years of dedicated service to you, Dear Readers. It makes us proud to say that the issues released so far stand testimony to this intellectual as well as moral commitment.

We will continue to strive towards achieving valuable and inspiring contributions for your immense benefit.

It is with great pleasure that we extend our warmest greetings on this occasion to the earnest readers of this magazine. We hope the magazine would continue to entertain the passion within you, as it has been doing for the past five years.

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YOUR CHILD'S SMILE IS YOUR SMILE!



Dr. Angela Sebastian
Dental Practitioner and
Public Health Educator
Ontario, Canada

The most beautiful thing in the world is to see your children smiling and the next best thing is to know that you are the reason behind that smile. 'Smile' is the most beautiful human expression in the world and it becomes even more beautiful when it comes from the innocence of a child.

Parents do have a major role in keeping their children's smile beautiful. Do you know how to improve your child's smile? Here comes the role of a Dentist!!

Most of us think that brushing habits in toddlers do not need much attention, as they are too young for brushing. But our assumption is wrong; we should introduce good oral practices, such as brushing twice a day (in the morning and at night), rinsing the mouth thoroughly after every meal and reducing the consumption of chocolates (sugary / sticky candies). We should also introduce good flossing techniques too, besides making them familiar with good oral



hygiene and preventive measures. When we do not give proper care to a child's teeth, this may lead to a condition called Early Childhood Caries (ECC).

Majority of the children may swallow toothpaste: hence, take the measures to deter them from swallowing toothpaste while brushing. We should also introduce a good toothpaste and brush for children, besides replacing the toothbrush as soon as the bristles get frayed.

Parents are often confused about the first dental appointment for their children; some of them are not even bothered about it until almost all their teeth are affected by caries, i.e., when it becomes too late to restore them with simple / noninvasive procedures.



Start taking care of your child's teeth from infancy itself, in addition to cleaning their gums with a clean cloth or gauze. As soon as the teeth erupt, use a soft bristled toothbrush to clean them.

To improve the child's smile, the American Dental Association emphasizes that Parents should bring a child to the Dentist as soon as the first tooth erupts in the oral cavity or not later than the child's first birthday. This will help the Dentist see whether there is any tooth decay, in addition to bad oral habits, such as Thumb sucking, Lip or Nail biting, Mouth breathing, Bruxism etc.



Parents should bring a child to the Dentist as soon as the first tooth erupts in the oral cavity or not later than the child's first birthday

—●●—

Parents do have a major role in keeping their children's smile beautiful

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Do you know the importance of Fluoride toothpaste? Fluoride has Anticariogenic properties. It helps protect the tooth from decay. It also helps protect the outer layer (enamel) of the tooth by making it resistant to bacterial infections.

'KidsHealth' (the most visited Website on Children's health) from Nemours, a non-profit children's health organization in Florida, United States of America (USA) says that tooth development begins during the second trimester of pregnancy. The teeth that initially form in the oral cavity are called Deciduous or Primary Teeth. There are twenty primary teeth, which are replaced by Permanent Teeth, which are thirty-two in number.

If you do not take care of your children's teeth in the early stages, it can cause serious impact on both their primary and permanent dentition. So, Parents have a vital role in maintaining a healthy oral cavity and improving the smile of their children.

American Dental Association says that as soon as the permanent teeth start erupting in to the oral cavity (around 6 to 7 years of age), caring for the permanent teeth should begin. A child's teeth should be checked periodically. Routine dental check-ups are mandatory to keep the tooth and oral cavity healthy and hygienic.

Dental caries is an infectious and transmissible disease and if left untreated, it may progress further and result in the destruction of dental tissue and lead to tooth loss. Streptococci mutans are a group of bacteria that cause caries and produce acids that can cause the destruction of the tooth.

Regular dental check-ups, along with good oral hygiene and preventive measures are mandatory in keeping the teeth healthy. ☒



Malignancies of the Central Nervous System

Brain tumors are a diverse group of neoplasms. Like any other organ, cancer involvement of the brain is also on the rise. Not all tumors are malignant. Some of them like Meningiomas are commonly detected these days, due to improved access to imaging.



Dr. Sanju Cyriac
Consultant Oncologist
Rajagiri Hospital
Kochi, Kerala, India

Symptoms

1. Headache

This is the commonest symptom. Many people with headache are often afraid of getting cancer. However, we must understand that the headache due to brain cancers makes up a small proportion of all headaches. Typically, the pain is continuous, often bifrontal and sometimes, it is like migraine headache. Often, the headache gets worse at night and as a result, the patient wakes up more often from sleep.



Headache

2. Seizures

Any new-onset seizures should be evaluated to rule out the presence of Central Nervous System (CNS) neoplasms. Seizures can be typically tonic-clonic (it is a type of generalized seizure that affects the entire brain), but Temporal lobe neoplasms can present with complex partial seizures which are often difficult to diagnose.

3. Neurological Deficits

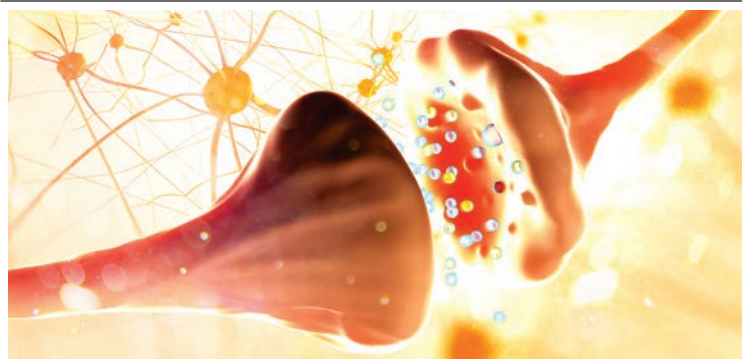
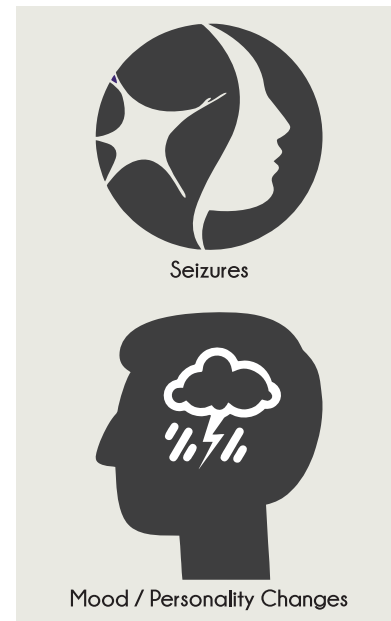
Patients with this condition can present with Hemiparesis, memory loss, urinary incontinence, difficulty in speech etc.

4. Mood / Personality Changes

Neoplasms affecting the frontal lobe can often present with personality changes. This is often due to Depression and can cause undue delay in diagnosis and treatment.

5. Raised Intracranial Pressure

In this phase, patients will have nausea, vomiting, headache and blurred vision.



A Magnetic Resonance Imaging (MRI) is better than Computed Tomography (CT) in imaging tumors. Other facilities like Spectroscopy / Positron Emission Tomography (PET) will also help Doctors identify brain tumor

Diagnosis

Improved imaging facilities have aided in proper diagnosis of CNS tumors. A Magnetic Resonance Imaging (MRI) is better than Computed Tomography (CT) in imaging tumors. Other facilities like Spectroscopy / Positron Emission Tomography (PET) will also help Doctors identify brain tumor.

After imaging, treatment plan is made by a team of Neurologists and Neurosurgeons. Some tumors like Meningiomas can be diagnosed preoperatively with imaging technique and hence, the surgical plan can be made accordingly. Sometimes, when we are unsure about the diagnosis, a stereotactic biopsy is often made prior to performing surgical excision.

Pathology

The World Health Organization (WHO) classifies Brain Tumors into:

1. Grade I	2. Grade II	3. Grade III	4. Grade IV
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Grade I Tumors are the slowest growing cysts while Grade IV is the most aggressive type. There are also other benign tumors like Meningiomas and Vascular Malformations. Rarely, Lymphoma can also occur in the brain.

Treatment

Surgery is the best treatment option for Brain Tumors. The overall outcome of surgery will be better when we are able to remove the tumor completely. The chances of accomplishing this will depend on the site, size and depth of tumors, along with the techniques applied.

Surgery is typically followed by radiotherapy in Grade IV Tumors. With the use of modern-day techniques, Radiotherapy is often tolerated well by patients. Chemotherapy is of limited use in cases with brain neoplasms, as the brain is often protected via a blood-brain barrier. However, newer drugs are available which can significantly improve patient outcomes. [6]



The Taste of Homely Food

Onion Tomato Uttapam

Ingredients

For Dosa Batter

1/2 cup -	Urad Dal
1 tablespoon -	Fenugreek Seeds
1 cup -	Raw Rice
1/4 cup -	Parboiled (Ukda) Rice

For Uttapam

10 tablespoons -	Onion, finely chopped
10 tablespoons -	Tomatoes, finely chopped
5 tablespoons -	Green Chillies, finely chopped
2 1/2 tablespoons -	Coriander, finely chopped

Salt to taste

Oil as required

Preparation

- Wash and soak Urad Dal and Fenugreek Seeds in water and mix well. Cover it with a lid and keep aside for 4 – 5 hours.



Celebrity Chef Vivek Tamhane

Member, Canadian Culinary Federation
Author, Culinary Consultant and Entrepreneur
Mumbai, Maharashtra, India

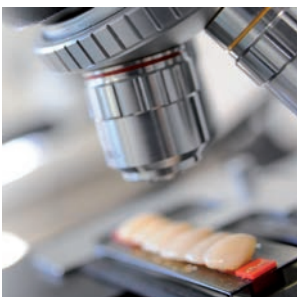
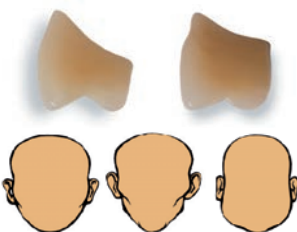
- Soak Parboiled (Ukda) Rice and Raw Rice in water in another bowl and mix well. Cover it with a lid and keep aside for 4 – 5 hours.
- Wash and drain Urad Dal and Fenugreek Seeds and then, add a cup of water and blend it in a mixer until it becomes a smooth paste.
- Add a cup of water and blend Rice mixture until it becomes a smooth paste. Mix the two batters together. Add Salt and mix it thoroughly.
- Cover the mixture with a lid and let it ferment in a warm place for 12 hours.
- Heat a non-stick griddle (Tava). Pour a ladleful of batter into griddle and spread in a circular motion to make a thick Uttapam. Cook on a medium flame for a minute.
- Sprinkle two tablespoons of chopped Onions, two tablespoons of chopped Tomatoes, one tablespoon of chopped Green Chillies, half tablespoon of chopped Coriander and a little Salt as well as Ghee and press it lightly on the top of Uttapam. Pour Oil on it and over the sides and cook on a medium flame until it becomes light brown on both sides.
- Serve hot with Chutney and / or Sambhar. ☑



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Microflora in the **ORAL CAVITY**

The Oral cavity is the gateway for food and is the outpost of the immune system. It is a multilayered habitat where colonies of microorganisms inhabit

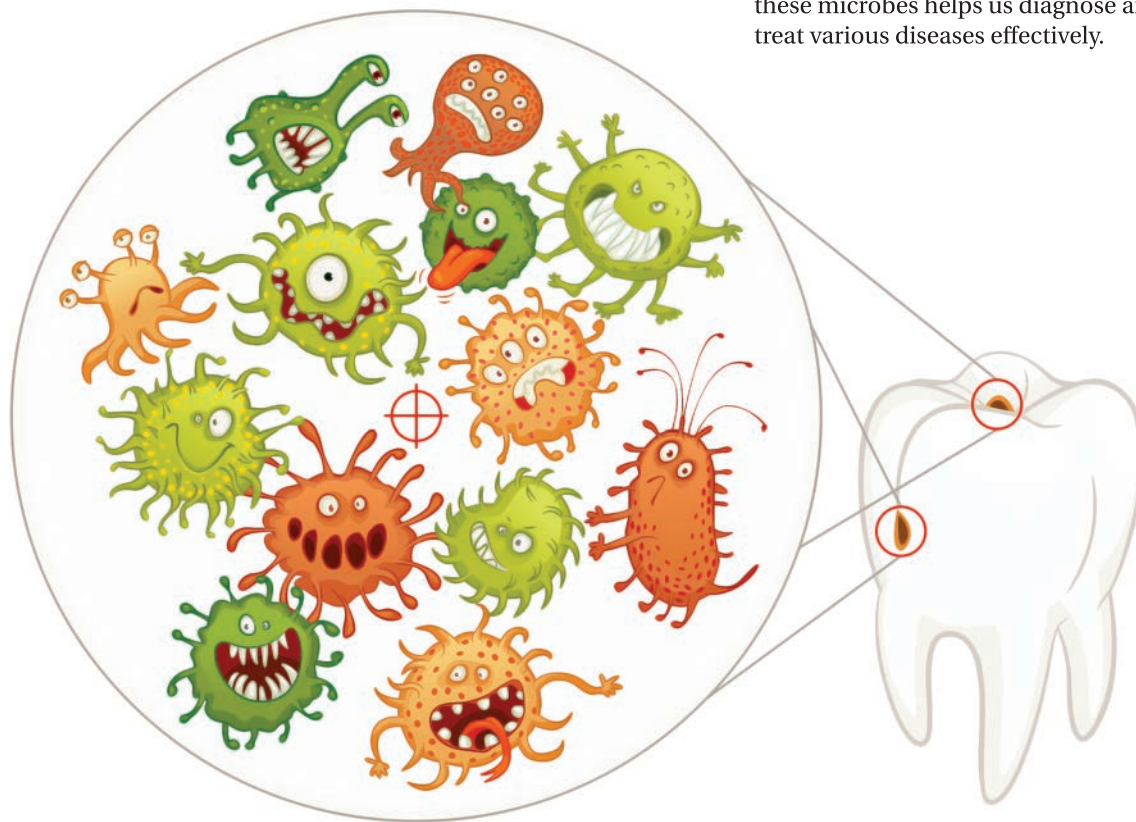
Microorganisms are a part of our lives in more ways than one. They have helped shape the present environment as well as its activities and will greatly influence our future.

