

Vol: 5. Issue: 02. November 2018

INDIA ₹50, EUROPE €4, US \$5
www.dentcaredental.com

THE DENTCARE

Your Monthly Health Care Magazine

Brightening smile the world over

Sugar

The Tooth Criminal

CYCLING

*your Way to
a Healthier Life*

HOW IMPORTANT
is a Smile in your Life??

Restoring

HOPE

An Interview with a Proficient Neonatologist:
Dr. Dinesh Kumar Chirla







Yes, for 30 years,
The world smiles through us...



DentCare Dental Lab Pvt. Ltd.
Muvattupuzha, Kerala, India



www.dentcaredental.com



info@dentcareindia.com



facebook.com/dentcareindia

EDITORIAL BOARD

Mr. JOHN KURIAKOSE
PUBLISHER AND MANAGING EDITOR

Prof. (Dr.) GEORGE P. JOHN
EDITOR IN CHIEF

Dr. LINEY JOHN
EDITOR

ASSISTANT EDITOR Ms. NISHA PHILIP XAVIER

FEATURE EDITOR Mr. PAULOSE E. K.

TECHNICAL CONSULTANTS Dr. ANISH VARKEY JOHN
Dr. IDA JOSEPH

EDITORIAL CO-ORDINATORS Mr. JEEVAN PAUL GEORGE
Ms. SONIA LONAPPAN

DESIGN & LAYOUT Mr. ARUNESH VARGHESE
Mr. BINU VARGHESE
Mr. BIJU THOMAS
Mr. CYRIAC P. KURIAN
Ms. ABITHA PAULOSE
Ms. DIVYA XAVIER

PHOTO CO-ORDINATORS Mr. SUBIN JOSEPH
Mr. JIJO P.V.

PROCESS & SUPPORT Ms. ANU PRINCE

LEGAL ADVISORS Adv. C.B. MUKUNDAN
Adv. SHINY PELEXY

PUBLISHING CO-ORDINATOR Mr. BIJU MATHEW

BOARD OF DIRECTORS

MANAGING DIRECTOR Mr. JOHN KURIAKOSE

EXECUTIVE DIRECTOR Mrs. JESSY JOHN

DIRECTORS Mr. BABY KURIAKOSE
Mr. SAJU KURIAKOSE
Mr. JOBY P. BABU
Mrs. DAISY BABY
Mrs. SALY SAJU
Mrs. BINDU BIJOY



Dear Reader,

Cometh November, and there is only one reason for unending celebration – Children!!

They are the dominant flavour of this edition. Every page dedicated here in their honour has given us immense belief in the lasting worth of our well intentioned reflection.

'The Dentcare' @ 'magical 61' has thus chosen to unravel the latent heart of a Child lurking within each one of us.

We could find no other befitting answer to the cause behind Dr. Chirla's tireless drive in restoring hope for the beauty of creation in its truest sense. Cherry is the precious outcome of this labour of love.

Life is certainly not fair. But there is always a ray of hope. Autism is widely identified today and given prompt attention, unlike in the past. The 'Cleft Lip and Palate challenge' too has found lasting remedial correction through profound awareness.

Paediatric and Adolescent Dentistry have managed to overcome its share of fears to a large extent, whether it is related to orthodontic extractions or in identifying the 'tooth criminal'.

Boon or Bane– Technology continues to remain the elusive thief in the lives of our little minds.

It has aided, though, in a Software evolution that has revolutionized the world of smiles – valuable addition to a Product Portfolio that gives Dentcare further options to brighten your disarming charm.

Fact: Ayurveda does show us the way to healthy living.
Food for Thought: Obesity remains the unwelcome guest. And so is Stroke.

Why not put a spoke in its wheel by choosing to cycle away this looming threat?

Real health blossoms from a pure mind. A positive word is a luxury that is seldom witnessed today.

We ought to recycle the way we think.

This may well become the beginning of the change we want to see.

Yours truly,

Prof. (Dr.) George P. John

Disclaimer

Neither "The DentCare" magazine nor any employee involved in its publication ("publisher"), makes any warranty, express or implied, or assumes any liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed, or represents that its use would not infringe proprietary rights. Reference herein to any specific commercial product, process, or services do not necessarily constitute or imply its endorsement, recommendation, or favoring by the publisher. The views and opinions of authors expressed herein do not necessarily state or reflect those of the publisher and shall not be used for advertising or product endorsement purposes.

CAUTION: When viewing the techniques / procedures, theories and materials that are presented, you must make your own decisions about specific treatment for patients and exercise personal professional judgment regarding the need for further clinical testing or education and your own clinical expertise before trying to implement new procedures.

Printed and published by Mr. John Kuriakose on behalf of DentCare Dental Lab Pvt. Ltd. and printed at Fivestar offset printers, Nettoor, Cochin - 40 and published at DentCare Dental Lab Pvt. Ltd., Nas Road, 130 Junction, Muvattupuzha, Ernakulam, Kerala, India 686 661. Edited by Prof. (Dr.) George P. John.

Contents

- 08 Platelet-Rich Plasma and Dentistry
- 10 A Peep into Autism Spectrum Disorders
- 14 How Important is a Smile in your Life??
- 18 Ataxia
- 22 Can Antioxidants in your Diet Protect you from Periodontitis?
- 24 An Illustrious and Proficient Neonatologist
- 28 Software-aided Aesthetic Dentistry
- 32 Living a Healthy Ayurvedic Life
- 36 Sugar: The Tooth Criminal



World Prematurity Day is observed on 17 November each year to raise awareness of preterm birth, besides the concerns of preterm babies and their families worldwide

- 38 Facts on Obesity
- 42 The Challenges in Cleft Lip and Palate Care
- 44 Cycling your Way to a Healthier Life
- 48 Stroke: A Silent Killer
- 50 Orthodontic Extractions: Why Fear?
- 52 DentCare: Well-equipped with Versatile Products
- 54 Nomophobia
- 56 Diet for Underweight Kids



30 Years of Excellence

DENTCARE ZIRCONIA SUPERLUCENT

Highly Aesthetic Zirconia Crowns Specially for Anterior Teeth



Medical Grade Zirconia
MADE IN GERMANY
Manufactured Using German Technology



DentCare Zirconia Variants

- DentCare Zirconia Platinum Plus
- DentCare Zirconia Platinum
- DentCare Zirconia Premium Plus
- DentCare Zirconia Premium
- DentCare BruxCare
- DentCare Zirconia Classic
- DentCare Zirconia Basic
- DentCare Zirconia Translucent
- DentCare Zirconia Monolithic

DentCare zirconia[®]



DentCare Dental Lab Pvt. Ltd.
Muvattupuzha, Kerala, India

www.dentcaredental.com

info@dentcareindia.com

facebook.com/dentcareindia



Mr. John Kuriakose

Managing Director - DentCare Dental Lab Pvt. Ltd.

POSITIVE WORDS BRIGHTEN THE HEART

Only great people can motivate and inspire people in difficult times. It is true that many people have tumbled headlong into bottomless pitfalls at one time or another in their lives. Perhaps, you would have come out of such a predicament largely because of the consoling and encouraging words of people around you.

Probably, your distress could be due to reasons like loss of your dear ones; chronic health conditions; loss of wealth, job, reputation and more. Let us spare no pains to comfort those in need with our inspiring and invigorating words to help them overcome the intricacies of life. May our words continue to give others rays of hope in the voyage of their lives.

Unfortunately, we see that majority of people around us are engaged in demoralizing others. Knowingly or unknowingly, their destroying words make others lose their self-esteem, in addition to plunging them into the mire of despair. In fact, our words are a double-edged sword which could have favorable as well as unfavorable consequences. The effects of negative words are long-lasting and far-reaching that they could devastate people beyond measure, making many even end their lives.


There is an inspiring fable that can be related to this. A group of tiny frogs were travelling through the woods. Two of them fell into a pit. When the other frogs found that the pit was very deep, they told the frogs in the pit that they were as good as dead, as there was little chance of them getting out. But the two frogs turned a blind eye to the comments and tried to jump up out of the pit with all their might.

After a few attempts the frogs got exhausted and collapsed. To add insult to injury, the discouraging words of those on the banks completely incapacitated them. Losing hope for escape, one frog forwent all his attempts to get out of the pit and left it to his fate. The second frog on the other hand, picked himself up again and continued to jump as hard as he could. Those disheartening words from rest of the frogs did not hinder his earnest effort and he went on jumping harder and harder and eventually, he managed to get out of the pit.

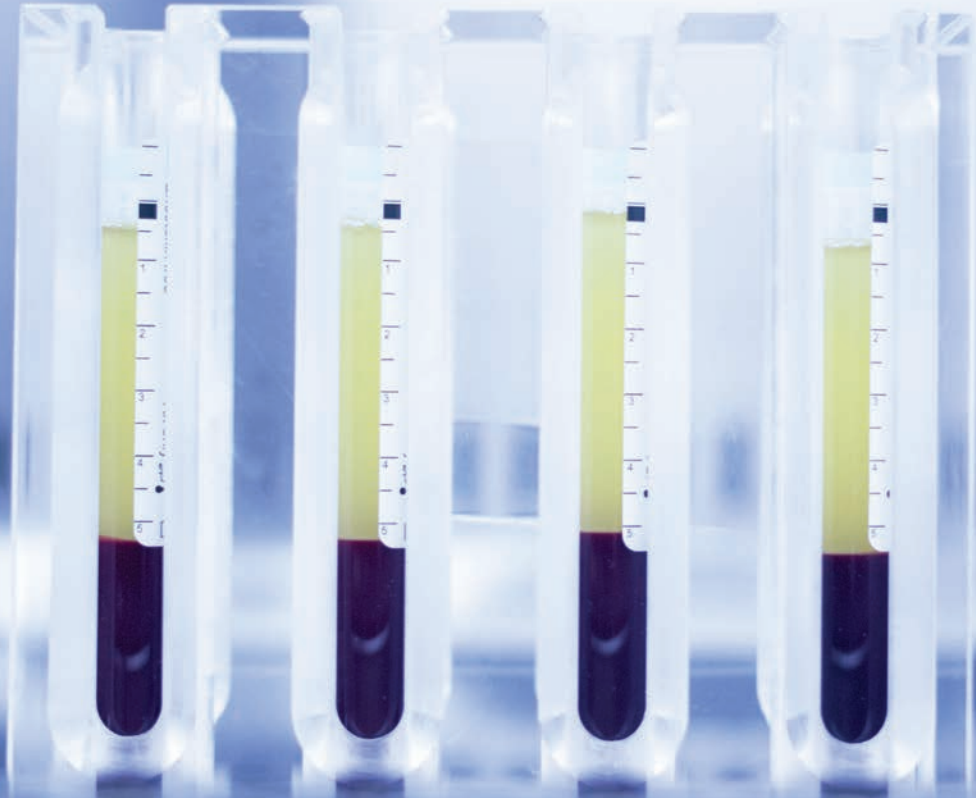
When the frog got out, all of them were curious to know how the tiny one found strength to reach the top of the pit, when everyone else felt that it was quite impossible. They curiously asked him, "Did you not hear us?" The frog remained silent for a while and after a brief respite, he thanked the other frogs for their words which 'appeared' to him as 'encouraging' since he was partially deaf. Those seemingly encouraging words had in fact given him the strength to come out of the deep pit.