The Oral cavity is the gateway for food and is the outpost of the immune system. It is a multilayered habitat where colonies of microorganisms inhabit.

The Mouth is continually exposed to organisms from the external environment. When the ecological balance of microorganism gets established, it helps to create a resident microbial flora in the oral cavity that remains fairly stable throughout life.

Microbes

Microorganisms were first described by Antonie van Leeuwenhoek, a Dutch Scientist in 1683. Deeper understanding of these microbes helps us diagnose and treat various diseases effectively.





Dr. Kalai Selvi
Dental Practitioner
Chennai, Tamil Nadu, India

Oral Ecosystem

It has long been known that oral bacteria preferentially colonize on different surfaces in the oral cavity, due to the specific adhesions on the bacterial surface which aid in binding to complementary specific receptors on a given oral surface.

Normal Flora in Human Oral Cavity

Presence of nutrients, epithelial debris and secretions, along with hospitable temperature makes the mouth a favorable habitat for a great variety of bacteria like Streptococci, Lactobacilli, Staphylococci, Corynebacterium, Actinomyces and Spirochetes.

Buccal epithelium of the oral cavity contains flora like Streptococcus mutans and Streptococcus sanguinis. Hard palate consists of Streptococcus species and soft palate consists of respiratory tract bacteria like Corynebacterium and Neisseria.

Dorsum of the tongue consists of more number of gram-positive filaments of Streptococcus salivarius. Supra gingival tooth surface consists of more number of anaerobic bacteria compared to Subgingival and Crevicular surfaces.

Microbial Flora at different Stages of Human life

At Birth

The mouth of a full-term fetus is sterile. 'Transient flora' from birth canal may be acquired. It acquires microbes like:

- ⊙ Lactobacillus
- ⊙ Neisseria
- ⊙ Yeasts
- ⊙ Streptococcus salivarius which forms the pioneer community with Staphylococcus albus

Infancy and Early Childhood

Infants come into contact with an ever increasing range of microbes and some of them 'become established' as a part of commensal flora.



Eruption of deciduous teeth provides a new attachment surface and turns Streptococcus sanguis and mutans as regular inhabitants of the oral cavity. Along with them, Actinomyces and Lactobacillus are also found.

Adolescence

A greater number of microbes will inhabit the mouth when permanent teeth erupt, since they have deeper fissures, larger proximal spaces, and deeper gingival crevices allowing greater increase in anaerobes.



Adulthood

This is the stage where Bacteroides and Spirochetes are seen in dental plaque.



Edentulous Stage

In the edentulous stage, there will be less number of Bacteroides or Spirochetes in the oral cavity, but there will be an increase in the carriage of yeasts. All these bacteria lead to the formation of dental plaque and caries.



Buccal epithelium of the oral cavity contains flora like Streptococcus mutans and Streptococcus sanguinis. Hard palate consists of Streptococcus species and soft palate consists of respiratory tract bacteria like Corynebacterium and Neisseria

Other Microbes in the Oral Cavity

1) Parasites

They are found in dental calculus and other periodontal conditions.

2) Fungi

They are seen in conditions like Oral thrush, Erythematous Candidiasis and Angular Cheilitis.

Preventive approach

Brushing and Flossing are the two ways to reduce these microbes. This will help get rid of bacteria which stick to the tooth surface that allows formation of dental plaque.

Prevention of Caries

- ⊙ Plaque removal
- ⊙ Diet modifications
- ⊙ Salivary stimulation
- ⊙ Caries vaccine

Prevention of Periodontal Disease

- ⊙ Plaque removal
- ⊙ Mouthwashes
- ⊙ Antibiotics
- ⊙ Anti-inflammatory Agents

Conclusion

There are a wide variety of organisms present in the oral cavity each with distinctive properties. These organisms help determine the ways in which they react with their hosts; whether it will contribute to oral health or morbidities.

Therefore, the identification of the ratio of Microbes at different phases of a medical condition is challenging. Technological advancements in molecular microbiology have helped improve the ability to detect specific bacteria and their products which may serve as markers of ongoing diseases or predictors of future diseases. [6]



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ASK THE EXPERT



Dr. Aparna Babu
Consultant Periodontist and Implantologist
Mumbai, Maharashtra, India

Q/A Hi, my name is Ms. Rukmani Haridas. I am 30 years old. I am getting married soon. I have yellow teeth. Please help me Doctor.

Hello Ms. Haridas,

There are several treatment options for yellow teeth; deciding how to get rid of your problem will largely depend on the specific cause, your age and condition of the teeth. We always choose the least invasive treatment option that creates optimum outcomes. 'Polishing' is the simplest method to remove minor surface stains, if staining is more extrinsic or the discoloration of teeth is not due to inadequate / deficient enamel. Tooth whitening (bleaching) is often the most effective treatment for yellow teeth.

Along with yellow color, if you have worn or chipped teeth, the best solution can be Composite Bonding or Porcelain Veneers or a combination of Bleaching, Composite Bonding and Veneers. This is becoming the preferred option for people wanting an instant and noticeable treatment outcome.

Q/A Doctor, will Tooth Extraction weaken my Eyesight?

Hello,

There is a myth / misconception that tooth removal causes weakening of eyesight. Such belief is mainly maintained by patients who are undergoing tooth removal in relation to upper jaw. This could be due to two reasons; extraction of the upper teeth can cause pain which often radiates to the cheek bone and the lower portion of the eyes. Hence, patients think that there is a connection between the two. Another reason is that teeth are often removed in the middle / older ages when the eyesight normally starts weakening or is already diminished.



Q/A Hi, my son has Tooth Problems. What food is good for Teeth?

Dear Parent,

Food and beverages that are high in sugar and acids generally cause tooth decay; hence, avoid the intake of such items. To maintain a balanced diet, eat vegetables, fruits, whole grains and cereals as well as nutritious foods, such as cheese, raw vegetables and plain curd, in addition to limiting the intake of processed foods.

Q/A Hi, I am Sham and I have lost a few teeth, should they be replaced?

Hello Sham,

If missing teeth are not restored, food debris can accumulate in such areas, leading to gum diseases. The teeth adjacent to these areas may move into this space, disturbing the natural arrangement of teeth. You have a variety of treatment options for tooth restoration. Removable dentures, Fixed bridges and Implants are some of the replacement options. Ask your dentist to know about the best option for you.

Q/A My son does not bother brushing his teeth at night even after frequent compulsion. Doctor, what would happen if he ignores tooth cleaning at night?

Dear Parent,

Make your son understand that unless teeth are cleaned regularly, calculus and tartar will keep depositing on the gums and teeth, making the gums and supporting tissues around the tooth (gum, periodontal ligament and bone) unhealthy. This will also result in Halitosis or Bad breath.

Q/A Dear Doctor, my daughter is 4 years old and has many decayed teeth. Should Milk teeth with Cavities be treated?

Dear Parent,

Do not worry about it. There is a general conception that milk teeth require no treatment, as they will fall after an age, making place for their successors (permanent teeth). This belief is totally wrong. Milk teeth are most valuable. They act as natural space maintainers for their successors. Early loss of milk teeth can lead to an irregular arrangement of permanent teeth. Infected milk teeth may affect the development of permanent teeth. Besides, deciduous teeth help a child in chewing food and in the development of his facial expressions.

Q/A Doctor, Does regular Cleaning / Scaling weaken the Tooth?

Hello,

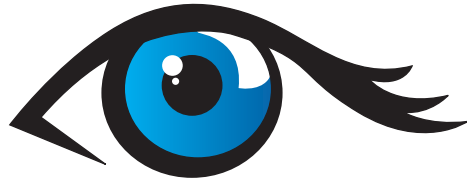
Professional cleaning or Scaling, as its name indicates, is nothing but a procedure involving the removal of dental plaque and calculus. Enamel or the outer layer of the tooth is the hardest substance in the human body. In fact, Scaling helps keep your teeth and gums clean and healthy.

Q/A Hi, I am 20 years old and my gums bleed when I brush. What should I do?

Hello,

Bleeding can be an indication of gum inflammation or swelling. This would necessitate visiting a Dental surgeon who may advise scaling, instruct you to use mouthwashes or follow good oral hygiene measures. Sometimes, it may be due to a medical condition; whatever it may be, go for a dental check-up. ☺





An Inimitable and Ingenious Super Specialist

Dr. Harsh Kumar is an internationally renowned Ophthalmologist who has pioneered various technologies for the treatment of Glaucoma. He is an expert in performing complicated Laser Procedures for Glaucoma and the Anterior Segment of the Eye.

He was honored with **Padma Shri Award** in 2015 by the Government of India. He has also received numerous other awards and honors.

Dr. Harsh Kumar completed Bachelor of Medicine and Bachelor of Surgery (MBBS) from All India Institute of Medical Sciences, New Delhi, India and MD in Ophthalmology from Dr. Rajendra Prasad (R.P.) Centre for Ophthalmic Sciences, New Delhi, both with gold medals. Besides, he did Senior Residency at R. P. Centre and passed out with the best Senior Resident Award.

After his studies, he joined his alma mater as a Faculty Member and served in the institution as an Additional Professor of the Glaucoma Unit. He also served as the President of Glaucoma Society of India from 2010 to 2012.

Currently, he is the Director of Glaucoma Services at the 'Centre for Sight', an eye hospital in New Delhi. He also works as a Consultant Surgeon at Indraprastha Apollo Hospital, New Delhi.

He has done extensive research on Glaucoma and published three books and sixty six papers, besides contributing chapters to several textbooks on this subject. He has performed nine Surgical Laser Procedures for Glaucoma and one of them has been included in the Shields Text Book of Glaucoma, a widely referred reference book on Glaucoma.



1 What motivated you to opt for Medicine? And why did you choose Ophthalmology?

I am from a middle class family. My father was a Professor in Law. It was very common that his pocket would be empty after the 21st of every month.

When I was a small boy, I had experienced severe stomach pain on one occasion. My father took me to a Doctor, who examined me and gave some medications. When my father asked him about the fees, the doctor smiled and replied that it would be collected during the next consultation, as he might have presumed that the pocket of a salaried person would have been almost empty by the end of month. This brought a smile of relief on the face of my father and one of benevolence on that of the doctor. This memory lingered in my mind for long, which motivated me to choose the medical profession.

My father was very righteous. He continues to be so even today. I do not think I can claim to be a shadow of his unique image. He wanted me to pursue Law, as this would enable me to get ample support from him and his colleagues. But I chose Medicine because, in my opinion, there is no other profession better than this.

There is no specific reason for choosing Ophthalmology. Actually, I had a craze for two fields: Pediatrics and Ophthalmology. While I was doing my internship, good doctors in both these branches

inspired me very much. However, I ended up in Ophthalmology.

2 Doctor, what is 'Glaucoma'? How does this happen? Who is at high risk for Glaucoma?

Glaucoma is a group of diseases where the optic nerve, which takes the images from the retina to the brain, gets damaged progressively and irreversibly due to either high pressure within the eye or vascular factors that compromise blood supply to the eye.

Though people are well aware of other diseases like Cataract of the eye, they do not know much about Glaucoma. This is the biggest challenge India is faced with. While I was the President of Glaucoma Society of India, I wanted to spread awareness about Glaucoma, but it did not work out properly.

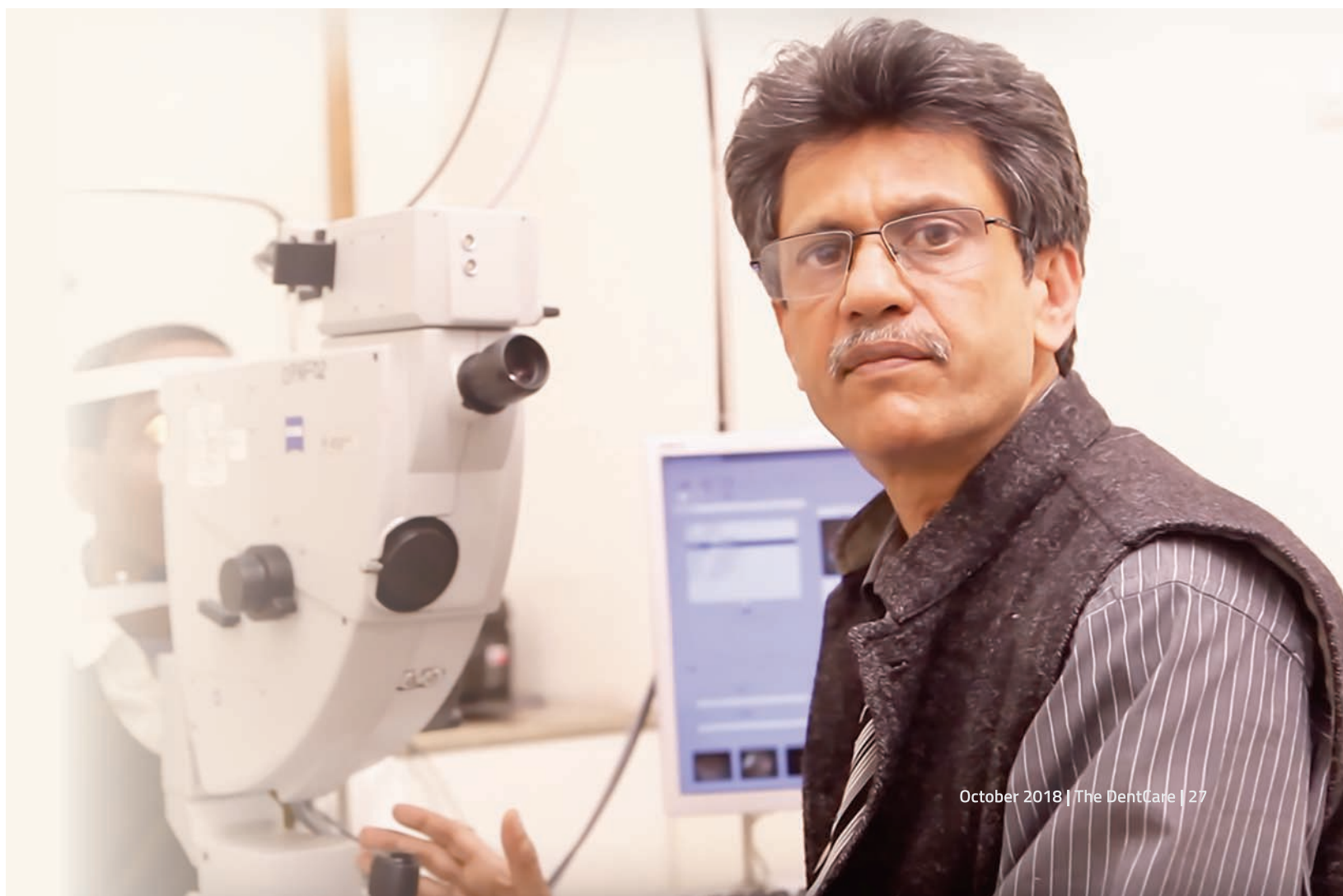
Almost 1 out of 8 people who are above 40 years of age is either a Glaucoma patient or one at risk for Glaucoma. By the time a man realizes that he is affected with the disease, he would have partially / fully lost the vision in one eye. It is because 50 percent of people with Glaucoma do not realize that they are affected with the condition, as often there are no

symptoms in the early stages of Glaucoma.

By the time people realize that they are affected with Glaucoma, 90% of them would have lost 60% of their sight. This is the gravity of the situation. As a result of Glaucoma, there is a significant increase in the pressure (intraocular pressure) within the eyes, resulting in the damage of the optic nerves, which help transmit images to the brain. If this continues for a long period, it can lead to the progressive, irreversible vision loss.

People who have a family history of Glaucoma are at high risk. Patient with Hypertension, Diabetes, high minus number (Myopia) or those who have eye diseases or undergone eye surgery, previously are also at high risk.

I advise all my students to ensure that family members of Glaucoma patients invariably get screened. One of the most important things everyone can do is to tell your family members about Glaucoma and encourage them to take appropriate measures to preserve their vision, i.e., to have a **comprehensive eye examination**.



3

Is it possible to restore Vision if someone is completely affected with Glaucoma?

No. Glaucoma is a group of diseases that results in the damage of optic nerve and vision loss. Once vision is lost from Glaucoma, it is lost forever. It cannot be restored even with the latest procedures available in the world. Till date, we do not have any medications / procedures for regenerating the damaged nervous system.

4

Are there any side effects from the Eye Drops and Medications that are given out?

Long-term use of steroid medications can cause Glaucoma or deteriorate the condition of those with the disease, if they are used for weeks without prescription. If you keep using over-the-counter medications for Eye allergy or Redness for a long period, it will increase eye pressure, since they all contain steroids.

I feel terribly disturbed when people come to me at a later stage; when they have almost lost 'half of their vision' i.e., after consulting many other doctors in this field.

5

What is your Vision for Ophthalmology?

I am spearheading the movement to spread the latest knowledge about and practices for Glaucoma throughout the country.

I want to convey the message of Glaucoma to each and every individual in the country. I will treat a patient only if he / she gets to know about this condition with the help of videos. I have created a number of YouTube videos that give all the information needed by patients.

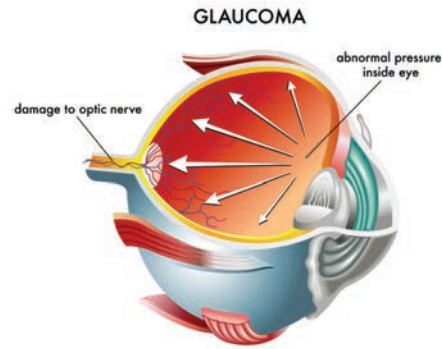
I have ample time to propagate what Glaucoma is. I go from place to place to make people aware of the seriousness of the condition. Instead of making orations on Glaucoma at conferences, I would rather spend one hour with a few Doctors in person, to make them capable of disseminating awareness on Glaucoma. The reason is that, in conferences, it is not possible to clarify the doubts of all the participant Doctors within the limited time frame.

6

Can you remember a specific patient case in your career that made it special, emotionally?

Every time, after performing surgery for a patient with 'vision in one eye', I spend a restless night thinking about the patient and his family. Depending on the treatment outcome, it can either keep his life going well if everything goes as expected or make him completely blind, if it goes the other way.

When I was working at All India Institute of Medical



Sciences, we used to get a large number of patients with Uveitis (inflammation of the eye) and Glaucoma associated with this condition. Majority of the patients were young girls.

Once, a girl from a poor family came to us. She had already lost vision in one eye after a surgery and was very scared of undergoing another one for the other eye. She had a cataract and 'bound down pupil' and hence, she could barely see. I was really scared and thought a lot about helping this girl. She was not ready for surgery but she was willing for a laser treatment, which could be done on an outpatient basis in five minutes. Thus was born the procedure of '**Iridolenticular Synechiolysis**'. This procedure helped dilate the pupil bypassing the central cataracts. The procedure was successful and the girl was happy as we were. This procedure was quoted in the Shields Textbook of Glaucoma, one of the leading texts in the world so that other doctors can pick it up and help thousands of other patients.

Another incident also pops up into my mind.

Once a young man who had lost vision in one eye came to my clinic and said, 'Sir, do you think, I will get back the diminished vision in one eye and live a normal life?'

Ideally, Doctors will inform patients about the risks behind a surgery, but something in his behavior made me say, 'No, you will be fine' after surgery. By the grace of God, the surgery went well and the patient could lead an active life.

After a few weeks, he came to my office and said, 'My parents are not well-off and suffer from many diseases. If I had not received these encouraging words from you, I would have committed suicide, thinking about the agony of my parents in spending money for my treatment rather than for themselves'. His words shook me very much.

I would pass the message that we should never take away a patient's hope. Every patient needs to be given hope, even when you know that something contrary is going to happen. ☹

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Interviewed by Ms. Nisha Philip Xavier



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NON-CARIOUS CERVICAL LESIONS

AN OVERVIEW



Dr. E. Muruganandam
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Non-carious Cervical Lesions (NCCLs) are commonly known as Cervical Abrasion, Abfraction and Erosion. Non-carious Cervical Lesions and Cervical Dentin Hypersensitivity (CDH) are commonly seen clinical conditions.

NCCLs are a multifactorial condition involving the three mechanisms, namely Stress, Bio-corrosion and Friction. Unfortunately, the role of occlusion in the etiology of NCCLs has been ignored, as little attention is given to the effects of stress concentration from occlusal loading.

NCCLs appear to be caries free and exist in various forms like shallow grooves, broad dished-out lesions or extensive wedge-shaped defects. The geometry at the depth of these lesions may be either flat or round in shape and may at times progress to be sharply angled like a notch and extend even to the pulp chamber.

CDH appears to be a pathognomonic sign of the onset of NCCLs, as they both occur in the same area of stress concentration in the cervical region.

Prevalence of NCCLs

The prevalence of NCCLs varies from 5 – 85%. NCCLs are more commonly found in premolars as well as molars and their prevalence and severity are shown to increase with age.

Prevalence of CDH

The prevalence of CDH varies from 2 – 98%. Unlike NCCLs, CDH cannot be visually identified. Methodology for CDH detection can vary from subjective patient reporting to 'in vivo investigation' with air, cold or tactile stimuli. The use of an 'air blast stimulus' is the mostly accepted method.

Etiology of NCCLs and CDH

Both of them have a multifactorial etiology comprising stress, friction and bio-corrosion. Many authors have indicated that there is a relationship between the pathologies of CDH as well as NCCLs and they both stem from eccentric loading forces to teeth. These forces result in stress to the periodontium and cervical region of the tooth and result in pulp pain.

1 Stress (Abfraction)

Repeated stress to cervical regions is the result of minor regional forces upon occlusal surfaces. Cervical stress causes loss of pellicle / smear layer, cementum and enamel / dentin in the Cementoenamel Junction (CEJ) / cervical region. The presence of CDH is, therefore, indicated as an early sign / symptom during the stress-induced clinical formation of Abfraction (NCCL). Stress has its origin from Endogenous or Exogenous factors.

A. Endogenous Origin

- Parafunctional habits like Bruxism, Clenching etc.
- Premature occlusal contacts or eccentric loading
- Deglutition
- Mastication of hard food

B. Exogenous Origin

- Habits like biting objects, such as pencils, nails etc.
- Activities like playing a wind instrument
- Dental appliances like Fixed appliances, Partial denture clasps, Bite guards etc.

2 Friction

Friction from exogenous sources (abrasion) related to dental hygiene, such as overzealous brushing, use of gritty tooth paste, erosion (from liquids) and friction from metal clasps. Recent reports show that friction is a contributing factor and not an etiologic one for CDH.

3 Bio-corrosion

The presence of bio-corrosion is a cofactor for CDH. Acidic endogenous or exogenous conditions in the mouth can cause the loss of smear and / or pellicle layer from the exposed dental surfaces. The action of acids and Proteases eventually produces dissolution of Glycoprotein and other components that otherwise occlude dentinal tubules.

Changes in the oral cavity as a result of reduced salivary flow due to aging and the use of medications to control Depression, Hypertension and other chronic conditions with oral manifestations may unavoidably increase the likelihood of CDH by lowering oral Pouvoir hydrogène (pH).

Diagnosis of CDH and NCCLs

A thorough 'patient interview' coupled with a detailed medical and dental history followed by a complete oral examination (extraoral, intraoral, periodontal, occlusal) and full mouth radiographs can give valuable information for establishing the etiology of CDH or NCCLs.

The morphology of NCCLs should be considered, as they relate to etiology. CDH can be diagnosed by Air Indexing with T-Scan Occlusal Analysis. As etiology is multifactorial in most cases, a multidisciplinary approach will help a dentist diagnose medical conditions like Gastroesophageal Reflux Disease(GERD)



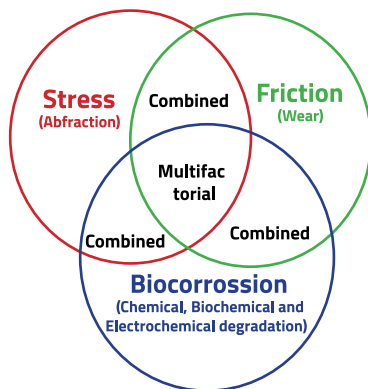
Abfraction



Cervical Abrasion



Erosion



Treatment Options

After identifying the correct etiology, appropriate treatment strategy must be selected. For effective Preventive management strategy, the following should be considered:

- Control of parafunctional habits (Bruxism and Clenching)
- Evaluation of occlusal prematurity
- Avoidance of desensitizers prior to professional examination, as they can mask CDH symptoms during its etiologic determination
- Treatment of periodontal factors
- Reduction of acidic diet and identification of Gastroesophageal Reflux Disease (GERD)
- Avoidance of tooth brushing with hard bristles and use of abrasive dentifrices, along with the prevention of overzealous brushing

Non-restorative Strategies

They include Occlusal (Selective occlusal adjustment in centric occlusion, lateral excursion, and protrusion), Chemical (neural agents like Potassium containing pastes, oxalate-based solutions that help in occluding dentinal tubules, Strontium toothpastes, Glutaraldehyde, Fluorides, Varnishes, Sealants, Selective calcium compounds, Bioglass, Arginine, mixed agents like Calcium oxalate or Potassium nitrate) and Laser therapy for dentin desensitization and / or reducing tubule size.