Those who do not have conviction in their ability will never succeed in their lives but those who focus on their goals, disregard the obstacles in their way and strive incessantly with confidence can succeed in life. The frog in the story felt the negative words as encouraging ones and hence, he could get through the situation. Be deaf when people tell you that you cannot fulfill your dreams and goals.

Let me quote a verse from the Bible which is pertinent in this context. It goes like this, "Life and death are in the power of the tongue. Thoughtless speech is like the stabs of a sword, but the tongue of the wise is healing." Our encouraging words can lift someone while our destructive words can harm. Only people with goodness in them can send out the subtle signals of warmth and affection.

Let us be an embodiment of goodness and strive our best to encourage others in every possible way. Thus, we can sow good seeds which will reap a plentiful harvest. 

Platelet-Rich Plasma has been traditionally used as a growth factor vehicle. Each growth factor has the capacity to induce a unique response in the enhancement of healing



PLATELET-RICH PLASMA AND DENTISTRY

Platelet-Rich Plasma (PRP) is a new approach to tissue regeneration, which is becoming a valuable adjunct to promoting healing in many procedures in dental or oral surgery, especially in aging patients.

PRP is derived from the centrifugation of the patient's own blood, which contains growth factors that influence wound healing and plays an important role in the mechanism of tissue repair. The use of PRP in surgical practice can have many beneficial outcomes, such as reducing bleeding and enhancing soft tissue healing, along with bone regeneration.

Studies conducted in human beings have yielded promising results on the application of PRP to many dental and oral surgical procedures like tooth extraction, periodontal / implant surgery etc.

The use of PRP has also been proposed in the management of Bisphosphonate-related Osteonecrosis of the Jaw (BRONJ) with the aim of enhancing wound healing and bone maturation.

The use of PRP in the alveolar socket, after tooth extraction, is certainly capable of improving soft tissue healing and positively influencing bone regeneration; but the latter effect seems to decrease

in a few days. PRP helps produce better results in periodontal therapy when it is used in conjunction with other materials.

Platelet-Rich Plasma has been traditionally used as a growth factor vehicle. Each growth factor has the capacity to induce a unique response in the enhancement of healing.

Alpha granules are the storage units within platelets, which contain pre-packaged growth factors in an inactive form. The main growth factors contained in these granules are:

- a) Platelet-Derived Growth Factor (PDGF)
- b) Transforming Growth Factor Beta1 (TGF- β 1)
- c) Transforming Growth Factor Beta 2 (TGF- β 2)
- d) Insulin-Like Growth Factor (IGF)

PDGF

It is involved in wound healing, due to its effects on Mitosis and Angiogenesis, along with the release of other growth factors.

TGF- β 1 and TGF- β 2

They help stimulate Chemotaxis (movement of an



Dr. Rishika Ahuja
Dental Practitioner



Dr. Nivedita Singh
Dental Practitioner

New Delhi, India

organism in response to a chemical stimulus) and Mitogenesis (induction or triggering of Mitosis, typically via a Mitogen. Mitogens trigger signal transduction pathways in which the Mitogen-activated protein, Kinase is involved, leading to Mitosis).

IGF

IGF has a role in the activation of Osteoblasts. Osteoblasts are responsible for the deposition of bone in the initial phases of bone regeneration.

PRP is more than just a platelet concentrate; it also contains the three Proteins (Fibrin, Fibronectin, and Vitronectin) in blood, which are known to act as Cell Adhesion Molecules for Osteoconduction, Connective Tissue, and Epithelial Migration.

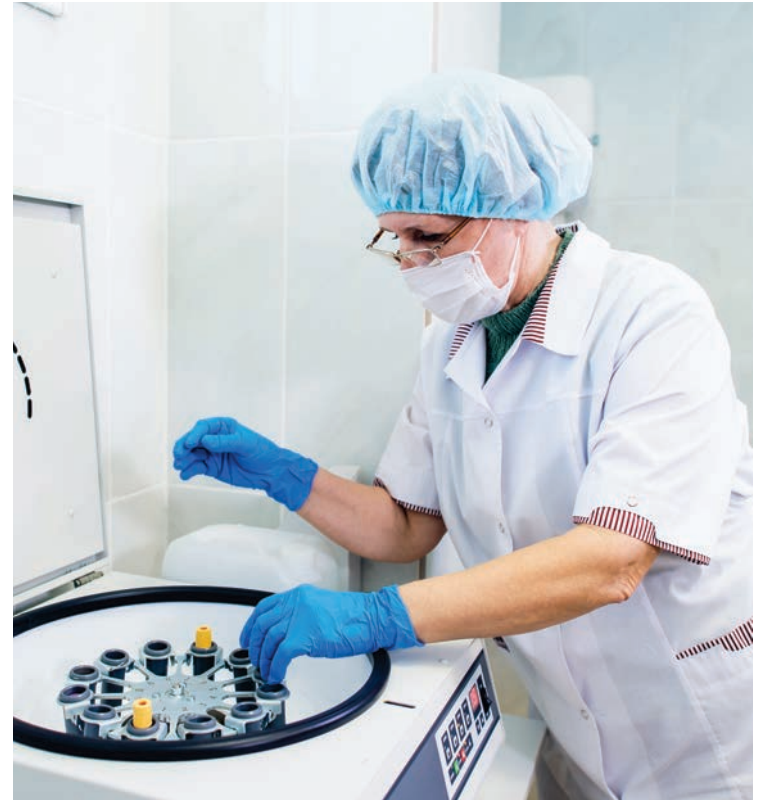
The autologous nature of PRP makes it different from **Recombinant human growth factors like rhPDGF**. The use of PRP in place of Recombinant growth factors has several advantages, as the growth factors obtained from platelets not only have their own specific action on the tissues but also interact with other growth factors, resulting in the activation of gene expression and protein production.

PRP Preparation

Basically, the patient's blood is collected (approximately 50 cubic centimeters (cc) and centrifuged at varying speeds until it separates itself into 3 layers:

1. Platelet-Poor Plasma (PPP) on the topmost layer
2. PRP in the middle
3. Red Blood Cells at the bottom

Usually, two spins are used. The first spin helps separate Platelet-Poor Plasma (PPP) from the red fraction and Platelet-Rich Plasma (PRP). The second one helps separate the red fraction from PRP. This is achieved by simple bench centrifugation at high



gravitational force. After centrifugation, the material with the highest specific gravity (PRP) will get deposited at the bottom of the tube.

Immediately prior to application, a platelet activator / agonist (topical bovine thrombin and 10% calcium chloride) is added to activate the clotting cascade, producing a platelet gel. The whole process takes approximately 12 minutes and produces a platelet concentration of native plasma.

Mechanism of Action of PRP

PRP initiates wound repair by releasing locally acting growth factors. These growth factors aid in healing by attracting undifferentiated cells in the newly formed matrix and triggering cell division. PRP works via the degranulation of the granules in platelets, which contain the synthesized and prepackaged growth factors.

The active secretion of these growth factors is initiated by the clotting process of blood and begins within 10 minutes after clotting. More than 95% of the pre-synthesized growth factors are secreted within an hour.

Therefore, PRP must be developed in an anticoagulated state and should be used on the graft, flap, or wound, within 10 minutes of the initiation of clotting.

PRP preparations are being proposed for several uses in dental and oral surgery. Since it is free from potential risks to patients, PRP can be employed as a valid adjunct to many procedures in oral and dental surgery. **DC**

A Peep into Autism Spectrum Disorders



Neurodevelopmental Disorders are increasing in prevalence, particularly in recent decades. This could possibly be due to improved awareness and diagnostic skills or owing to various genetic or environmental influences. Many people often see such children through a different eye. When we come across them in different public settings, we may ask ourselves why they are different.

Since differently abled individuals cannot lead an active life as that of a healthy child, many people have the tendency to exclude them from the social circle. We forget the fact that though they are physically or mentally challenged, they may have latent potential in certain other fields, which should be tapped and revived.



Ms. Blossom Baby
Occupational Therapist
Department of Physical Rehabilitation
Sree Ayyappa Medical College and
Research Foundation
Pathanamthitta, Kerala, India

Neurodevelopmental Disorders are primarily associated with the functioning of the neurological system and the brain, which include different conditions like Attention Deficit Hyperactivity Disorder (ADHD), Autism, Learning Disability, Intellectual Disability, which was previously termed as Mental Retardation, Conduct Disorder, Cerebral Palsy and Vision and Hearing Impairments. Recent statistics show that these disorders are prevalent in 1 in 8 children aged 2 – 9 years in India.

Autism is a Neurodevelopmental Disorder. Autism Spectrum Disorders (ASD) show a spectrum of characteristics in different children. This spectrum varies from Low-functioning to High-functioning autistic spectrums.



Autism is a lifelong developmental condition usually diagnosed in childhood and is characterized by difficulties in social interaction, communication, restricted and repetitive interests and behaviours, and sensory sensitivities.

The exact cause of this condition cannot be pinpointed but it could be due to a combination of genetic or environmental factors. In addition, a few studies show that it is due to the negative effect of prenatal psychological stress which adversely affects brain development of the child.

Autistic children often manifest an intense and focussed interest in certain things and may have stereotyped body movements like hand flapping, spinning and an unusually heightened sensitivity to sound, smell and taste.

Autism is a Neurodevelopmental Disorder. Autism Spectrum Disorders (ASD) show a spectrum of characteristics in different children

Children with Autism Spectrum Disorders may:

- Not respond to their name by twelve months of age
- Not point at objects to show interest (point at an airplane flying over) by 14 months
- Not like to play pretend (pretend to "feed" a doll) by 18 months
- Avoid eye contact and want to be alone
- Have trouble in understanding other people's feelings or talking about their own ones
- Have delayed speech and language skills
- Repeat words or phrases over and over (echolalia)
- Give unrelated answers to questions
- Get upset by minor changes
- Have obsessive interests
- Flap their hands, rock their body, or spin in circles
- Have unusual reactions to the way things sound, smell, taste, look, or feel



Autism Spectrum Disorders can be diagnosed by a Child Psychiatrist or a Clinical Psychologist. For effective management of this condition, medications should be included in the therapy, including Occupational Therapy, Speech Therapy, Behaviour Therapy etc.

Communication in Autistic Individuals can be Verbal or Non-verbal. In non-verbal individuals, the Picture Exchange

Communication System (PECS) would be a good way to teach them to express their needs. A child or adult with Autism can use PECS to communicate a request, a thought, or anything that can reasonably be displayed or symbolized on a picture card. PECS works well in the home or in the classroom.

Some people argue that this method would hinder speech development. But there are no evidences to support this. Instead, research has shown that PECS can aid in Speech development. Several studies show that PECS helps such people develop verbal language, besides decreasing tantrums and odd behaviours, thus helping them with increased socialization.

With regard to Education and Schooling, they may be



taught Life Skills. A suitable job in line with their occupational capacity should be identified for them to be trained in. It is credible that the Indian Employment system has taken significant steps to employ differently abled individuals.

sent to a regular school or Special school, depending on the capacity of the child. The important aspect to be noted is that the child should be able to cope up with the environment and the curriculum.