Restorative Strategies

These strategies include the use of Glass Ionomer Cement (GIC), Composites or Ceramic Fragment Restorations under proper isolation.

Surgical therapies

They include Periodontal therapy and Root coverage using flaps or Grafts in areas of gingival recession.

Conclusion

Proper treatment along with a good oral hygiene regimen can keep Non-Carious Cervical Lesions at bay. 

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QUIT SMOKING FOR A HEALTHIER LIFE

Why say 'NO' to Smoking? As everyone knows, Smoking is not good for health. Smoking has certain effects that are not good for the body. Smoking is addictive. Once a person gets involved in smoking, it is hard to stop it. Smoking is not advisable because it has adverse effects, such as loss of appetite, lung cancer and bad breath.

About 23 percent of all adults are smokers. This fact seems dwarfed when you know that 30 percent of adolescents use some kind of tobacco. Statistics show that the average age to start smoking / using tobacco products is 13 years. This means that majority of tobacco users start smoking / using the products when they were teenagers.

The effects of smoking are extensive but what most people do not take into serious consideration is **Secondhand smoking** (inhalation of smoke breathed out by the smoker or from the burning end of a cigarette) and **Third-hand smoking** (contamination by tobacco smoke that lingers after extinguishing a cigarette or other combustible tobacco products).

Many adolescents are under peer / social pressure in various ways. Friends have a major role in influencing the life pattern of youngsters, especially when it comes to risky behaviors like tobacco use.

During the pre-teen and teenage years, your children may assert their independence and explore their identities. Adolescent period is such that teenagers will crave for the acceptance of their peers and can often worry about if they are not accepted by friends.

With regard to smoking, the United States Department of Health and Human Services points out that the rate of smoking in teens having three or more friends is 10 times higher than those who do not have any friends.

However, the teenagers who do not smoke say that one of the main reasons for abstaining from smoking / using tobacco is their parents. The influence of parents is profound that they can play a major role in helping their children develop good habits, especially when they struggle with peer pressure.



Dr. Eby Aluckal
Head



Mr. Eldhose Johny
Intern

Department of Public Health Dentistry
Mar Baselios Dental College
Kothamangalam, Kerala, India

Tips to Avoid Peer pressure

Some helpful tips for your teen to avoid peer pressure are:

◆ Setting boundaries

Place smoking on the list of things they should not do. Make sure that they understand the health risks of smoking.

◆ Knowing your child's friends

Pay attention to your teen's interactions.

◆ Managing stress

Be on the lookout for signs of stress. Empathize with their feelings and help them prioritize their activities.

◆ Encourage independent thinking

Help your teens develop independent thinking and help them overcome peer pressure.

◆ Show and teach empathy

By showing empathy for your child's feelings, you teach them how much you value their thoughts; besides, this will also help them trust in themselves.

◆ Get them involved

Get them involved in groups or clubs that fit their interests, as this will help reduce the chances of boredom besides enabling them to get new experiences.

Why should I Quit

- You may probably know the harmful effects of smoking. If you quit the habit, it will prolong your life expectancy.
- Improve your health (Smoking increases your risk of lung / throat cancer, emphysema, heart disease, high blood pressure, ulcers, gum disease and other conditions).
- Feel healthier (Smoking can cause coughing, poor athletic ability and sore throats).
- Look better (Smoking can cause face wrinkles, stained teeth and dull skin).
- Improve your sense of taste and smell.
- Save money.



How can I Quit

There is 'no single effective way' to quit smoking that works for everyone. A smoking cessation program may be helpful to you. Ask your health care providers about smoking cessation programs in your community.

Abrupt cessation of smoking (Cold Turkey) is not found to be effective, as they result in unpleasant experiences. Therefore, lay out a viable / effective plan to quit smoking in the following way.

- ◆ Pick a date to stop smoking and then get ready for it.
- ◆ Record when and why you smoke or what triggers your urges to smoke.
- ◆ Record what you do when you smoke. As you plan to quit, try smoking at different times and places to break the connections between certain activities and smoking.
- ◆ List your reasons for quitting. Read out the list before and after you quit.
- ◆ Find activities that can replace smoking. Do something else when you have the urge to smoke.
- ◆ Ask your health care providers about using Nicotine gum and Patches. Also ask your doctor about a Nicotine-free medication (Chantix or Zyban) that can help you quit smoking.

What to do when you Quit

- Start the morning without a cigarette and with a set mind for Quitting.
- Do not focus on the trivial uneasiness you experience for the time being but focus on the benefits of quitting.
- Tell yourself that you are a good candidate for quitting. Remind yourself of this when you have the urge to smoke.
- When you have the urge to smoke, take a deep breath and hold it for ten seconds and then release it slowly.
- Change activities that are connected to smoking. Take a walk or read a book instead of taking a break for smoking.
- Do not carry cigarettes, matches or lighter.
- Go to places where smoking is prohibited, such as Museums and Libraries.
- Eat low-calorie, healthy foods when the urge to smoke strikes. Carrot and celery sticks, fresh fruits and fat-free snacks are good choices.
- Drink a lot of fluids. Cut down on alcohol and caffeinated beverages. They can trigger an urge to smoke. Drink water, herbal teas, caffeine-free soft drinks and juices.
- Do exercise, as it will help you feel relaxed.
- Hang out with non-smokers.
- Get support for quitting from your kith and kin. Tell others about your milestones of 'Quitting' with pride.



What happens when you Quit

1. After 20 minutes

- ◇ You stop polluting the air.
- ◇ Decrease in your blood pressure and pulse rate.
- ◇ Increase in the temperature of your hands and feet.

2. After 8 hours

- ◇ The level of carbon monoxide in your blood returns to normal.
- ◇ Oxygen levels in your blood increase.

3. After 24 hours

- ◇ Your chance of heart attack decreases.

4. After 48 hours

- ◇ Nerve endings adjust to the absence of Nicotine.
- ◇ Your ability to taste and smell begins to return.

5. After 72 hours

- ◇ Bronchial tubes relax.

6. After 2 to 12 weeks

- ◇ Your blood circulation improves.
- ◇ Your exercise tolerance improves.

7. After 1 to 9 months

- ◇ Decrease in sinus congestion, coughing, fatigue and shortness of breath.
- ◇ Cilia regrowth: the lungs start to function in a normal way.
- ◇ Your overall energy levels increase.

8. After 1 year

- ◇ Your risk of heart disease decreases by 50%.

9. After 5 years

- ◇ Your risk of stroke is reduced to as that of the people who have never smoked.

10. After 10 years

- ◇ Risk of dying from lung cancer drops to almost the same rate as that of a lifelong non-smoker.



How will I feel when I Quit

You may crave cigarettes, feel very hungry, cough often, get headache, feel very tired, experience difficulty in concentrating, have constipation, sore throat or difficulty in sleeping. Although withdrawal symptoms will be the strongest during the early stages of quitting, they will go away within a few weeks.

NO SMOKING



I have tried quitting before, but it did not work. What can I do?

To quit smoking, you should be ready emotionally and mentally. You should have a 'set mind to' quitting.

Have a look at the five stages of change:

○ **Stage one: Pre-contemplation**

The person does not want to quit smoking but may try quitting, since he / she is pressurized for quitting.

○ **Stage two: Contemplation**

The person wants to quit someday, but he / she has not taken any steps to quit smoking.

○ **Stage three: Preparation**

The person takes small steps to quit, such as cutting back on smoking or switching to a 'lighter brand'.

○ **Stage four: Action**

The person puts the plan for quitting into action. He or she makes changes in his or her actions and environment to overcome the urge for smoking. The person succeeds in coping with the urge to smoke and remains smoke-free for six months.

○ **Stage five: Maintenance**

The person has not smoked for one year; but after that he / she relapses to smoking. About 75% of smokers who quit the habit smoke again. Most smokers have tried three times before they succeed in quitting. Therefore, do not give up hope; keep trying. ☑



SOCIAL MEDIA

for Dentists



If you are an owner of a dental clinic or you are about to establish your first clinic, then you may probably have or are going to have your own **Website** and / or **Social Media Account** for your clinic.

Many people do not know what to share on Social Media. If you are in doubt about what to share on these platforms or if you are stuck with 100 likes / followers on an 'Account', then you may continue reading this article.

Why should we Dentists use Social Media or Why do your clinics need a

Social Media Account? The simple answer is that 'Social Media is the new word of mouth'. Yes! 'Whatever happens around us will soon appear on Social Media'.

But still you must be thinking why do we need to post contents and put your time on Social Media? You are entertaining such thoughts because you may have enough patient flow or the people in your area do not use Social Media very much.

In the modern-day, everyone owns a smartphone and almost all of them



Dr. Suhail C. S., Dental Practitioner, Bengaluru, Karnataka, India

By posting Dental Procedures on Social media, we are actually helping the patient get a better experience and treatment, in addition to enabling them to get 'value for money'

have Social Media Accounts. Hence, Social Media can play a paramount role in attracting patients to your clinic.

Imagine a scenario where two Dentists run clinics near to each other; both of them have the same experience and same degrees but the work of one of the dentists is far better than the other. The Dentist who is not so good is getting all the patients and the patients do not know that there is a way to get better treatment than what they are getting and the Dentist who can do better work does not get the number of patients he truly deserves.

Social Media can bring a solution to this problem. If the second doctor who is a better dentist can take a video of whatever work he is doing and shows it on his clinic's Social Media Account, then magic can happen. People slowly start noticing the difference in the doctor's way of treating and caring for patients. Some people will realize that at the clinic, patient's do not have to go through so much trouble for the same treatment for which they had to endure severe pain / uneasiness at the other clinic. People will also find that the treatment which troubled them very much in the other clinic seems to be like a beautiful experience at this clinic!

By posting Dental Procedures on Social media, we are actually helping the patient get a better experience and treatment, in addition to enabling them to get 'value for money'. We are showing the real experience which they are going to get from the clinic and the choice is theirs.

So now, if you are not using Social Media platforms to canvass patients, it is absolutely fine, but you are just hurting some patients by not showing your skills and expertise, which enable them to choose you. Suppose you are bad!! Do not worry; anyone can improve at any time and perhaps, some patients may find your works more preferable than others, since the choice is finally that of the patient.

There is no bad side for sharing our work on Social Media; but boasting about our work and clinical procedures, making fancy offers and degrading other dentists are obviously unethical.

Hence, present your skills to the people; let them know that this is the way in which you are treating patients in your clinic. The most attractive benefit of

Social Media is that you cannot pretend that you are providing high standard treatment and the best experience in your clinic, since people can make it out easily. If you consistently play a role on Social Media, people will definitely find you out at one time or another.

For a Dentist, 'Social Media' is a synonym of 'exhibition'; an exhibition of his skills and expertise, enabling patients to choose a Doctor they like.

What should you do?

It is simple, buy a camera or use your smartphone to shoot exclusive and interesting cases you are treating and share it on Social Media in an informative format. Also share valuable contents in the form of video / photo / audio / written format. That is all; you are giving them information and showing them what kind of treatment they can expect from you.

Social Media ensures that Dentists who have good skills will get more patients. I do not think that a Dentist should be worried, if some other Dentists are utilizing Social Media in a better way. Display what you do and let others show what they do. This will help people choose the right Dentist.

Keep on utilizing the Social Media platform consistently for the benefit of the patients and yourself. ☑



Can Oral Health Affect Your Overall Health?

Oral health can affect your systemic health and vice versa. If you take proper care of your mouth, it can actually influence your entire body. If bacteria are allowed to build-up in your oral cavity, it can affect your whole body.



Dr. Margi Bhatt
Dental Practitioner
Mumbai, Maharashtra,
India



Poor oral hygiene can lead to the following diseases.



HEART DISEASE

Gum inflammation increases the risk of heart attack because bacteria and other germs spread from your mouth to other parts of the body through the blood. When these bacteria reach the heart, they can affect the damaged areas, if any, leading to inflammation.



DIABETES

Glucose is present in your saliva. When food containing more amount of sugar is consumed, it interacts with the bacteria within the plaque and produces an acid. This acid is responsible for tooth decay because it slowly dissolves the enamel creating holes or cavities in the tooth. If you have gum disease, it is very difficult to control the levels of glucose in the blood.



SMOKING

Smoking alters the way your body responds to the bacteria in the oral cavity. It also reduces the ability of your body to respond well to bacteria and thus causes gum disease. There are many

compounds in 'smoke' that can cause an impaired immune system.



PNEUMONIA

It is caused by the bacteria which are present in plaque. Plaque is a biofilm containing bacteria which is formed as a result of poor maintenance of oral hygiene.



STROKE

Inflammation is the natural response of our body to an infection and this might be a reaction to Bacteria, which can enter the bloodstream through the gums and become a part of fatty plaques (a build-up of fat, cholesterol, calcium and other substances) in the blood vessels. A stroke occurs when fatty plaques break off the wall of a blood vessel and travel to the brain cutting off the blood supply.