As these children enter the phase of teenagehood and young adulthood, social groups and peer groups of individuals with similar difficulties would provide a venue for them to build their interaction skills and to make friends of their own conditions. They should be



Conclusion

Early detection and early intervention of ASD can go a long way in addressing the problems being faced by these children. For early detection, developmental assessment should be done at 1 year, 18 months, 24 months and 30 months of age. If you catch them before 3 years, the success rate in treatment will be very high. [DC](#)



**Tehno
Dent**

PROPHYLAXES, ENDODONTICS, RESTORATION
AND AUXILIARY DENTAL MATERIALS

DENTISTRY AT ITS BEST



Exclusive Importer for India



INDIA

EXCLUSIVELY IMPORTED AND MARKETED IN INDIA
BY AKSHAR TRADING Co.

www.tehnodentindia.com | +91 99040 79977 | india@tehdent.org



How Important is a Smile in your Life??

A Smile is an outward sign of joy, happiness, appreciation, excitement etc. A Smile helps loosen the facial muscles and calms the nervous system. A Smile can lower your blood pressure, in addition to relieving stress and boosting your mood, along with improving your mental health.

Health Benefits of Smiling

1. Regulates Heart Rate

If you are feeling tense, smiling can lower your heart rate, in addition to helping you feel relaxed. This allows the heart to work without overstrain. People who smile and laugh are often less likely to develop heart disease.



Dr. Sapanuneet Kaur
Dental Practitioner
Mohali, Punjab, India

2. Improves your mood and increases productivity

If you are feeling depressed, put a Smile on your face which can improve your mood and reduce stress. In fact, the physical act of Smiling can boost your mood, in addition to increasing your productivity at the workplace.

3. Earns Trust and Success

Studies have shown that we are more trustful of others when they smile genuinely. A Smile can make you more confident and self-assured. Those who Smile are likely to get more appreciated and accepted by others, paving the way for getting momentum in the workplace from those who keep a frowning face.

4. Boosts your Immune System

Smiling can make your immune system stronger by helping your body produce white blood cells that help fight illnesses. Smiling helps relax your body and allows the immune system to react more quickly and effectively.

5. Pain Relief

In a study, it has been shown that social laughter increases your pain threshold, creating a higher pain tolerance. So, if you are in pain due to an injury, illness or chronic disease, watch a funny movie, attend a comedy show or hang out with friends and family who make you Smile, as this helps alleviate your pain.

6. Longer Life

Our emotional health is linked closely to our physical health. Since smiling makes you feel happy, you are likely to live a more relaxed life than those who regularly frown. Smiling and positive emotions are associated with increased life span.



'How does Crooked Teeth have a direct effect on people's Smile and thus their Mental Health?'

People with crooked teeth usually become conscious of their deformity, especially when they Smile. Since the irregular teeth get more exposed when they Smile, these people often try to avoid Smiling. As a result of crooked teeth, people often have a tendency to keep themselves aloof from others. Their self-esteem gets hurt and they avoid participating in public or group activities. There are instances where they are required to speak in public but the deformity makes them retract from attending such programs.

People with crooked teeth most often suffer from social anxiety. They feel embarrassed about the appearance of their teeth, as they are afraid of being teased or joked about by others. Crooked teeth can diminish the level of their confidence. Those with crooked teeth frequently feel depressed and hence they often neglect oral hygiene measures which in turn lead to dental problems like tooth decay; dry mouth; mucosal, lip and tongue lesions and Periodontitis.

Treatment for Crooked Teeth

1. Dental Braces

Dental Braces are orthodontic devices that help align and straighten your teeth, in addition to correcting your bite. They usually take six months to two years to fix the crooked teeth, depending on the case.

2. Porcelain Veneers


Porcelain veneers are one of the best ways to straighten your teeth without braces. They are thin layers of porcelain used to recreate a natural look of your teeth, in addition to improving the aesthetics of your smile.

3. Lumineers

Lumineers are the latest advancement in Dentistry. Lumineers will reshape your teeth, making them look straighter and more uniform as well as whiter.

4. Dental Bonding

This is a pain-free procedure that can be performed very quickly, which helps correct crooked dentition by applying a Composite Resin onto the teeth. Dental Bonding can fix crookedness by recontouring the teeth.

A smiling face is always welcome by everyone. Your doctor will recommend an ideal treatment option that helps make your teeth and smile more beautiful. 

The specialists in focused sandblasting

Oliver Brix meets
Renfert Basic quattro IS



"The Basic quattro IS sandblaster
is so precise that I can even
define fissures."

Oliver Brix



Watch the video and learn more:
www.renfert.com/basic

making work easy

Renfert



ATAXIA

The word
Ataxia means
'Without
Coordination'

Ataxia is a neurological sign consisting of lack of voluntary coordination of muscle movements, including gait abnormality. Ataxia can affect body movements, creating difficulties with speech, eye movement and swallowing.

When you have Ataxia, you have trouble in moving the parts of your body the way you want to or the muscles in your arms and legs might move when you do not want them to. The word Ataxia means 'Without Coordination'.

Ataxia is not a disorder or a disease by itself: it is a sign of other underlying disorders or diseases. There are over 50 to 100 types of Ataxias. They are grouped into categories based on what causes them, or which part of the body they affect.



Dr. George Lazer
Dental Practitioner
Kollam, Kerala, India

Types of Ataxia based on the Area Affected

Ataxia is caused by damage to different areas of the Central Nervous System. Ataxia is categorized based on the specific part of the brain affected, such as:

- Cerebellar (Brain)
- Sensory (Nerves)
- Vestibular (Ears)

Cerebellar Ataxia

The Cerebellum is the part of your brain that is in charge of balance and coordination. If any part of your cerebellum starts to wear away, you can develop Cerebellar Ataxia.

Sensory Ataxia

Sensory Ataxia is the result of damage to the nerves in your spinal cord or your peripheral nervous system, which is the part of your nervous system outside of the brain and spinal cord.

Vestibular Ataxia

Vestibular Ataxia affects your vestibular system. This system is made up of your inner ear and ear canals, which contain fluid. They sense the movements of your head and help with your balance and spatial orientation.

Causes of Ataxia

- Genetic
- Acquired
- Idiopathic or having no known clear cause

Acquired

Acquired Ataxia occurs when your spinal cord or nerves get damaged. The damage might be from an injury or illness.

Genetic

You may inherit mutated genes from one or both of your parents, which can cause Ataxia. Some of the specific types of Genetic Ataxia include:

- Ataxia Telangiectasia
- Ataxia with Oculomotor Apraxia
- Dominant Spastic Ataxia
- Dominant Spinocerebellar Ataxia
- Episodic Ataxia
- Friedreich's Ataxia
- Recessive Spastic Ataxia
- Wilson's Disease



The causes of Acquired Ataxia include:

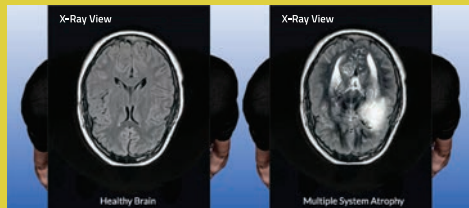
- ☑ Brain tumors
- ☑ Blood loss in the brain
- ☑ Cerebral palsy
- ☑ Chickenpox
- ☑ Hydrocephalus or too much fluid build-up in the brain
- ☑ Trauma to the Head
- ☑ Multiple Sclerosis
- ☑ Reaction to certain cancers
- ☑ Deficiency of Vitamin E or B12

You can also get Ataxia if you have a reaction to certain medications or exposure to poison.

Idiopathic

You have Idiopathic Ataxia, when your doctor cannot find any medical reasons (like an inherited mutated gene or have an illness or injury that can cause the disease) for the symptoms of your Ataxia.

The most common Idiopathic Ataxia is called Multiple System Atrophy (MSA).



Diagnosis of Ataxia

To diagnose Ataxia, your doctor may perform physical and neurological examinations, including checking your balance and coordination, along with hearing, vision, reflexes, and memory.

Your doctor may recommend Magnetic Resonance Imaging (MRI) or Computed Tomography (CT) to see whether there are any problems for the brain. Besides, your doctor may also recommend a test for your spinal fluid.

Treatment for Ataxia

The treatment for the symptoms of Ataxia depends on the type of disease you have. The treatment aims at addressing the underlying causes of Ataxia. If your

Ataxia is from a symptom of another medical condition, your doctor will also treat for that condition.

To help you cope with your symptoms, your doctor may recommend:

- ☑ Counseling
- ☑ Physical or Occupational therapy
- ☑ Speech therapy
- ☑ Support groups

If Ataxia is due to a cause that can be avoided, like deficiency of Vitamins or exposure to poison, your doctor will treat for that problem too.



What is the Life Expectancy of People with Ataxia?

Generally, within 10 to 20 years after the appearance of the first symptoms of Ataxia, the person will be confined to a wheelchair and in the later stages of this disease the individual can be completely incapacitated. Friedreich's Ataxia can often shorten life expectancy.

Is there a Cure to Ataxia?

So far, there are no effective medications that can specifically treat and cure the symptoms of Ataxia. However, there are certain medications that help ease the symptoms by treating the underlying conditions that cause Ataxia. [DC](#)



ANOTHER PROUD MOMENT

Mr. John Kuriakose (Managing Director, DentCare Dental Lab) receives the George Thomas Kottukappally Memorial Award 2018 for **Ethical Business Person** from the hands of **Mr. Tom Jose IAS**, Chief Secretary, Government of Kerala



Can **Antioxidants** in your **Diet** Protect you from **Periodontitis?**

Natural antioxidants are molecules that can help prevent cell damage against free radicals and are critical for maintaining optimum health in humans

Periodontitis is an inflammatory disease of the supporting structures of the teeth resulting in progressive destruction of the periodontal ligaments and the alveolar bones. The disease is predominantly caused by bacteria that thrive when poor oral hygiene is maintained. Additionally, Pregnancy, Diabetes and Cardiovascular diseases, along with immunity-altering situations can enhance the incidence and severity of periodontal disease. Habits like smoking / chewing of tobacco and drug abuse are also very detrimental to periodontal health.

Inflammation plays a pivotal role in causing the destruction of the periodontal structures. However, an exacerbated inflammatory response can cause damage to the host tissues as well.

Inflammatory cells produce cytokines and Reactive Oxygen Species (ROS), enzymes, defensins, and other molecules that bring about phagocytosis of the bacteria as a part of the defense process. ROS and highly reactive free radicals may alter the cellular structure by damaging lipids. This causes serious cellular damage.

Physiologically, ROS is produced by aerobic respiration and is regulated by antioxidizing enzymes which are defensive in nature when regulated. When there is chronic inflammation

due to periodontal disease, ROS production increases significantly. This causes an imbalance in the regulation of ROS homeostasis, as the body is unable to produce antioxidizing enzymes rapidly. This leads to an oxidative stress which causes tissue damage and this in turn causes an increase in inflammation. This establishes a vicious cycle which gets propagated over time.

Natural antioxidants are molecules that can help prevent cell damage against free radicals and are critical for maintaining optimum health in humans. Antioxidants act as scavengers and remove ROS, besides helping in the regulation and reduction of inflammation.

Vitamins

Vitamins are micronutrients with potent antioxidant properties. Vitamins A, C, and E help modulate



Dr. Eric Mario Shailander A.
Consultant Periodontist
Bengaluru, Karnataka, India

antioxidant defense system by reducing the oxidative stress in the periodontium. Supplementing periodontal therapy with Vitamins, especially Vitamin C has shown to reduce the toxicity due to oxidative stress. But supplementation with Vitamins does not significantly improve the outcome of surgical periodontal therapy. However, it has been shown that supplementation with Vitamins can reduce the severity of periodontal disease, besides enhancing the benefits of scaling and root planing.