ORAL CANCER

As a general scenario, cancer of the mouth is more prevalent in people over 50 years of age, but it can rarely be diagnosed in young adults too. Some common factors that increase the risk of oral cancer are smoking, chewing tobacco, consumption of alcohol, extreme exposure to sunlight, use of betel nut,

etc. Along with this, poor dental hygiene also increases your chance of getting mouth cancer.

People who have had head and neck cancer in the past, recurrent oral infections and a family history of cancer are also at a risk for the same. Cancer of the mouth can adversely affect oral health. It can cause gum diseases, cavities or other oral conditions. Mouth cancer can affect the salivary glands in the mouth that may reduce the secretion of saliva.



PREGNANCY COMPLICATIONS

Bacteria in the mouth of a mother can be transmitted through the blood and amniotic fluid to the fetus. This can contribute to the risk of a premature birth, a low birth weight baby, premature onset of contractions and infection of the newborn child. This evidence can have an important implication on the health of mothers and their babies, since simple improvement of dental hygiene will help reduce the incidence of unknown complications during pregnancy and also in newborn babies.



DEMENTIA

A recent study from the University of Central Lancashire School of Medicine and Dentistry, United Kingdom shows that poor dental health and gum disease can be linked to Alzheimer's and Dementia.

STEPS TO MAINTAINING GOOD ORAL HYGIENE

Brushing twice a day

Brush your teeth twice a day; once in the morning and once at night. It is especially important to brush before bedtime because if food particles remain in the mouth through the night, there are more chances of bacteria getting multiplied.

Flossing

Flossing is important because debris / food particles, which get accumulated between teeth, cannot be removed by normal brushing. There are different kinds of flosses available like threaded floss, handled floss etc. You can also use interdental brushes for removing food particles between the gaps.

Using Mouthwashes


Mouthwashes should be used twice a day, as they help maintain oral hygiene by reducing the bacterial count in the mouth, along with helping avoid bad breath.

Quitting Bad Habits

Health conditions associated with Smoking and Tobacco chewing

- 1) Stained teeth and tongue
- 2) Dulled sense of taste and smell
- 3) Slow healing after a tooth extraction or other surgery
- 4) Difficulties in correcting cosmetic dental problems
- 5) Gum disease
- 6) Oral cancer

Visiting your Dentist for regular check-ups

It is necessary to visit your dentist every six months to evaluate your oral condition, as it helps ensure that you are maintaining proper oral hygiene and health. 



Life-threatening Lifestyles

Communicable diseases like Malaria, Cholera, Typhoid etc. can be controlled with proper treatment modalities and have been somewhat successfully eradicated. But certain other diseases like Dengue, Chikungunya, Rat Fever etc. are the new entrants to the list of communicable diseases.

Beyond all these diseases, there are a set of disorders which are called Lifestyle Diseases. The main cause of these diseases is due to our unhealthy lifestyles which can be prevented if we follow healthy and active lifestyles.

Unhealthy diet and lifestyles are the two major factors that make us susceptible to many diseases. Substance / drug abuse, tobacco use / smoking and alcohol consumption as well as lack of or too much

exercise can also increase the risk of developing certain diseases, especially in the later stages of life.

Some of the common conditions encountered due to occupational lifestyle diseases are Alzheimer's, Arteriosclerosis, Cancer, Chronic liver disease / Cirrhosis, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Hypertension, Heart disorders, Nephritis / Chronic Renal Failure (CRF) and Stroke.

As the name suggests, lifestyle diseases are due to unhealthy modifications in our lifestyles, owing to modernization and urbanization and other factors that force us to avoid exercise and lead a sedentary life pattern: together with this, our energy intake exceeds energy expenditure and this in turn, makes us more prone to lifestyle diseases.



Ms. Subhasree Prasanth
Consultant Dietician
Thiruvananthapuram, Kerala, India



Keep away from unhealthy habits like paan chewing, smoking, alcohol consumption etc. Avoid sedentary lifestyles and lead an active life to help you keep healthy

One of the best ways to maintain your health is by taking proper care of yourself. If you want to live a healthy life, change your inactive lifestyles, as even the simplest little modifications to life pattern can reap the benefits.

Tips to get a Healthy Lifestyle

Dine Properly

Due to hectic lifestyles and busy schedule, most of us rely on packaged and canned or fast / junk foods. All these are unhealthy options, as they are high in Fats and Sodium. Sodium and Fats are the known causes of various lifestyles diseases like High Cholesterol Levels, Heart failure, Hypertension and Stroke. Therefore, it is imperative to take healthy foods and snacks.

A few dietary Tips for a Healthy Body



- ⦿ Never skip your breakfast, as it is the most important meal of the day, which helps you keep healthy throughout the day. For a healthy breakfast include cereal, pulses or low fat non-vegetarian Proteins
- ⦿ Always take healthy fruits or soup
- ⦿ Have your lunch in time with lots of veggies that are low in Fat Protein and rich in Fiber
- ⦿ Have healthy snacks like egg white, boiled pulses, sprouted grams etc.
- ⦿ Have your dinner before 8 o'clock with low fat foods
- ⦿ Never forget to take a fruit or a cup of low-fat milk as an after-dinner drink
- ⦿ Avoid junk foods and soft drinks, as they can cause you feel bloated and acidic
- ⦿ Add Fiber rich foods like oats and fresh fruits and vegetables to your diet, as it promotes digestion and the health of your heart. Include cereals in your breakfast to get adequate dose of Fiber
- ⦿ Avoid Sodium and do not add extra salt to foods. High intake of salt can lead to High blood pressure which is one of the main causes of coronary diseases and stroke. Instead of salt, add herbs and salads to your foods
- ⦿ Cut down on fatty and high-calorie foods

Hydrate your Body

Water is an excellent option for flushing out toxins from the body, besides doing wonders for your skin. Drink at least 3 – 4 liters of fluids every day to keep your body hydrated.

Proper Exercise

For maintaining a healthy body and mind and to ward off a host of lifestyle diseases, including Type 2 Diabetes, Cancer, Obesity etc., proper exercise is inevitable.

Make a time table for daily activities with sufficient time for exercise and entertainment.

- ⦿ Do brisk walking for 15 minutes per day at a speed of 12 kilometers (km) per hour
- ⦿ Increase your oxygen intake
- ⦿ Sit with good posture at home and at workplace, to avoid postural disorders like cervical sprain and backache
- ⦿ Each exercise has its own benefits. Choose the exercise that helps burn more calories and suits your health

Manage your Weight

The root cause of most of the lifestyle diseases is Overweight and Obesity. It is, therefore, important to maintain an ideal body weight. Check your Body Mass Index (BMI) and follow the BMI as per your age,

weight, and height. If you exceed the BMI, it means you are suffering from obesity.

Get Adequate Sleep

For getting healthy body functions, one should sleep for 8 hours every day. Sleep also helps you maintain a sharp mind, in addition to keeping you refreshed.



Keep in touch with Antioxidants

Antioxidant-rich foods help your body fight against free radicals and protect your body from diseases. Tomato, carrot, green tea, sweet potato, seafood, pulses, onion, garlic, etc. are rich in Antioxidants.

Classification of OverWeight and Obesity by BMI (Kilogram/meter²)

Underweight	<18.5	Obese	29.5 to 34.5
Normal	18.5 to 24.5	Severely Obese	Above 35
Overweight	25 to 29.5		



A HEALTHY
DIET

can bring



A HEALTHY
LIFE

Conclusion

Keep away from unhealthy habits like paan chewing, smoking, alcohol consumption etc. Avoid sedentary lifestyles and lead an active life to help you keep healthy.

The nutrients needed varies from person to person, as per their age, bodily function, medical conditions, nature of work etc. Always take food not only to satisfy your appetite but also your nutritional needs.

Remember “Food is the one that gives life and it is the one that takes life”. 🍴



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Tooth Brush & Types of Brushing Techniques

Oral hygiene practices involve daily removal of dental plaque and debris by using a toothbrush. The present concept of tooth brushing evolved around the beginning of the 19th century. Prior to that time, wooden chew sticks or some kind of toothpicks were used. The purpose of tooth brushing is to remove bacterial plaque from the tooth surfaces without injuring the soft tissue.

A Toothbrush is the most widely used oral hygiene aid. A toothbrush has been described as 'the classic and principal method employed in oral hygiene'. According to American Dental Association Council on Dental Therapeutics, 'A toothbrush is designed primarily to promote cleanliness of teeth and the oral cavity'.

➤ Types of Toothbrushes

Manual Toothbrushes

A modern manual toothbrush is a dental tool which consists of a head of nylon bristles attached to a long

handle to help facilitate the manual action of tooth brushing. Furthermore, the long handle of the manual tooth brush can reach the posterior most part of the teeth. A toothbrush is arguably the best tool for removing dental plaque and is capable of preventing all plaque-related diseases if it is used routinely, correctly and effectively.

Powered Toothbrush

In 1885, Fredrick Tornberg, a Swedish Watchmaker designed the first mechanical toothbrush. The First powered toothbrush was made in 1939. In a powered toothbrush, the head oscillates in a side-to-side motion or in a rotary motion.

Sonic and Ultrasonic Toothbrush

Sonic and Ultrasonic toothbrushes are used to remove plaque and bacteria from the teeth in a better way.

Ionic Toothbrush

Ionic toothbrushes change the surface charge of a tooth by an influx of positively charged ions.



Dr. Sai Deepika
Dental Practitioner
Copenhagen, Denmark

➤ **What type of Toothbrush should I use?**

Most dental professionals agree that a soft-bristled brush is best for removing plaque and debris from your teeth. Small-headed brushes are also preferable since they can reach all areas of the mouth in a better way, including 'hard-to-reach areas'. For the majority of people, a powered tooth brush is a good alternative. It can clean the tooth and gingival areas in a better way, particularly for those who have difficulty in brushing or limited manual dexterity.

➤ **Types of Brushing Techniques**

Tooth brushing is the principal method of preventing oral diseases and is the most important activity an individual can practice to reduce plaque build-up. Controlling plaque reduces plaque-associated diseases, such as Gingivitis, Periodontitis and Dental Caries.

Many oral health care professionals agree that tooth brushing should be done for a minimum of two minutes and be practiced at least twice a day. Brushing for at least two minutes per session is optimal for removing dental plaque and preventing oral diseases.

Many different tooth brushing methods have been introduced over the years. Described below are the techniques of tooth brushing which are classified based on the motion / movement of toothbrush.

majority of people.

Technique

Place the brush at a 90-degree angulation to the tooth either on the left or right side and move the brush along the side of the dentition to the posterior region and pull towards the anterior region.

Disadvantage

Horizontal scrub method is not very effective in plaque removal and can lead to cervical abrasion and gingival recession.

2. Vibratory Motion

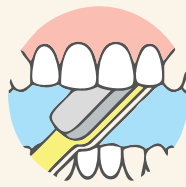
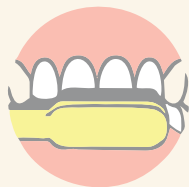
Bass Method / Sulcular Method

It is one of the active types of brushing technique. Bass technique helps remove plaque or biofilm from the gingival sulcus.

Technique

Place your toothbrush parallel to the tooth with the bristles towards the gums. Tilt the brush to a 45-degree angle and move the bristles slightly under the gum line. With firm but gentle pressure, and while maintaining the bristles under the gum tissue, wiggle or vibrate the brush back and forth or use a small circular motion 15 to 20 times before moving to the next area. A brush should cover two to three teeth at a time. Brush the entire outer surface of teeth and then continue the same technique on the tongue side. To brush the insides of the front teeth, hold the toothbrush in a vertical position and use the bristles on the toe of the brush, but make sure that they are getting under the gum tissue. Brush the chewing surface of the molar teeth and do not forget to brush your tongue.

How to brush your teeth



1. Horizontal reciprocating Motion

Horizontal Scrub Method

The Horizontal Scrub method is a very simple method, which includes gentle movement of the bristles in the horizontal scrubbing motion. This is the easiest method and hence, it is commonly used by the

Indications

Open proximal areas; cervical areas beneath the height of contour of enamel; and in the case of gingival recession.

Stillman's Method

This technique is like Bass technique but comes with a



slight modification to improve the effectiveness of plaque removal.

Technique

To implement this method, follow the Bass technique, but after vibrating the brush under the gum area, move it towards the chewing surface of the tooth and use short back-and-forth strokes.

Indications

To clean the teeth with exposed roots due to loss of gum tissue (gingival recession) and if there is a large gap at the proximal contact region of the teeth (gingival embrasure).

Charter's Method

This technique is recommended for those who are wearing dental appliances or have undergone a recent periodontal surgery.

Technique

Place the bristles on the gum line at a 45-degree angle pointing towards the chewing surface or crown of the tooth. This position is the opposite of the Bass and Stillman's techniques. Gently vibrate the brush for 15 to 20 counts, using short circular strokes or small back-and-forth motions, and then reposition the brush to the next area. Move around the mouth in the same pattern, brushing all tooth surfaces, both inner and outer, as well as the chewing surfaces of the molars.

Indications

This is indicated in the case of Orthodontic or Prosthetic therapy; temporary method after a periodontal surgery to clean at the site of surgery.

3. Vertical Sweeping Motion / Rolling Motion

This is a modified version of the Bass, Stillman's and Charter's techniques. This action helps sweep out debris stuck between the teeth and cleans the entire tooth surface. The sweeping motion also helps prevent damage to the sulcus (the space between teeth and gums).