Carotenoids

Carotenoids are antioxidants which occur as naturally colored pigments in vegetables, fruits, and plants. They are extremely potent as antioxidants and may also be involved in regulating cell-to-cell communication or gene expression. Carotenoid-rich diet is correlated with a diminished risk of various degenerative disorders, including Cancer, Cardiovascular or Ophthalmological diseases. Carotenoids include Alpha-Carotene, Beta-Carotene, Cryptoxanthin, Lutein, Lycopene, Zeaxanthin etc. They have protective effects on antioxidant Vitamins and have synergistic effects by scavenging Reactive Nitrogen Species (RNS).

Carotenoids have been found in low levels in patients with severe or advanced Periodontitis. Lower Carotenoid levels are associated with higher levels of pro-inflammatory markers. The anabolic effect of Carotenoids on bone metabolism promotes the formation of new bone and down-regulates bone resorption. Increased intake of fruits and vegetables rich in Carotenoids can prevent Osteoporosis.



Conclusion

Specific types of food and combination of various micronutrients can improve your response to therapies. Despite being widely discussed, much validation by research is still warranted to determine the role of antioxidants in complementing surgical and non-surgical periodontal therapies. 

Melatonin

Melatonin, a hormone secreted by the pineal gland, is produced in the human body itself. Plants and cereals are other sources of Melatonin. With antioxidant potential greater than Vitamin E, Melatonin has been shown to be effective as an adjunct to surgical and non-surgical periodontal therapy. It has also been shown to reduce the severity of Periodontitis in diabetic



and non-diabetic patients by reducing inflammation and bone resorption. Localized effect in the oral cavity has been predominantly significant when Melatonin is applied topically.

Melatonin scavenges ROS and superoxide species from the sites. The ROS-scavenging potential of Melatonin has also been a research subject for its osteoconductive properties around dental implants. Now, Melatonin has been approved by the U. S. Food and Drug Administration (FDA) as a supplement to treat sleeping disorders.

Flavonoids

Flavonoids are polyphenolic compounds found in fruits, vegetables and certain beverages, having antioxidant, anti-inflammatory, anti-allergic, antiplatelet, and antitumor activities. It also has an inhibitory action on bacterial collagenase. Dietary intake of Flavonoids is quite high when compared to any other dietary antioxidant. High Flavonoid foods aid in protecting blood vessels from rupture or leakage, protecting cells from oxygen damage, and preventing excessive inflammation throughout body.



Green tea has Flavonoid components called Catechin. Other rich sources of Flavonoids are Cocoa, onion, apple etc., which have shown to reduce gingival inflammation / bleeding, decrease Probing Pocket Depths (PPD), and improve Clinical Attachment Levels. They also help improve bone mass by reducing bone resorption.

Dr. Dinesh Kumar Chirla is an eminent and highly qualified Neonatologist in India with vast overseas experiences. He is the Director of Intensive Care Services and looks after the administration of both Neonatal and Pediatric Intensive Care Units at Rainbow Children's Hospital, Hyderabad, India. He is known for his pioneering work in neonatal intensive care resulting in a medical marvel with the **birth of the smallest surviving baby in Southeast Asia with a weight of 375 grams.**

He is a gifted clinician with vast experience in both Neonatology and Pediatric Critical Care. He is a National Faculty in many teaching programs in Neonatology and Pediatric Critical Care in India and abroad.

In an exclusive chat with The DentCare, the celebrated Neonatologist speaks up his mind.

An Illustrious and Proficient Neonatologist

1 *World Prematurity Day is observed on 17 November every year? What is its relevance, Doctor?*


Premature birth is the leading cause of death in children worldwide and World Prematurity Day is observed around the globe to raise awareness about this serious health crisis. This problem is truly global, affecting families everywhere. A lot of effective campaigns are organized globally on this particular day, which are very educative in helping people understand the causes of prematurity, the survival rates, and treatment outcomes, besides making them realize that more effective approach to care and education can lead to fewer premature births and higher survival rates of preterm babies and that with proper and continued care, they can lead a normal life as that of a normal newborn.

2 *What is Premature Birth and what are its Causes? What kind of care do Preterm Babies need?*

Prematurity is a very broad term. A normal pregnancy is expected to last 40 weeks. Any baby born alive before 37 weeks of gestational age is considered premature. Some babies are born as early as 24 weeks. Babies born alive between 34 to 37 weeks are called late preterm.

The reasons for a preterm labor are many. But with the inception of advanced interventions, such children can be helped to lead a normal life. If a child is born earlier than that, the chances of his / her survival will largely depend on the kind of care he / she gets at the hospital and thereafter.





Premature births are on the rise due to several factors, such as an increase in the number of In Vitro Fertilization (IVF) pregnancies, advanced maternal age, Gestational Diabetes, Hypertension, Cervical Incompetence, Septate Uterus, Multiple pregnancies, Antepartum Hemorrhage, Previous preterm birth, Chronic medical illness (like heart or kidney disease) and / or maternal infections (like Group B Streptococcus or Urinary Tract or Vaginal Infections).

Sometimes it may be due to the infections of the fetal / placental tissue, such as Abnormal or decreased function of the Placenta / Placenta previa or low-lying position of the placenta / Placental abruption (early detachment from the uterus). It can also be due to the Premature rupture of membranes (amniotic sac).

Lifestyle choices can also be a contributing factor. Poor dental health can also pose a risk to premature birth, as bacteria from the expecting mother's mouth can travel through the blood stream and reach the amniotic fluid in her womb.

Premature babies require specialized care at birth, especially from Pediatricians or Neonatologists and a skilled medical team having proficiency in caring babies weighing less than 2 kilograms (kg), along with a Neonatal Intensive Care Unit (NICU). Since every part of a premature baby is incompletely developed, caregivers should assist the functioning of each organ of the infant, including his breathing and blood circulation, in addition to providing the warmth and quiet darkness of the womb. More than that, the infant must be provided with the unique protection and nourishment given by a mother through her placenta, had the pregnancy continued.

3 *What is the current Status of Neonatal Mortality in India?*

There is a decline in the neonatal mortality rate in India, but this varies from State to State. Besides, there is substantial difference in this rate between urban and rural populations within a State itself. This is due to the difference in the socioeconomic factors, such as education, economic conditions, women empowerment, availability of health infrastructure etc. Some States in India like Kerala and Tamil Nadu have succeeded in reducing Neonatal Mortality rate when compared to Bihar, Uttar Pradesh and Madhya Pradesh.

Along with socioeconomic factors, maternal, demographic and environmental determinants should also be urgently addressed in every State to reduce infant mortality. Moreover, affordable interventions, such as care for newborns and their mothers, infant and young child feeding practices, vaccinations, prevention and timely treatment of complications for newborns etc., will also contribute to reducing infant mortality.



Cherry, the smallest baby in India with a birth weight of 375 grams, born to proud parents Nikita and Saurabh has beaten all odds

Image: Rainbow Children's Hospital

What makes India distinct from other countries is that this country can provide the same treatment as that of a developed country at a far reduced cost; approximately 1/25th of their treatment cost.

4 *Would you part with us a moving Experience in your life that made you feel proud of as a Neonatologist?*

It is the birth of a baby girl named Cherry, the smallest child born in Southeast Asia with a weight of 375 grams. The baby girl survived even though she was born four months earlier than the expected delivery date. I was heading the multidisciplinary team of medical experts, including Obstetricians, Anesthetists, Gynecologists, Maternal-fetal Medicine Specialists etc. that created this medical marvel at Rainbow Hospital where another premature baby who had weighed only 449 grams was also saved earlier. I am glad to say that we have saved over 5000 preterm babies so far. We get immense satisfaction in making people believe that such babies can also be saved with proper medical care.

5 *What has been the biggest challenge in your Profession?*

I would say that it is a very demanding profession.

Working hours are long and hard and often treatment outcomes of newborns are unpredictable: building and managing a multidisciplinary team of medical experts for each complicated case are some of our biggest challenges. Most of them can be saved only by a committed team of professionals, along with good nursing care. You need all the latest / advanced expensive devices and interventions to save such babies and in the midst of these, making this care cost-effective and affordable without compromising the quality is another bigger challenge.

6 *What is your Vision for Neonatology?*

India should bring down mortality rate to a single digit. My fervent wish is that the newer therapeutic modalities should be made available to every baby, including preterms, irrespective of their financial background in an affordable way. **DC**

For The **DentCare**:

Interviewed by **Ms. Nisha Philip Xavier**



We take care of your smile



AcryLux

Ruthinium 3 layers tooth most sold in the World

Why use 3 layer tooth?

+ More aesthetic + More natural effect + More hardness and durability

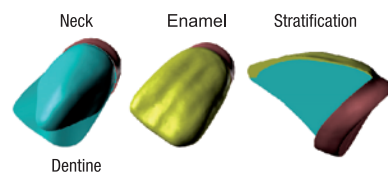
= **More satisfaction for your patient**



Give more value to your job and to your patient
Use three layer tooth, use **AcryLux**



Three layers



RUTHINIUM DENTAL PRODUCTS (P) LTD.

(100% Owned Subsidiary of Dental Manufacturing S.p.A. Italy)
208, New Delhi House, 27 Barakhamba Road,
New Delhi. 110001
Ph: 011 - 2331 3500/4200, Telefax: 011 6630 2650
info@ruthinium.co.in

Now available online on www.ruthinium.co.in

Software-aided Aesthetic Dentistry



Dr. Apoorva T. G.
Dental Practitioner
Bengaluru, Karnataka, India

The science of aesthetics literally means, 'the science of beauty in nature and arts'. Beauty is a combination of reality and personal perception. Aesthetics can be defined as a set of principles concerned with the nature and appreciation of beauty. Aesthetic perception varies from person to person and is influenced by our personal experiences and social environment.

An aesthetic dentist should have a thorough knowledge and understanding of the aesthetic principles that can be applied to the dentofacial complex and should combine artistic creativity with scientific discretion to effect an appreciable change in the dentition and smile. The smile we create should be aesthetically pleasing and functionally correct.





Digital Smile Design (DSD) is a groundbreaking procedure that helps improve the smile. This tool helps strengthen diagnostic vision, along with improving the communication between the interdisciplinary dental team and laboratory technician, which in turn, helps enhance treatment outcomes.

Case Report

This case describes the interdisciplinary DSD approach to restore the function and smile.

A 24-year old male patient presented himself with the need for smile correction. After taking the history, the patient was diagnosed with **Angle's class I molar relation with spacing between the anterior teeth**. A Digital Smile Design procedure was planned for the patient.

Digital Smile Design Technique

After going through the details of the case, it was decided to adopt DSD method, as it was helpful in analyzing both the facial and dental composition of the smile. Dental evaluation involved the teeth and their relation to gingival tissues. Facial evaluation included hard and soft tissues of the face.

There are two facial features that play a major role in smile design, which are the Interpupillary line and the Lips. The Interpupillary line should be perpendicular to the midline of the face and parallel to the occlusal plane. Lips are also important, as they help create the boundaries for the smile design procedure. Any abnormalities in the facial composition should be corrected before correcting the dental composition.

Aesthetics can be defined as a set of principles concerned with the nature and appreciation of beauty

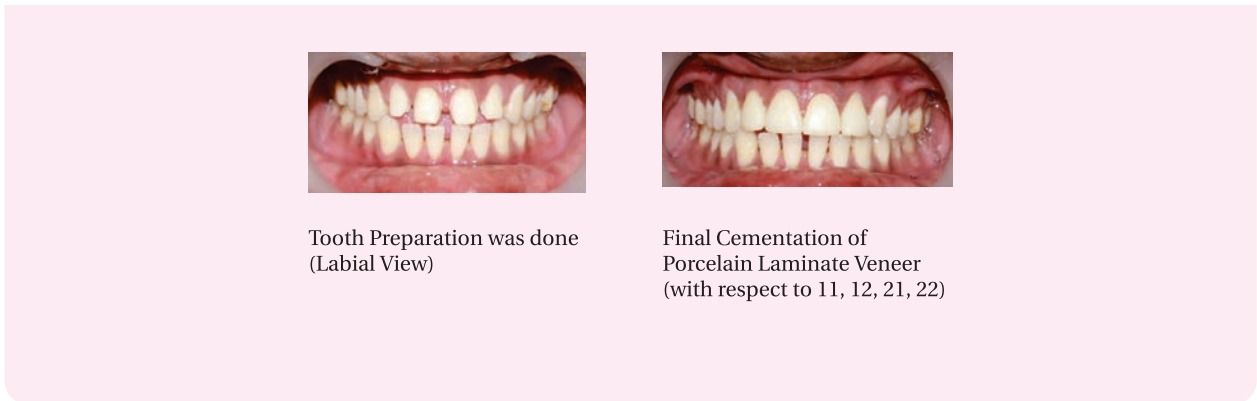
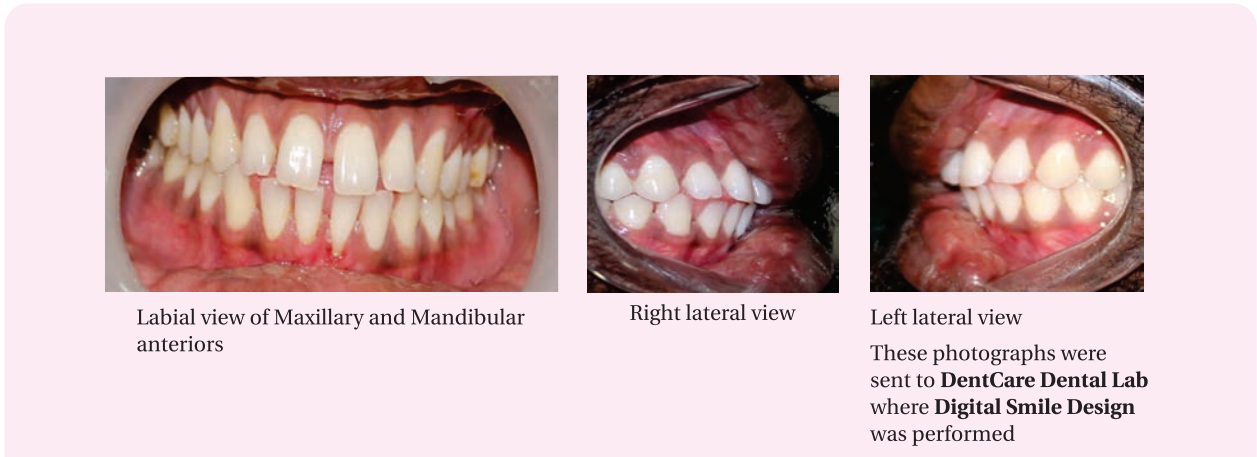
Digital Smile Design

Sketches were performed in the 3Shape Dental Software. Three basic photographs were necessary:

- Full face with a wide smile
- Full face at rest
- Retracted view of the full Maxillary arch

The photographs were uploaded to the Smile Design Software.

The final treatment outcome was very promising, bringing a broad smile on the patient's face and satisfaction to me as well.



Conclusion

Digital Smile Design helps provide predictable treatment results and makes patients feel happier, since the outcomes are in accordance with their expectations. Patients may be allowed to actively take part in the design process of treatment for achieving the outcomes expected by them. As a

result, patient acceptance of treatment proposals can be enhanced enormously.

Digital Smile Design has several benefits when compared to the traditional way of smile design using different wax-ups, as it is easier and more comfortable for the patient, besides being time-efficient. **DC**



breCAM.HIPC



breCAM.BioHPP



crea.lign



2 in 1

Two-fold benefit from your CAD workflow

breCAM consumables

„Definitive physiological restorations“

breCAM.BioHPP and breCAM.HIPC - high-performance polymers for digital processing. Substructure and veneer with one file only - concentrate only on the esthetic requirements of the client when finishing the restoration.

- **Predictable** | Consistent and accurate reproducibility of the results.
- **Unbeatable** | Optimum material and bond properties: physiological & biocompatible.
- **Efficient** | Added value remains in the laboratory.



For more information about digital processing with breCAM consumables and the properties of the physiological materials call (+91)08390813813 / 08390545813.



Go to <http://www.bredent.com/en/bredent/download/28935/> for information material

breCAM consumables



40 YEARS DENTAL INNOVATIONS
1974
2014

bredent group

LIVING A HEALTHY AYURVEDIC LIFE



Dr. Sharmad Khan
Senior Medical Officer



Dr. Shiji Valsan
Medical Officer

Government Ayurveda Dispensary
Thiruvananthapuram, Kerala, India

Ayurveda, which means *Science of Life*, is renowned for its power to cure and prevent diseases.

What are the contributions of Ayurveda for the promotion of Public Health? The basic fundamentals of Ayurveda teach us about the importance of a healthy regimen to keep us healthy both physically and mentally.

The Daily Routine in Ayurveda

When should we get up in the morning? What all healthy routines are necessary for leading a healthy life? What are the benefits of adopting an Ayurvedic regimen? Who should and should not follow this regimen? All these treasures of knowledge are enumerated in the 'Dinacharya', i.e. daily regimen of Ayurveda. Ayurveda details the measures to be taken to prevent the occurrence of different disease conditions during different climates.

When should you start your Day?

Ayurveda says that you should wake up one and a half hour before sunrise; studies have revealed that this is the exact time to sharpen your intelligence and learn new things. Also it can strengthen your immune system. If you do not get enough sleep, you will feel tired and lethargic when you wake up in the morning. Early to bed and early to rise makes you healthy.



Tooth Brushing; how to brush?

You should thoroughly brush your teeth properly for at least two minutes. While brushing the outer surface of the teeth, you should keep your brush at an angle of 45 degrees. While brushing, each tooth should be cleaned individually. The bristles should be soft enough not to harm the gums and the teeth. After brushing, the gums should be massaged with your fingers to promote supply of blood to the area. The brush should be thoroughly washed before and after brushing and keep it in a clean ventilated place rather than in the washroom. Do not brush your teeth just before and after having food. If you wash your teeth with cold water after having hot food, it can damage your teeth. Use a straw while ingesting sour drinks / juice to avoid its direct contact with your teeth. You should brush your teeth twice a day; one in the morning and the other at night; both half an hour before or after having food.

Exercise or Vyayamam

Ayurveda says that exercise is very important to keep your body and mind healthy. Regular exercise aids in efficient digestion of food, absorption of nutrients, and excretion of wastes. Beyond that, exercise activates your natural pathways of rejuvenation by helping release tension and improving your ability to relax, besides enabling you to get sound sleep.

Bathing or Snanam

Bathing in the morning removes all the drowsiness, laziness and refreshes the body. It soothes the mind and helps in concentration, meditation, studies, etc. Bathing should be done in the morning, as it helps in strengthening your body and increasing your appetite.



Diet

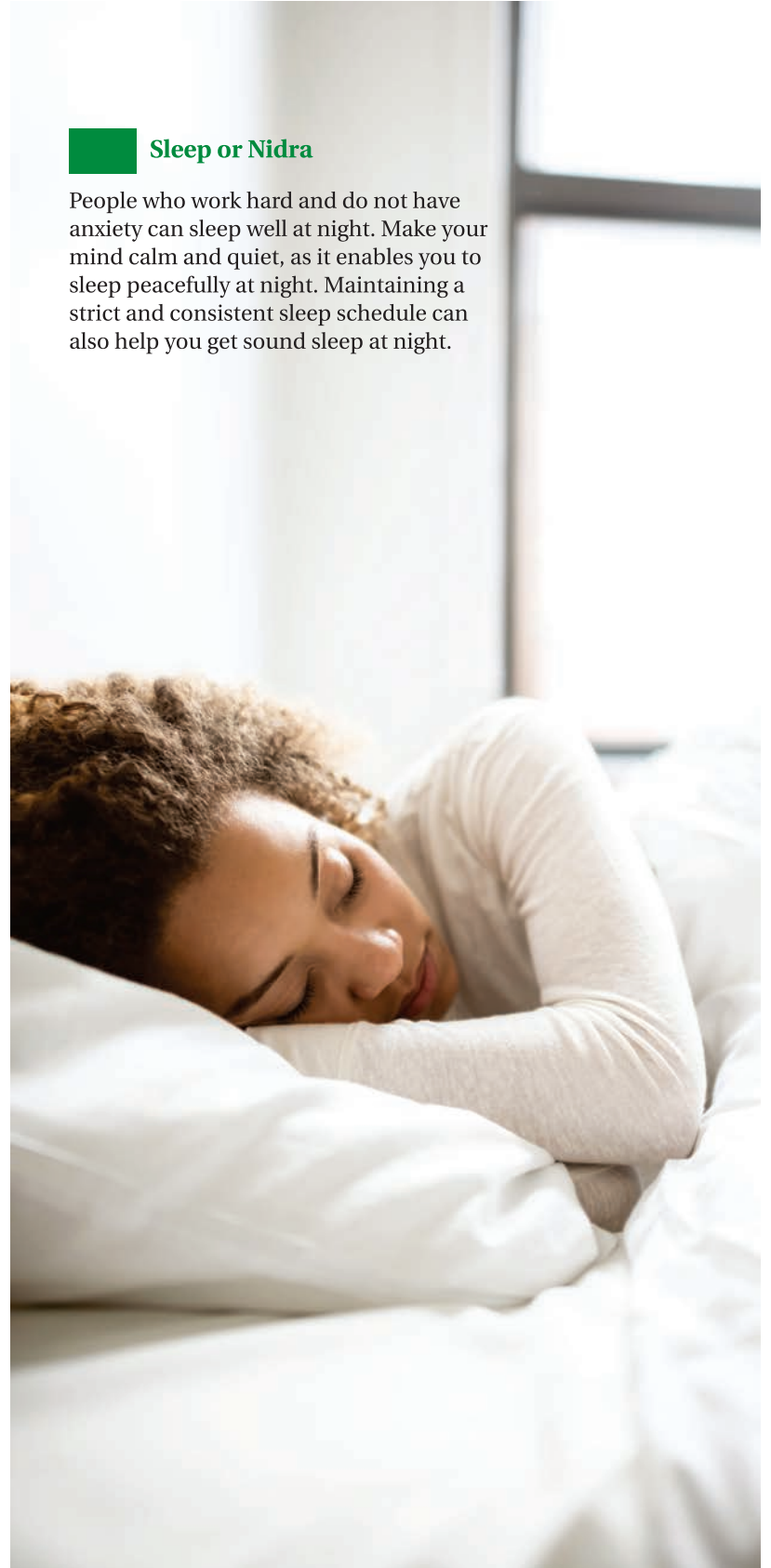
Breakfast is the most important meal of the day for people of all ages. A healthy breakfast refuels the body, giving you energy necessary to start a new day. It is proven that breakfast is good for your physical and mental health.