4. Circular Motion

Fones Circular Method

Fones brushing technique is a circular brushing method indicated for young children and those who do not have the muscle development for more complex techniques. This is the simplest of all the methods and is least effective.

Technique

Place your toothbrush on a set of teeth and activate the bristles by slightly pressing against teeth and give a circular motion 4 – 5 times on each set of teeth before moving to the next set.

Indications

This is indicated in young children and people with less muscle development.

➤ Maintenance and Replacement of Toothbrush

- ⊙ A toothbrush may act as a vehicle in breeding and transmitting various organisms in the oral cavity. Rinse your toothbrush with tap water after brushing to remove the remaining toothpaste and debris.
- ⊙ Store the brush in an upright position and allow it to air dry before using it again. Do not cover the toothbrushes or store them in closed containers. A moist environment, such as a closed container, is more conducive to the growth of microorganisms.
- ⊙ If more than one toothbrush is stored in the same holder or area, keep the brushes separate.
- ⊙ Replace toothbrushes every three to four months, as the bristles become frayed and worn with use and will be less effective in cleaning teeth; replace them more frequently if needed. The toothbrushes of children may have to be replaced more often than that of adults.☒

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Acne

Acne (Pimples) is a common problem found among teens and young adults. Though Acne can be seen on the neck, back or thighs, it is most commonly seen on the face. It can be in the form of Papules (small skin eruptions), Blackheads, Whiteheads, Pustules (bulging patch of skin containing pus) or deep and tender lumps (nodules or cysts).



Dr. (Maj.) Nalini Janardhanan
Specialist in Family Medicine
Hadapsar, Maharashtra, India

Causes

1) Genes

Acne may be linked to genetics because it appears to run in families. If either of the parents is acne-prone, there is a high chance of their children developing Acne.

2) Hormones

In adolescent girls / adult women, the hormonal changes in the body during puberty, menstruation and pregnancy are responsible for causing new Acne or for the exacerbation of an existing condition, due to an increase in the secretion of oily Sebum on the skin. Diet, lifestyle and stress levels can also cause a change in hormone levels.

3) Daily Habits and Lifestyle

Certain habits can make your Acne worse. Lifestyle modifications can help improve the condition. Healthy eating habits are very important for getting flawless skin.

Cleanse your face thoroughly before going to bed to get rid of the dirt, dust and pollutants that have accumulated on your face throughout the day.

What happens in Acne?

1) Clogged Pores

The skin is in the process of constant renewal. Skin cells may get stuck in the pores on the skin and clog them up. This may lead to Whiteheads and Blackheads.

2) Bacterial Infection

Bacteria may get inside a clogged pore leading to inflammation and swelling which results in the redness of Acne. Later, it may become a pustule with pus inside (nodules or cysts).

3) Oily Skin

Production of too much of Sebum, especially in those with oily skin, may lead to more Acne. Besides, the use of cosmetics that contain too much of oily ingredients can worsen the condition of those with Acne.



Treatment

Consult a Dermatologist and take the 'full course of treatment' as prescribed by the Doctor. Occasional Acne is usually self-limiting and it may go away in due course. But recurring Acne needs long-term treatment. Do not self-treat with over-the-counter medications, someone else's prescription or homemade medications.

Topical Products and Medicines

Doctors may prescribe topical medicines (lotions, gels and creams) that you may apply to the skin. These products and medicines help reduce the amount of oil your body produces besides fighting inflammation and helping treat existing blemishes and preventing new ones from forming.

You have to be careful about the following, while using skin care products and medications.

1) Be Patient

Use the medications that are prescribed by your Doctor and take them as per the prescription.

2) Be gentle

You may have skin irritation, but do not rub or scratch the skin. If you keep rubbing, squeezing or picking your skin, it can aggravate the condition.

Prevention:

A few simple tips to eliminate / prevent Acne are:

■ Daily Habits

- 1) Change your pillow cover every 2 – 3 days. While washing pillow covers, use a fragrance-free detergent and do not use fabric softener
- 2) Protect your skin from pollution
- 3) Clean your face regularly with a gentle cleanser or Face wash. Choose the right skin care products to exfoliate your skin and prevent clogging of pores
- 4) Use only oil-free beauty products, if you have oily skin
- 5) Do not use too much make-up. Avoid greasy or oily cosmetics for make-up
- 6) Do not touch your face frequently. If you have Acne, do not pick, squeeze or rub them
- 7) Wash off sweat from the face

Elevated stress can cause or worsen Acne and vice versa. So reduce your stress in the following ways:

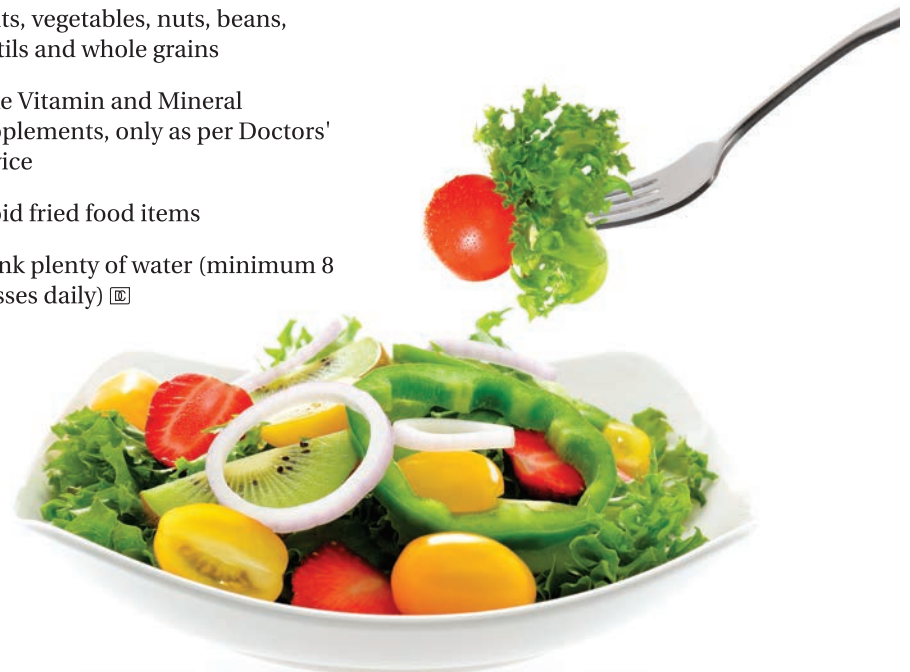
- a) Do Meditation or Yoga to keep your mind relaxed
- b) Avoid negative thinking
- c) A morning or evening walk is good for your mind and body
- d) Spend more time with friends and family
- e) Watch movies, listen to music, go for picnics or get together
- f) Do regular exercise



Acne (Pimples) is a common problem in teenage and adult life. Acne can be seen on the neck, back or thighs but is most commonly seen on face

- ☑ Avoid too much of sugar, bread, milk and milk products
- ☑ Avoid soda, artificial juices, candies, sweets, corn, potato etc.
- ☑ Take a balanced diet with lots of fruits, vegetables, nuts, beans, lentils and whole grains
- ☑ Take Vitamin and Mineral supplements, only as per Doctors' advice
- ☑ Avoid fried food items
- ☑ Drink plenty of water (minimum 8 glasses daily) ☑

Diet ■





Experience DentCare

⇒ JOURNEY TO EXCELLENCE



Dr. Reshmi Jayakrishnan
Dental Practitioner
Cheruvathur, Kerala, India

Though I have heard about the exceptional quality of DentCare Dental Lab and regularly give laboratory work, my perception about the lab changed drastically with my first visit. I can unhesitatingly say that the lab has impressed me beyond description.

DentCare Dental Lab is well-refined and well-defined, striding neck and neck with the best dental labs in the world, keeping pace with the rapid evolution in dentistry, and adopting sophisticated technology and innovations, apart from setting their own standards in quality management and novelty.

It puts me at ease to take up any prosthetic work with confidence, as the lab always provides me the best. It is an honor to have been associated with this world-class organization and I would definitely recommend it to other dental practitioners. ☺

⇒ MEETING THE EXPECTATIONS



Dr. Jerin Kurian
Post Graduate Student
Department of Prosthodontics
Kalka Dental College and
Hospital (KDCH)
New Delhi, India

Laboratory services are an integral part of dental practice. DentCare Dental Lab stands apart in providing disciplined and meticulous support to dentists with accountability for their products and services.

The visit to the lab was really like a homecoming experience for me. I was surprised to perceive the 'quality standards' being implemented there. What makes DentCare stand out from others in the field is that they are keen on keeping abreast with the latest technological advancements in dentistry.

My hats off to the lab for their innovative and world-class prostheses and services that has helped them win accolades of the dental fraternity around the globe. I truly feel awesome to see that all the technicians are skillful and dutiful, in addition to always being empathetic.

In addition to that I am extremely happy to see that all the articles published in '**The DentCare**' are valuable, inspiring and educative, particularly to the dental community at large. ☺

Occlusion & Posture

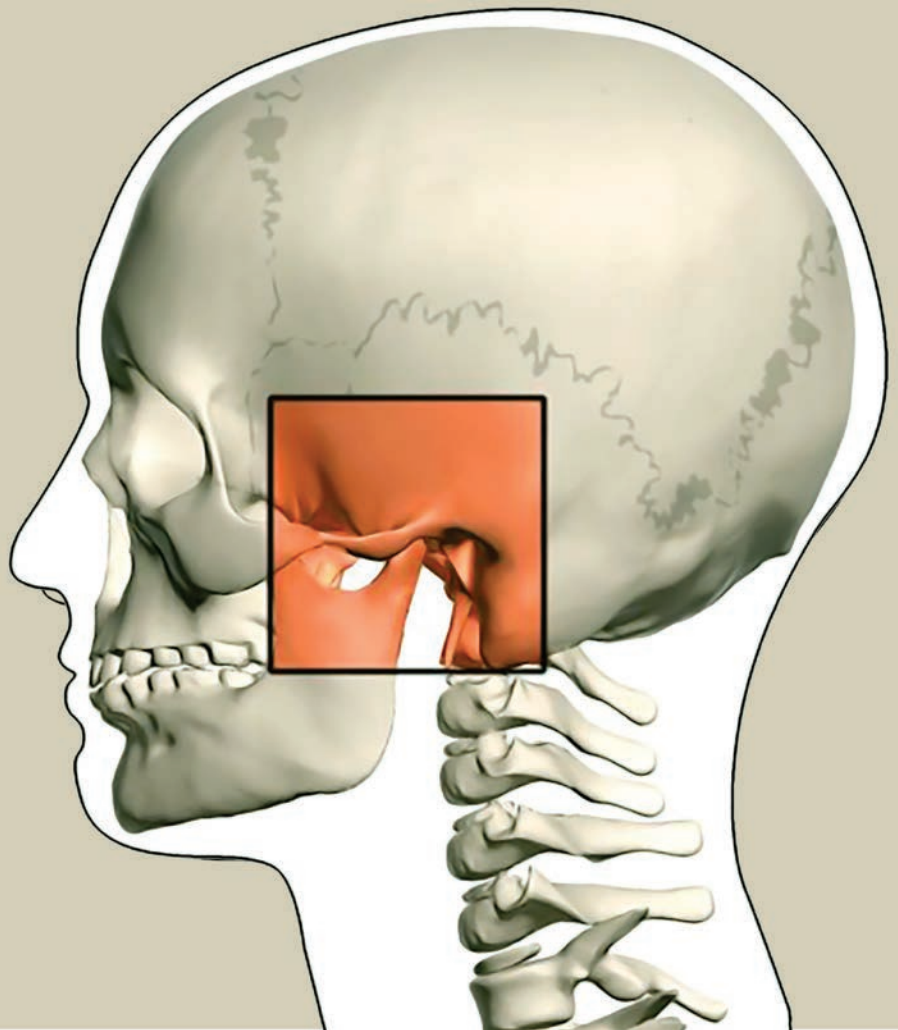
The skeletal system of the human body consists of numerous bones, joints and connective tissue. The Temporomandibular Joint (TMJ) is formed by the union of the temporal bone and the mandible. For the smooth functioning of any joint, Synovial fluid (lubricant at the joints), Synovial capsule, Articular disc etc. are necessary.

Let us look at the Articular disc which helps the TMJ to function properly. The Articular disc is an extension of the superior head of the Lateral Pterygoid muscle. When the Articular disc is subjected to abrasion or there occurs disc displacement either medially or anteriorly, the patient ends up with Temporomandibular Joint Dysfunction (TMD). It is because the mandible moves to a faulty position, i.e., pushed upward, backward and / or inward. Thus the condyle of the mandible moves and hits the retrodiscal tissue. As the condyle hits the retrodiscal tissue and the joints continue to function, the pressure at the joint increases, creating damage to the disc, blood vessels and the mandibular nerve.

The first symptom of TMJ disorder will be clicking sounds at the joints and as time goes by the clicking sound will disappear. The disappearance of this sound is not good news because the two bones will gradually fuse together and eventually end up in lockjaw.



Dr. Nihal Korambayil
Consultant in TMJ / Neuromuscular
Dentistry and Sleep Medicine
Malappuram, Kerala, India



How does TMD occur?