Nighttime eating, particularly before bed, has accelerated your morbidity. You should avoid food in the hours close to nighttime sleep because it would negatively impact health and body composition. Eating a very large meal at dinner overloads your digestive system, thus storing up unwanted fat in the body. Eating a light meal comprised of complex carbohydrates releases soothing hormones that help you sleep better and it should be taken approximately one and a half hours before bedtime.

Increased consumption of processed foods and changing lifestyles are the root causes of many health problems being witnessed nowadays. [DC](#)

Sleep or Nidra

People who work hard and do not have anxiety can sleep well at night. Make your mind calm and quiet, as it enables you to sleep peacefully at night. Maintaining a strict and consistent sleep schedule can also help you get sound sleep at night.



Leading an Ayurvedic life can help you stay disease-free and healthy for long !



AERB APPROVED



ISO 13485



BIS CERTIFIED



MADE IN INDIA

For that Perfect X-Ray
www.alerio.in



IATOME

ALERIO[®] X-RAYS

Sales and Service available throughout India
E-mail or call factory for local contacts

sales@alerio.in
0422-4220264



Premium DC X-Ray



Economy DC X-Ray



Portable X-Ray

Sales Contacts
MOBILE:887 00 11 990
MOBILE:994 34 75 551
PHONE: 0422-4220264
EMAIL: sales@alerio.in

Manufacturer, Sales, Service
IATOME ELECTRIC (I) PVT LTD
COIMBATORE, INDIA
www.iatome.in

MADE IN INDIA

SUGAR: *The Tooth Criminal*

Sweet snacks and sugar-sweetened beverages are particularly harmful to the teeth. It is better not to consume sweetened food or drinks throughout the day, but if you do, rinse your mouth immediately



Everyone loves sugar, especially children. Your children will take your warning about the ill-effects of sugar on the teeth at face value, if they really know the deleterious effect of sugar on the teeth.

Your Mouth is a Battleground

Different species of bacteria live in our oral cavity; some are beneficial to our health while others are harmful. Many studies have proven that a select group of harmful bacteria produce acids in our mouth, whenever they come into contact with sugar. These acids will remove minerals from the tooth enamel – the shiny, protective, outer layer of your tooth. This process is called Demineralization.

But saliva, which is secreted from the salivary glands, constantly helps reverse the loss of minerals in the teeth through a natural process called Remineralization. The minerals in saliva, such as Calcium and Phosphate, along with fluoride in your toothpaste help the enamel repair itself by replacing the minerals that are lost during an 'acid attack'. This process helps strengthen your teeth.

Certain types of harmful oral bacteria actually feed on the sugar you ingest and produce acids, destroying the enamel in your teeth, leading to dental decay / cavities. If left untreated, this condition can spread into the deeper layers of the tooth, causing pain and dental caries, eventually resulting in tooth loss.

Sugar attracts Bad Bacteria and lowers Pouvair Hydrogène (pH) level in the oral cavity.

Sugar is like a magnet for bad bacteria. The two destructive types of bacteria found in the mouth are Streptococcus mutans and Streptococcus sobrinus. Both of them feed on the sugar you eat and form dental plaque, a sticky, colorless film that forms on the surface of the teeth. If the plaque is not washed away by saliva or brushing, the environment in the mouth becomes more acidic, leading to dental caries or cavities.

Who is at risk for developing decay?

Everyone is at risk for tooth decay, but children and adolescents are at higher risk. Dental caries are the most common cause of tooth loss in young people.

Plaque starts building up on your teeth within 20 minutes after taking meals and if this is not removed effectively, it can lead to tooth decay. People who regularly consume sugar have a higher risk of developing dental caries, particularly if the food is sticky or consumed more frequently.



Dr. Kuntal Bhatt
Consultant Pedodontist



Dr. Darshita Bhatt
Dental Practitioner

Vadodara, Gujarat, India

Sweet snacks and sugar-sweetened beverages are particularly harmful to the teeth. It is better not to consume sweetened food or drinks throughout the day, but if you do, rinse your mouth immediately. This process will help flush out the extra sugar that is lingering on your teeth.

Dietary Advice

We usually consume too much sugar in our diet. World Health Organization (WHO) in a report published recently emphasized the need of reducing the intake of sugar preferably to less than 5% of our total energy intake. This is the equivalent of 7 teaspoons / cubes or 30 grams of sugar a day for adults.

Recommended daily intake of sugar for children:

- ✓ 24 grams for children aged 5 – 11 years
- ✓ 19 grams for children aged 4 – 6 years



Other ways to reduce dental caries include:

- I. Brushing your teeth thoroughly twice a day with fluoride toothpaste and flossing once a day
- II. Reducing the intake of sugar-containing food and sugar-sweetened beverages, besides rinsing the mouth with water immediately after consumption
- III. Reducing your snacking
- IV. Eating sugary foods at mealtimes

Conclusion

Dental caries is governed by the number of times you consume sugar than the total amount of sugar you consume, i.e., the more frequently you consume sugar, the more chance you have for developing dental caries.

Therefore, encourage your children to limit their sugar intake and help them consume healthy foods that help strengthen their teeth, along with regularly brushing away the bacteria-filled plaque in the oral cavity in conjunction with regular dental visits to keep dental decay and caries at bay. **DC**



Facts **O**n obesity

Obesity is a condition where a person has accumulated excess body fat which may cause a negative effect on his / her health. A person's body weight is considered to be obese when his / her Body Mass Index (BMI) is over $30\text{kg}/\text{m}^2$ (kilogram per square meter) while he / she is considered to be overweight when his / her BMI is between 25 and $29.9\text{ kg}/\text{m}^2$.

What is Body Mass Index?

Body Mass Index is a statistical measurement derived from your height and weight. Although it is considered to be a useful way to estimate your healthy body weight, it does not measure the percentage of fat in the body. The measurement of BMI can sometimes be misleading; a muscleman may have a high BMI but may have much less body fat than an unfit person. However, in general, BMI can be a useful indicator for an 'average' person.

Why do People become Obese?

There are different causes for obesity. A few of them are:

1) Consuming too many Calories

Nowadays, people are eating much more food than those in the previous generations. This trend was seen only in developed countries, but it has now spread all





Ms. Susan Itty
Chief Clinical Nutritionist
Aster Medcity
Kochi, Kerala, India

over the world, irrespective of the developmental status of the nation. Taking in too many calories from food and not leading an active lifestyle can lead to obesity.

Sedentary Life

With the invention of Televisions (TVs), Computers, Video Games, TV Remote Controls, Washing Machines, and other modern convenience devices, people are generally leading a much more sedentary lifestyle when compared to those of the previous generations. The less you move around the fewer calories you burn.

However, this is not only a question of burning calories. Physical activity has an effect on how your hormones work. Several studies have shown that physical activity has a beneficial effect on your insulin levels, i.e., helping them keep stable. Unstable insulin levels are closely associated with weight gain.

2) Sleep Deprivation

A research carried out by Warwick Medical School at the University of Warwick, United Kingdom has indicated that if you do not get enough sleep, your risk of becoming obese increases excessively.

The risk applies to both adults and children. Professor Francesco Cappuccio (Professor of Cardiovascular Medicine and Epidemiology at Warwick Medical School), along with his team conducted studies in over 28000 children and 15000 adults. The study clearly showed that sleep deprivation significantly increased obesity risk in both these groups.

Professor Cappuccio explains that sleep deprivation can lead



Eating an unbalanced diet and lack of physical activity are the two key factors that contribute to obesity and other metabolic disorders



to obesity through increased appetite as a result of hormonal changes. If you are deprived of sleep, your body produces Ghrelin, a hormone that stimulates appetite. Lack of sleep also results in your body producing less Leptin, a hormone that suppresses appetite.

3) Endocrine Disruptors / foods that interfere with lipid metabolism

Eating an unbalanced diet and lack of physical activity are the two key factors that contribute to obesity and other metabolic disorders.

Effect of Fructose on the brain can promote Obesity

Researchers from Yale School of Medicine at the Yale University, United States of America compared the effects of fructose and glucose on the brain with the help of Magnetic Resonance Imaging (MRI) and found that high fructose diet can contribute to obesity.

4) Lowering Rates of Smoking

The National Institutes of Health (NIH), United States of America points out that everyone will not gain weight when they stop smoking. When a person stops smoking, the average weight gain is between 3 – 4 kilograms (kg). Approximately, 10 percent of people who stop smoking gain a large amount of weight; about 14 kg or more.

Tips to lose Weight

According to the Mayo Clinic, a nonprofit academic medical center based in Rochester, United States of America, the treatment for obesity has two objectives:

- To achieve a healthy weight
- To maintain a healthy weight

People who are obese often think that it is a herculean task to lose weight to the expected level. This is not true. Any obese person who loses just five to ten percent of his / her body weight will have significant improvement in health; this would mean a reduction between 5.5 – 11 kilograms (kg) for an obese person who weighs 112 kg.

It is important to realize that a small drop in weight is a good start and a great achievement. Experts have found that obese people, who lose weight slowly and constantly, say half or 3/4 kg per week, are more successful in keeping their weight stable when they have reached their 'goal weight'.

According to the Mayo Clinic, successful and permanent weight loss can be best achieved through increased physical activity and changing the time and way of eating, besides modifying your lifestyle. Some patients may be prescribed medications, while others might be required to undergo weight-loss surgery.

Dietary Changes to combat Obesity

The Mayo Clinic advocates that obese people should reduce their total daily calorie intake and at the same time consume more fruits, vegetables and whole grains. It is important to include a variety of food in your diet. The consumption of sugar, certain types of refined carbohydrates and fats should be reduced significantly.

Ideally, you should work with your doctor and a dietician to choose the best diet for you.

Physical activity has an effect on how your hormones work. Several studies have shown that physical activity has a beneficial effect on your insulin levels, i.e., helping them keep stable. Unstable insulin levels are closely associated with weight gain



Quick Weight Loss through Crash-Diet

Quick weight loss through crash-diet carries the following risks:

- You may develop health problems
- You will probably experience vitamin deficiencies

Recommended Diet for Weight Loss

- Enjoy nutritious foods from the Five Food Groups
- Eat different varieties and colors of vegetables
- Eat different types of fruits
- Include whole grain (Cereals) and / or high cereal fiber varieties like Whole Wheat, Oat Meal, Ragi, Brown Rice, etc.
- Include lean meats, egg, poultry, fish, soybean, horse gram and legumes / beans which are rich in Protein
- Skimmed milk, low fat Paneer and Yogurt
- Drink plenty of water (10 – 12 glasses a day)
- Limit the intake of food containing saturated fat like bakery products, deep fried foods, sweetened commercial fruit drinks, aerated drinks, sweets, pickles, tinned foods, sauces, ketchups, packed foods etc.
- Avoid or limit the intake of alcohol

Negative Energy Balance

In order to lose weight, you need to be exerting more energy than what you are consuming; this is called a Negative Energy Balance. If you are in a state of negative energy balance, your body will seek out stores of energy, such as fat or muscle to make up for the shortfall – it will start using up your excess weight. In extreme cases, however, when the individual has little fat, more muscle and lean tissue will be used up.

Physical Activity

The more you exert your body, the more calories you burn. To lose one kilogram of fat, you need to burn 8000 calories. If you are obese, brisk walking is a good physical activity to reduce weight. Combining increased physical activity with a good diet can significantly increase your chance of losing weight successfully and permanently.

Choose activities that can fit into your daily routine. Anything that becomes a part of your life or can be weaved into your existing lifestyle is more likely to become a long-term habit. If you use an elevator, get off one or two floors before your destination and walk the rest. You could try the same when driving your car or taking any form public transport; get off a few furlongs before your destination and cover the distance on foot.

If any of your regular shops are within walking distance, leave your car at home, walk the distance. Several surveys have indicated that the majority of urban car trips outside the rush hours are less than a mile long. Develop the habit of covering small distances on foot. If you are very obese, unfit, or have some health problems, make sure that you check with a health care professional before starting your physical activity.

Controlling Body Weight

Weight control is found to be much more successful if you can combine a well-balanced diet with regular exercise. Crash diets can have short-term results, but will not work for long. If you can sleep for 7 to 8 hours a day, your bodyweight can be controlled within a healthy range.

According to the National Weight Control Registry (NWCR), on successful completion of weight loss



strategies, everyone should take the following measures to ensure that they do not put the weight back on:

o Physical activity

Do at least 200 minutes of exercise of moderate intensity a week.

o Watching TV

Limit Television watching to not more than 10 hours a week

o Fat Consumption

Make sure that no more than 30% of your nutritional intake is in the form of fat.


o Eat consistently

Resist the urge to overeat. You should have a regular eating schedule. Overeating can upset your routine, besides impacting on your metabolism.

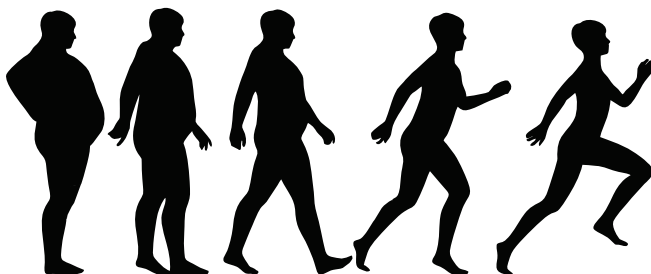
o Breakfast

Never miss your breakfast. Breakfast is a crucial meal; it also helps stave off hunger later on in the day, which may make you overeat, often with snacks or junk food.

o Monitor yourself

Keep a close check on what you eat and keep your body weight within a healthy range. 

Brisk Walking is the best Exercise to Keep you Fit



The Challenges

in Cleft Lip and Palate Care

World Health Organization (WHO) has recognized that non-communicable diseases, including birth defects cause significant increase in infant mortality and childhood morbidity and has included Cleft Lip and Palate in their Global Burden of Disease Study (GBD)



Dr. Varun Menon P.
Assistant Professor
Department of Oral and
Maxillofacial Surgery
Jubilee Mission Medical College
and Research Institute
Thrissur, Kerala, India

Orofacial Clefts (OFCs) or Cleft Lip and Palate are a deformity that can cause numerous or wide-ranging problems, necessitating elaborate and comprehensive intervention over the course of childhood. Orofacial Clefts are not a life-threatening abnormality. Majority of people are unaware that this condition can be surgically repaired with considerable success, both aesthetically and functionally.

The Indian subcontinent remains one of the most populous areas of the world with an estimated population of 1.1 billion. This yields an estimated 24.5 million births per year and the birth prevalence of Orofacial Clefts is approximately between 27000 and 33000 a year.

Inequalities exist, both in access to and quality of treatment for Clefts with distinct differences in urban and rural areas. Over the years, the increase in the number of patients with unrepaired Cleft Lip and Palate makes this as a challenging health care problem in India.

In recent years, the situation has significantly improved through the intervention of various Non-governmental Organizations across the world, making patients come forward to undergo appropriate surgical procedures.

The cause of Clefts can be both genetic and environmental. Extensive and intensive research has yielded significant advancement in this field in recent times, facilitated by molecular genetics. India has tremendous potential to contribute more to this field by virtue of their improved research expertise and genetic, cultural and socioeconomic diversities.

World Health Organization (WHO) has recognized that non-communicable diseases, including birth defects cause significant increase in infant mortality and childhood morbidity and has included Cleft Lip and Palate in their Global Burden of Disease Study (GBD).

Lack of knowledge and resources have resulted in inexplicable delay in seeking and receiving adequate medical care; as a result of this, many infants with OFCs die of malnutrition or infection. This grim situation has been further compounded by the failure of healthcare authorities to recognize Craniofacial Anomalies (CFA) as a Notifiable disease.

Even in large hospitals where a number of Specialists work, no protocols have been developed for determining the different steps to be taken to address the patients with Orofacial Clefts. So far, the focus has been only on repairing the split in the lip or palate, with very little attention to speech, dental, hearing, or breathing difficulties.

Goals of Treatment for Orofacial Clefts

- ⊙ Repair birth defects (lip, palate and nose)
- ⊙ Achieve normal speech, language and hearing
- ⊙ Achieve functional dental occlusion and good oral health
- ⊙ Enhance psychosocial and developmental treatment outcomes
- ⊙ Minimize the cost of treatment

Seven Themes for achieving desired Outcomes

- ⊙ Early assessment and intervention is imperative and should begin in the newborn period with referral to a Cleft Lip / Palate Team. When Cleft Lip / Palate is diagnosed prenatally, referral to the team is necessary.
- ⊙ An interdisciplinary Cleft Lip / Palate Team is inevitable, as the treatment outcomes are in surgical, speech, hearing, dental, psychosocial and cognitive domains.
- ⊙ The Care Providers should be well-trained and experienced, as the intervention involves complex procedures.
- ⊙ Continuity of care is essential because the desired outcomes can be achieved only through prolonged medical attention.
- ⊙ Proper timing of the procedures is critical because of the interactions of facial growth, dental occlusion and speech.
- ⊙ Early intervention brings in better treatment outcomes and fewer surgeries, along with reduced treatment cost.



The cause of Clefts can be both genetic and environmental

In India, the traditional unmet need of primary cleft repair is gradually being addressed and currently there is no dearth of medical professionals in this field. The principles of a multidisciplinary approach to Cleft Palate repair have been advocated by WHO and accepted by the Craniofacial community in India.

Many Craniofacial Centers in India are adopting a multidisciplinary approach to address deformities of the head and face. Let us make every effort possible to bring smiles on the face of children with craniofacial abnormalities. **DC**



CYCLING

your Way

to a Healthier Life

Cycling, to a large extent, improves your physical and mental health, besides reducing your chance of experiencing many health-related problems



Dr. S. J. Govindaraj
Consultant in Oral Medicine and
Radiology and Certified Implantologist
Bengaluru, Karnataka, India

The ever-increasing population of India and the ensuing encroachment of the environment and greenery have given an impetus to the increased demand for mobility across its length and breadth. The country is also witnessing an upsurge in disease mainly due to unhealthy lifestyle.

Majority of deaths in India are primarily due to non-communicable diseases, which can often be linked to sedentary and unhealthy lifestyle habits.

The primary goal of a developing country like India should be to achieve zero dependence on fossil fuels and this can be achieved if we give importance to affordable modes of transport like Cycling since it has added benefits like promoting healthy lifestyles, reducing stress levels, preventing and managing diseases etc.

Many Information Technology Hubs across the country are now encouraging Cycling for their commuters. Cycling helps reduce the growing carbon pollution from automobiles, causing an adverse impact on the Natural Environment.

The ever-increasing concern is the fast disappearance of Cycling, a pollution-free mode of transport, in rural areas. Though India is the second largest manufacturer of Bicycles in the world, so far it is not able to cater to the demand for providing Bicycles at an affordable rate to all classes of people, especially to those who are economically backward.

Even though Indian Bicycles are not so technologically advanced, they are being exported to Asian and African markets. Policies adopted by successive governments have always been in favor of energy-intensive and less environment-friendly modes of transport like automobiles, since they bring more revenue to the country.

The Millennial Developmental Goal of a country like India should certainly be to encourage Cycling and make Bicycles available to all strata of the population, as it is environment-friendly and makes the cyclist strong and energetic.

An Ideal Weapon to Fight Against Pollution



Considering the rising concerns of climate change, deforestation and impaired health of the general population, we need to ensure that an effective, renewable, sustainable, eco-friendly path, along with a healthy and recreational lifestyle is maintained / achieved. In order to sustain this endeavor, we need to make sure that the number of people who use Bicycles in India is increased enormously.

Cycling, to a large extent, improves your physical and mental health, besides reducing your chance of experiencing many health-related problems. As an exercise, the distinct advantage of Cycling is that it is cost-effective and comfortable. Cycling strengthens your heart muscles, lowers resting heart rate and reduces lipid levels in your blood. Research shows that people who cycle to work have two to three times less exposure to pollution than automobile commuters.

Cycling improves Overall Health and Fitness Levels

To begin with, it takes only an hour a day or approximately seven hours a week to achieve an overall improvement in your health through Cycling. The health benefits of regular Cycling include:

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility
- Decreased stress levels
- Improved posture and coordination
- Strengthened bones
- Decreased levels of body fat
- Prevention or management of disease
- Reduced anxiety and depression



A study conducted in Denmark, which extended over 14 years among 3000 people aged between 20 and 93 years, concluded that regular Cycling helped keep heart disease at bay. Another study conducted recently demonstrated that regular Cycling helped reduce the chances of bowel and breast cancer.

The epidemic rise of Type 2 Diabetes in India is a serious public health concern. Lack of physical activity is one of the important reasons that make people susceptible to this condition. A large-scale study conducted in Finland revealed that people who cycled more than 30 minutes a day had a 40 percent lower risk of developing Diabetes when

compared to those who did not cycle.

Cycling improves your strength, balance and coordination. It may also help 'prevent falls and fractures'. Riding a bike is an ideal form of exercise if you have Osteoarthritis, because it is a low-impact exercise that places little stress on the joints. Regular Cycling will enable you to overcome many mental conditions like Depression, Stress and Anxiety.

Recreational Cycling is not only a form of exercise, but can also infuse a sense of enjoyment. Recent studies have shown that those who

used Hand Cycles, which are similar to Recumbent Cycles (used by amputees, people with spinal injuries, or those who are recovering from specific conditions like stroke) except that they are powered by hand, can also enjoy the same health benefits as those who cycle regularly.

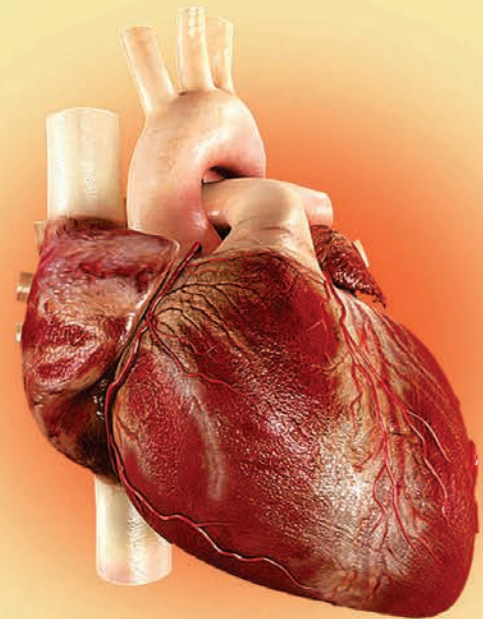
It is estimated that about one billion people ride Bicycles every day all over the world for transport, recreation, or sport: so you can be a Cyclist and enjoy the health benefits. Let us focus on changing to a healthier lifestyle and take up Cycling as a means of commuting to work. [DC](#)

*Change your **Lifestyle**
and go **Cycling!***

EECP

(Enhanced External Counter Pulsation)

Non-Invasive and
Risk free Treatment
for Angina and Heart Failure



EECP

"NATURAL BY-PASS" THERAPY

EECP develops new pathways
around blocked arteries by
"Collaterals" to increase blood flow to the heart muscle.