- ↪ Extraction of tooth / teeth which leads a patient to an improper chewing pattern
- ↪ Loss of teeth, trauma etc.
- ↪ Improper chewing habits
- ↪ Congenital defects
- ↪ Malocclusion
- ↪ Night grinding, Attrition of teeth leads to inward, upward, backward and faulty positioning of the lower jaw
- ↪ Obstructive Sleep Apnea

All these factors would eventually lead to a faulty jaw position.

—  —

Neuromuscular Dentistry involves the relaxation of the stressed out muscles which are holding the mandible in the wrong position, and hence, releasing the blood vessels and the nerves from entrapments is necessary

—  —

How is TMD related to Posture?

With any change in the position of the lower jaw, there will be a change in the TMJ space and cervical posture because the TMJ is the most superior articulation in the postural chain. Since the human body has a compensatory mechanism, the body tends to compensate the whole body posture.

Some patients may suffer from just one of these symptoms while others may have all these symptoms. When a patient is affected with all these symptoms, it is called Myofascial Pain Dysfunction Syndrome (MPDS).

Symptoms of TMD

- Headache (Back or top of the head / Temporal headache)
- Neck Pain
- Shoulder pain
- Facial pain
- Pain around or behind the eyes
- Ear pain
- Pain at the joint (TMJ)
- Dental pain with no clinical manifestations

Diagnosis

Proper diagnosis plays an important role for the effective treatment of this condition. The following things are required for proper diagnosis.

- ↻ Case history
- ↻ Clinical examination
- ↻ Orthopantomogram (OPG) and Lateral Cephalometric X-ray
- ↻ 3D Computed Tomography (CT scan)
- ↻ Sleep study

Neuromuscular Dentistry for the Treatment of TMD and Obstructive Sleep Apnea

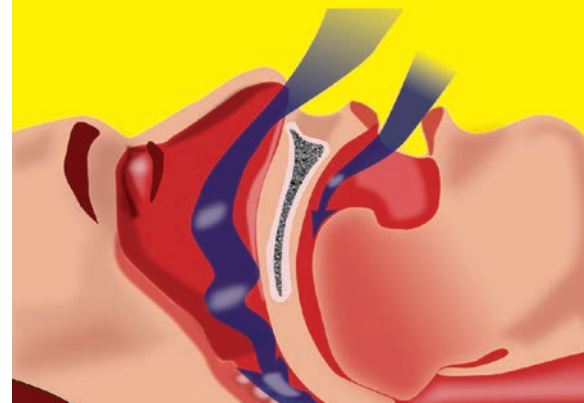
As dentists, we should basically know about the physiology of occlusion. Dr. Bernard Jankelson (a pioneer researcher in Craniomandibular Orthopedics) who is known as the Father of Neuromuscular Dentistry founded this magical discipline of dentistry in the 1970's. Since then, Neuromuscular Dentistry has been involved in improving the patients' life.

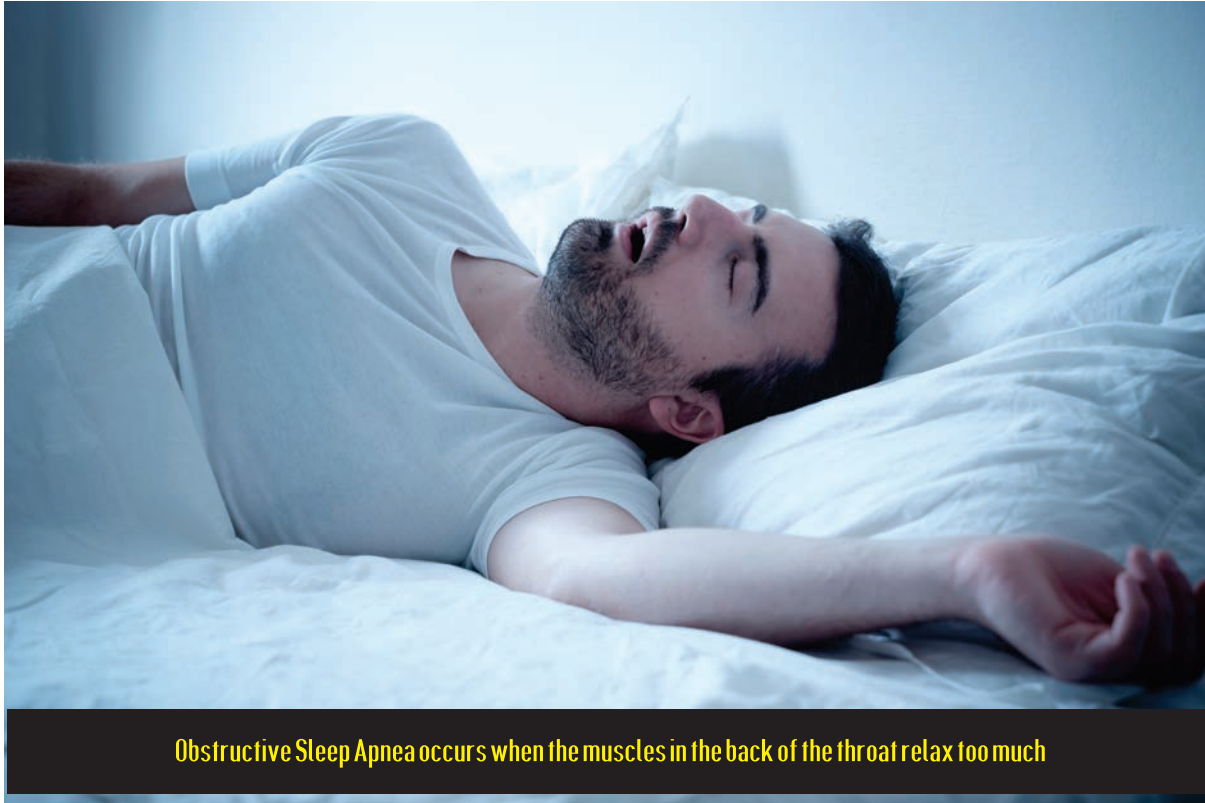
Neuromuscular Dentistry involves the relaxation of the stressed out muscles which are holding the mandible in the wrong position, and hence, releasing the blood vessels and the nerves from entrapments is necessary. This is carried out by using some highly sophisticated equipment and machinery.

Obstructive Sleep Apnea (OSA)

OSA is a potentially serious sleep disorder. It causes breathing to get interrupted repeatedly during sleep. About 80% of sleep deaths are due to OSA.

There are several types of Sleep Apnea but the most common is OSA, which occurs when the throat muscles intermittently relax and block the airway during sleep. An important sign of OSA is snoring.





Obstructive Sleep Apnea occurs when the muscles in the back of the throat relax too much

Signs and Symptoms

- Excessive daytime sleepiness
- Snoring while sleeping
- Episodes of breathing cessation during sleep
- Night awakenings accompanied with choking
- Awakening with dry mouth
- Morning headache
- Lack of concentration
- Mood changes, irritability, depression etc.
- Night time sweating

If anybody is suffering from any three of these symptoms, there is a high chance that the patient is suffering from the dreaded Obstructive Sleep Apnea.

Causes

Obstructive Sleep Apnea occurs when the muscles in the back of the throat relax too much. When the muscles relax, the airway narrows or closes as you breathe in and results in impaired breathing for 10 to 20 seconds. This may lower the Oxygen levels in blood and causes Carbon dioxide build-up, which is known as a Desaturation event. Your brain senses

this impaired breathing and briefly rouses you from sleep so that you can reopen your airway. This event is always associated with a clench and this is why a Neuromuscular Dentist comes in to action, since clenching hurts the TMJ.

Risks

Any patient who develops OSA is at risk for:

- ⊙ Cardiovascular problems like sudden drop in oxygen levels in blood, increase in blood pressure and strain in the Cardiovascular System (CVS). This can increase the risk of heart diseases.
- ⊙ The more severe the OSA is the greater is the risk for coronary artery disease, heart attack, heart failure and stroke.

If there is an underlying heart disease, the repeated episodes of low levels of Oxygen due to OSA can even lead to sudden cardiac death.

Though, the relationship between abnormal dental occlusion, body posture and development of Temporomandibular Disorders (TMD) has been a controversial subject for many years, it has been pointed out that there can be an association between posture and facial deformities. A concomitant treatment plan may be effective in correcting malocclusions and postural disorders. [6]

DENT EVENT CALENDAR 2018

04-06

October

London, United Kingdom

British Dental Industry
Association Dental Showcase

ExCeL Exhibition Centre

☎ + 0 207 501 6734

🌐 www.dentalshowcase.com

04-06

October

New Orleans, USA

Southern Association of
Orthodontists

Sheraton New Orleans Hotel

☎ + 404 261 5528

🖨 + 844 214 1224

🌐 www.saortho.org

06-07

October

Bengaluru, India

Expodent

**Bangalore International
Exhibition Centre**

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🖨 + 91 982 506 5202

🌐 www.aditidental.co.in

12-14

October

Mumbai, India

World Dental Show

Bandra Kurla Complex

☎ + 91 22 4 343 4545

🖨 + 91 986 728 4470

🌐 www.wds.org.in

24-25

October

Massachusetts, USA

18th Annual Meeting on
Oral Care and Oral Cancer

Hilton Boston Logan Airport

☎ + 1 888 843 8169

🌐 www.oralcare.conferenceseries.com

02-03

November

California, USA

23rd American World
Dentistry Congress

Crowne Plaza Hotel

☎ + 1 888 843 8169

🌐 www.dentistryworld.conferenceseries.com

09-10

November

Dubai, United Arab Emirates

10th Dental Facial Cosmetic
International Conference

InterContinental Hotel

☎ + 9 7 1 50 279 3711

🖨 + 9 7 1 04 368 6883

🌐 www.cappmea.com

09-10

November

Frankfurt, Germany

ID Infotage Dental

Messe Frankfurt

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23-24

November

Telford, United Kingdom

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and Exhibition

Telford International Centre

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🖨 + 353 87 223 3477

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28-30

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Young People and Mental Health

Young people of today are the leaders of tomorrow and the potential of every country. Like Physical health, Mental Health too is very important and needs to be attended to. Many changes occur during adolescence and the early years of adulthood. During this period, most of them are overly stressed due to many reasons like change in schools, leaving home for higher studies / job, adjusting to new situations or breaking up of relationships etc.

If these stressful situations are not managed properly, they can adversely affect the mental health of young adults and result in Depression, Drug dependence, Internet, Social Media and / or Gadget addictions, Suicidal thoughts etc.

About half of chronic mental illness begins by the age of 14; but in most cases, the illness goes either undetected or untreated. If left untreated, this condition can have an adverse influence on children's development and educational attainment, in addition to their potential to lead a productive life.

Children with mental disorders face major challenges, such as stigma, discrimination and social isolation.

Mental resilience has to be built from an early age to



Ms. Vanidevi P. T.
Consultant Psychologist
Thiruvananthapuram, Kerala, India

help prevent or recover from mental illness. Management of mental illness will be easy, if it is possible to recognize the early warning signs and symptoms of the condition. Parents and teachers have a key role in building up 'Life Skills' in children, besides helping them cope with daily challenges.

It is imperative to focus on creating awareness among adolescents and young adults about the importance of taking care of their mental health, as mental problems in the younger ages can have enduring consequences.

Promoting and protecting mental health of adolescents brings benefits not only to their adolescent period / adulthood but also to their entire lifespan, which in turn, can contribute more effectively to their families, communities and to the world at large. ☐





DENTCARE

Committed to Quality and Innovation!

DentCare Dental Lab has embedded itself with an objective to bring together the world's preeminent branded materials of proven quality and high-end technologies. Most recognized brands like Ivoclar Vivadent, Shofu, EOS, 3Shape, 3M ESPE from Germany, Switzerland, Europe and United States of America are selected for manufacturing its extensive range of dental prostheses.

Over the past 30 years, we have dedicated ourselves to contributing towards healthy, confident smiles in over 40 million patients and to the delight of more than 40 thousand dentists around the globe.

The range of services DentCare has to offer is unique and comprehensive; its product portfolio comprises individual Dental Crowns and Bridges, Implant restorations and Partial / Full denture prostheses. The company strongly believes that technology, hand in hand with art, fused with latest know-how, results in dental restorations of greater precision, aesthetics and functionality.



DentCare Zirconia

DentCare Zirconia is biomedical grade Zirconia made in Germany. Available in diverse options, the DentCare Zirconia range of products assures natural feel and functionality, unmatched aesthetics and unlimited characterization made available through more than 40 natural and lifelike shades.

It is manufactured using an innovative Computer Aided Design / Computer Aided Manufacturing (CAD / CAM) technology offering perfect fit and marginal adaptation to the final product. This unique material provides full scope for cement retained crowns and bridges on natural teeth (up to 16 units as a single restoration) as well as cement and screw retained solutions for implants (single and multiple-units).

Removable Prostheses

DentCare has incomparable Removable dental prosthetic solutions with impeccable precision to recapture your oral function, aesthetics and

DentCare Flex is an aesthetically superior semi-flexible removable denture which blends perfectly with the natural gum tissue



DENTCARE ZIRCONIA

DENTCARE FLEX

CAST PARTIAL DENTURE

The range of services DentCare has to offer is unique and comprehensive

liveliness. We have a number of removable dentures that are durable and akin to your natural teeth.

The range of removable prostheses available include

- **DentCare Flex**

DentCare Flex is an aesthetically superior semi-flexible removable denture which blends perfectly with the natural gum tissue; providing better looks, function and comfort. It can be used in both complete and partial denture cases.

- **Cast Partial Denture (CPD)**

Cast Partial Denture (CPD) is used in cases with multiple missing teeth. It can be removed and placed back by the patient, themselves. It is ideal for patients for whom fixed Prostheses or dental implants are not indicated. CPDs can be fabricated using Titanium and Cobalt – Chromium Alloy.

- **Bio Functional Prosthetic System (BPS Dentures)**

DentCare offers BPS Dentures from Ivoclar Vivadent that is a long-lasting and high quality option for dentures meant to reproduce the functions of natural

teeth. The biofunctional set-up philosophy along with the Model Associated Positioning (MAP) of the artificial teeth in combination with the pressure injection moulding procedure is the cornerstone of this system. BPS can be used in partial or completely edentulous cases.

- **Acrylic Removable Complete and Partial Dentures**

DentCare fabricates extremely natural looking Complete and Partial Dentures using acrylic and denture teeth of the highest quality, imported from Germany and Italy.

The main advantage of these dentures is that they are cost-effective, yet uncompromising in terms of quality. Additional teeth and denture base can easily be added to an existing Acrylic Denture. It is also the product of choice for Immediate Dentures and for Temporary Dentures in Implant patients.

- **Valplast**

The strong, flexible nature of Valplast is perfectly suited to a variety of natural conditions in the mouth, simplifying design and enabling the flexible nylon resin to act as a built-in stress breaker, in order to

provide superior function and stress distribution in Removable Partial Denture cases.

It is good for replacing missing teeth in small edentulous cases and should not be opted for in situations where teeth need to be replaced extensively.

- **Bio Dentaplast**

It is a high strength, injection moulded, and biocompatible denture material.

DENTAL PRECISION ATTACHMENTS



Dental Precision Attachments is a connecting link between fixed and removable partial dentures, as it incorporates features common to both types of prostheses. Dental Precision Attachments help connect removable partial dentures to fixed bridgework under a male / female locking mechanism. The 'male' part is fixed to the crown or bridgework, whereas the 'female' part is included within the removable partial denture and engages the 'male' part. The male part of Dental Precision Attachments is often a high strength precious alloy whereas the female part consists of a more elastic alloy.

Advantages


- Esthetics (Labial / Buccal clasp arms can be avoided)
- Minimization of trauma to soft tissue
- High retention
- Periodontal health can be effectively maintained
- Less force on abutment teeth
- Stable and offering improved prosthetic longevity

Indications

- Fixed bridgework (Key-Keyway attachment / Stress Breaker)
- Partial dentures
- Overdentures
- Unilateral / bilateral free-end dentures
- Maxillofacial prosthesis

Conclusion

DentCare strongly believes that technology, hand in hand with art, results in dental prostheses of greater precision and quality.

World-class products are the outcome of our incessant passion in improving dental care. And this helps us keep at the forefront of innovation. Our dental prosthetic experts are passionate about exploring new ways to address challenges in enhancing the smile. All the materials we use in production have proven scientific quality and excellence. 

*Smile confidently,
go for DentCare Prostheses*

DentCare strongly believes that technology, hand in hand with art, fused with latest know-how, results in dental restorations of greater precision, aesthetics and functionality

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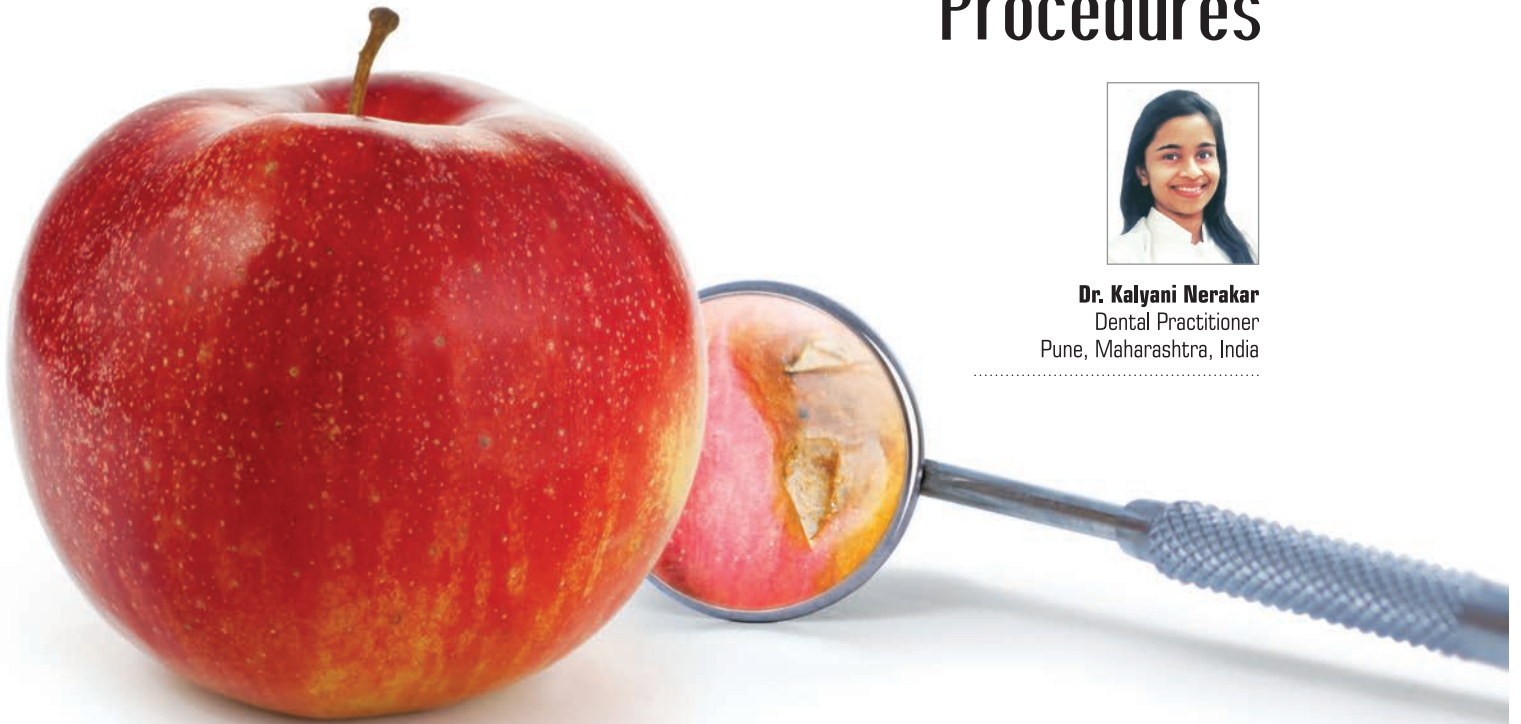
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Importance of **Routine Oral Hygiene** Procedures



Dr. Kalyani Nerakar
Dental Practitioner
Pune, Maharashtra, India

Oral hygiene is the practice of keeping your oral cavity clean and it helps prevent dental problems like dental cavities, gum diseases, bad breath etc. Recent clinical studies reveal that oral diseases and infections can have a potential risk for serious systemic diseases, such as Heart attacks, Stroke, Bacterial Pneumonia, Low Birth Weight / Extremely High Birth Weight, Diabetes and Osteoporosis.

Regular dental check-ups and timely treatment will go a long way in maintaining good oral hygiene.

A few good Oral hygiene Practices

AT HOME

1. Brushing

It is recommended to brush teeth twice a day for a full two minutes to prevent the build-up of bacteria. After every meal, thoroughly rinse the mouth with water to minimise the amount of food that can serve as substrate for bacteria. When brushing your teeth, position the bristles of the brush at an angle of 45-degrees near the gum line. Both the gum line and the tooth surface should be in contact with the bristles and then brush gently using a circular / up and down motion. The biting surfaces of teeth should be brushed back and forth. Lastly, brush the tongue and the roof of your mouth to remove bacteria, or else it may cause bad breath.



A few Oral hygiene Techniques practiced **AT DENTAL OFFICE**

2. Flossing

Accumulation of food particles between teeth, where a brush does not readily reach, causes irritation to the gums, allowing the gum tissue to bleed more easily. Flossing helps remove plaque and food particles that are stuck between teeth. Hence, it should be done daily, preferably before brushing so that fluoride toothpaste can have a better access to the entire surface areas of the tooth. Floss the visible areas by curving the floss around each tooth, instead of moving up and down on the gums. During the initial stages of flossing, gum bleeding may be normal, but it will stop once the gums become healthier with use.

3. Interdental Brush

An interdental brush, also called an interproximal brush is used for cleaning your teeth, where a regular toothbrush does not reach.

4. Tongue Cleaners

Tongue cleaners are used for removing the bacteria that build-up on the tongue. Proper use of a tongue cleaner will help prevent bad breath and plaque accumulation.

5. Oral Irrigators

Oral irrigators are another tool for cleaning teeth and gums. Dental plaque and bacteria can be removed in a better way; as Oral irrigators can reach 3 – 4 millimetres (mm) beneath the gums.

1. Teeth Cleaning

Severe gum disease causes at least one third of adult tooth loss. Plaques cause inflammation of the gums. If not treated, they will affect the bone around the tooth, which eventually leads to Periodontitis, making teeth to become mobile.

Tooth cleaning also involves removal of plaque and tartar from teeth, which helps prevent gum disease and tooth decay. It is recommended to clean the tooth professionally twice a year, which includes tooth scaling and polishing followed by fluoride application.

2. Dental Sealants

Tooth decay is one of the most common diseases. Over 80% of cavities occur inside fissures in teeth where the toothbrush cannot reach. Dental sealants help cover and protect fissures and grooves on the chewing surfaces of teeth and as a result, it helps prevent food particles from getting trapped, which can cause bacterial attack in the oral cavity.

These procedures combined together with proper oral hygiene measures go a very long way in keeping your oral cavity clean and hygienic, in addition to avoiding time consuming expensive treatment in the future. ☺

SMILE
4 A happy life >>

Trust is integral to success, as it helps accomplish predetermined objectives. Earning trust is laborious and enduring, since it comes only with 'protracted affiliations'.

Today's Dentistry is demanding, leaving us with no space for flaws. The pressure on the operator is enormous in recreating both function and esthetics of the patient to optimum levels. Dental labs play a momentous role in establishing satisfactory treatment protocols. The key to the recognition and realization of patient aspirations, along with designing of prostheses to their contentment requires a grasp of the dynamics of oral function as well as esthetic principles.

Needless to say that DentCare is one such lab. Their untiring commitment to world-class quality has helped them ride the wave of success inimitably. Manned by professionals of impeccable skill and unwavering commitment, they have earned the trust of a vast majority of dental professionals and that is exactly why, they have become the best lab in India.

My association with DentCare dates back to twenty plus years and I was pleasantly amazed at seeing them launch operations in Abu Dhabi, United Arab Emirates (UAE). The Abu Dhabi unit too is manned by well-trained professionals, who are an asset to their workforce. With such levels of commitment, efficiency and work ethics, I would not be a wee bit surprised if they leave their competitors way behind in a very short span of time.

I unhesitatingly recommend DentCare to all my friends and colleagues here and wish DentCare the very best in all their endeavors. ☑



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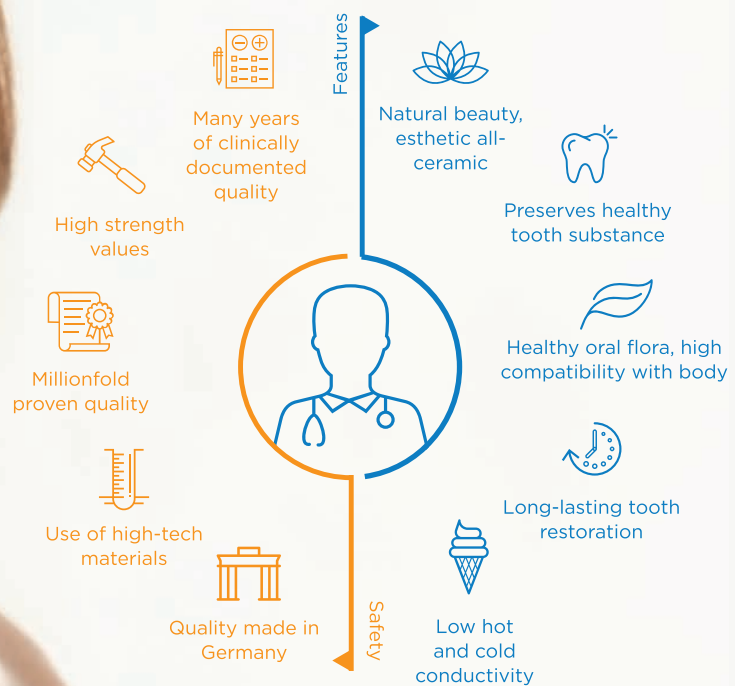
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