FDA CE

APPROVED
and also several
International Certifications



SURGERY

PAIN

HOSPITALIZATION



Heart before EECP Treatment



Heart after EECP Treatment

EECP = Rejuvenation Therapy

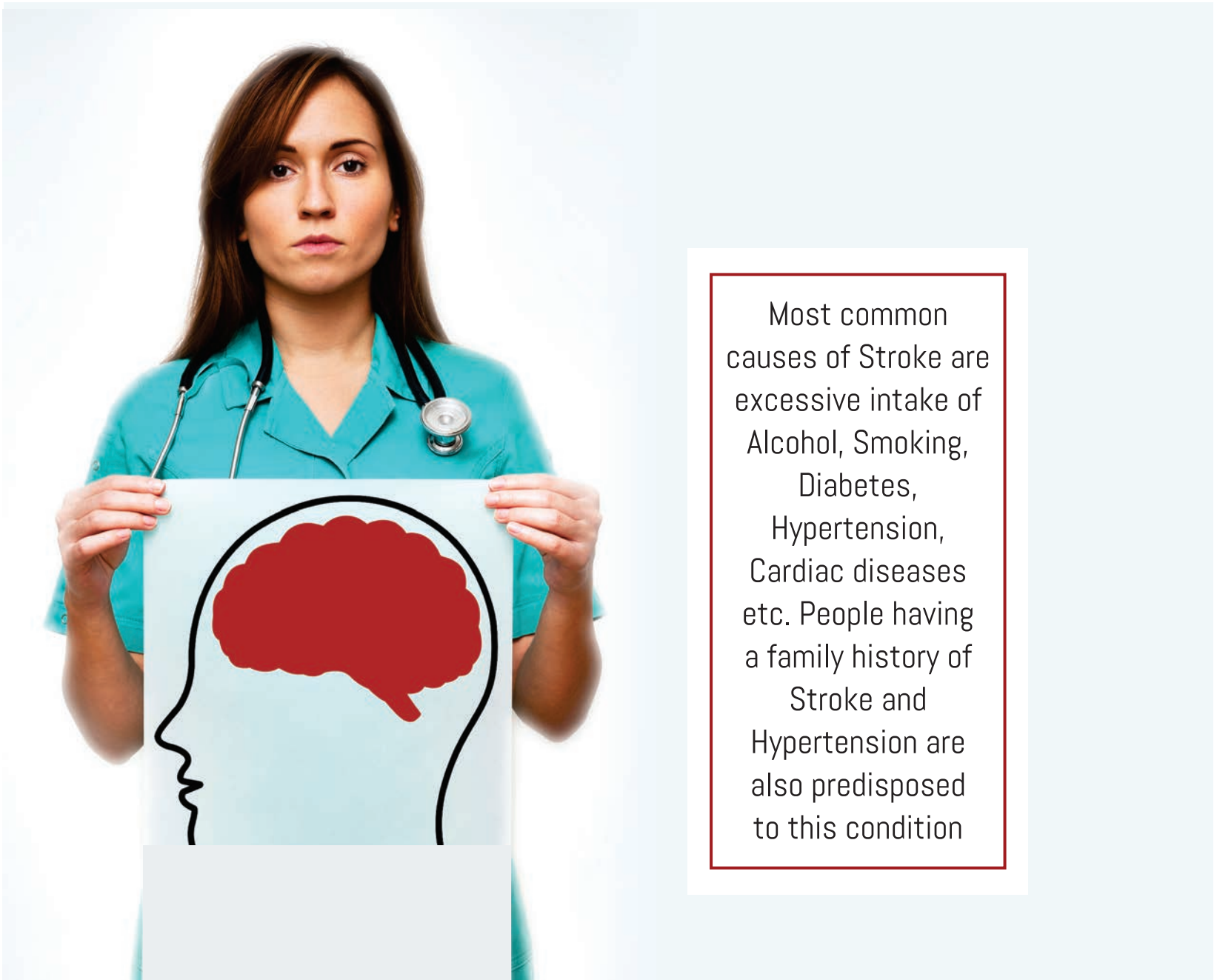
Helpful for anti-aging as it improves total body blood circulation.
Hence beneficial also for **Stroke, Kidney Disease, Dementia,
Parkinson's disease, Diabetes, ED - Erectile Dysfunction etc.**

Even after Angioplasty or
By-pass Surgery for a better and more
active lifestyle: undergo
EECP Therapy and prevent repeat
stentings... or by-pass surgeries...

EECP Clinic

Indira Gandhi Co-operative Hospital, Kadavanthra, Kochi-682 020
Mob: 9847152837, 9446019452
www.cochineecpcentre.com E-mail: eecpcardio@gmail.com





Most common causes of Stroke are excessive intake of Alcohol, Smoking, Diabetes, Hypertension, Cardiac diseases etc. People having a family history of Stroke and Hypertension are also predisposed to this condition

STROKE: A Silent KILLER

Nowadays, Stroke is quite common. Earlier, it was seen only in people who were aged 40 years or above. But now it is seen even in school-going children and young adults.

A stroke occurs when the flow of blood to an area of the brain is cut off. When this happens, the brain cells are deprived of oxygen and begin to die. If a stroke occurs on the left side of the brain, the right side of the body will be affected and vice versa.

Types of Strokes

- Ischemic
- Hemorrhagic
- Mini Stroke

Ischemic Stroke

Ischemic Stroke occurs when the arteries to the brain become narrowed or blocked, causing severely reduced



Mr. Mathews A. V.
Medical Librarian
Misurata Cancer Centre
Misurata, Libya

blood flow (Ischemia). The most common type of Ischemic Stroke is Thrombotic Stroke. A Thrombotic Stroke occurs when a blood clot (thrombus) forms in one of the arteries that supplies blood to the brain.

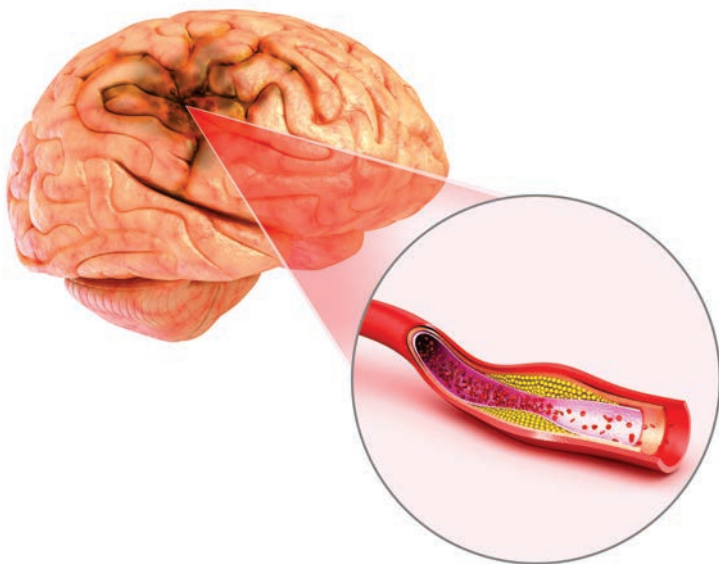
Hemorrhagic Stroke

Hemorrhagic Stroke happens when a weak blood vessel ruptures and bleeds into the brain. Two types of weakened blood vessels usually cause Hemorrhagic Stroke: Aneurysms (ballooning of a weakened region of a blood vessel) and Arteriovenous malformation (an abnormal tangle of blood vessels connecting arteries and veins). The most common cause of Hemorrhagic Stroke is Uncontrolled Hypertension (high blood pressure).

Hemorrhagic Stroke is more dangerous than Ischemic Stroke. The treatment for this condition differs as per the nature and type of Stroke.

Mini Stroke

Mini Stroke or Transient Ischemic Attack (TIA) is a brief episode of dysfunction in the brain. Generally, people neglect these type of attacks, but it can be dangerous, since it may be the sign of a serious Stroke. We have to be more careful for the first 48 hours after a Transient Ischemic Attack.



Causes

Most common causes of Stroke are excessive intake of Alcohol, Smoking, Diabetes, Hypertension, Cardiac diseases etc. People having a family history of Stroke and Hypertension are also predisposed to this condition. Women who are aged above 35 years of age or taking oral contraceptives are susceptible to Stroke as well.

Symptoms

- Severe head ache
- Weakness in the arm, leg or both on one side of the body
- Weakness in the muscles of the face
- Slurred speech
- Vision problems in one or both eyes
- Overall fatigue
- Difficulty in walking

Treatment

Treatment for Stroke involves emergency care to minimize brain damage and preserve brain function. Before starting the treatment, Computed Tomography (CT) or Magnetic Resonance Imaging (MRI) is generally performed to ascertain the type of Stroke. If the patient has any breathing problem, this should also be assessed and treated. Unlike people with chest pain, people having a Stroke are not given an Aspirin tablet immediately.

Many people with Stroke also have Hypertension. This may be due to an underlying problem or in response to a Stroke. Your Doctor will assess the type of Stroke, including the blood pressure and decide if your blood pressure should be lowered. Although controlling blood pressure is a part of prevention and treatment of Strokes, it is important not to lower blood pressure too much so that the brain can get enough blood.

Conclusion

Keeping your weight within a healthy range, eating foods that are good for your health / heart, doing at least 30 minutes of moderate exercise, quitting smoking and stopping alcohol consumption are very effective in controlling Stroke. **DC**

ORTHODONTIC EXTRACTIONS: Why Fear?

With the access to Social Media platforms, Television, Movies and the current “SELFIE” trend for close-up images, the importance of a beautiful smile and teeth has increased more than ever, among people of all ages.

Dental awareness has shown an uptrend nowadays, making parents bring their children at a much earlier age for dental check-ups or treatment. Besides, they generally raise concerns about dental hygiene, tooth cavities, alignment of teeth etc.

Evolution has made man excessively dependent on processed, overcooked and soft diet, leading to a reduction in the force of mastication on the teeth, muscles and jaws. This has caused an overall decrease in the size of the upper and lower jaws, especially in Asian and European populations.

Along with hereditary factors, lack of space in the jaws has contributed to a massive number of patients reporting with malaligned / crooked teeth. Third molar impaction cases too are on the rise, nowadays.

Orthodontic treatment is the safest, non-invasive and the most natural option for achieving a smile correction through braces. It may involve treatment of both the teeth and the underlying jaws. A comprehensive Orthodontic correction brings a dramatic change in the smile line and significantly improves the facial profile as well.

During the Orthodontic consultation, the most common aspect noted by the Orthodontist is a tensed parent / patient, anticipating the requirement for Orthodontic extractions. A sense of relief is often felt when the Orthodontist announces that it is a non-extraction case. But why this fear?



Dr. Monish S. Naidu
Consultant Orthodontist
Mumbai, Maharashtra, India

During an Orthodontic consultation, the most commonly asked questions and their answers are the follows:

Q1. Why does my child require extractions for his / her Orthodontic treatment?

- a) There is inadequate space in the upper and lower jaws to accommodate all the teeth in the correct / upright position.
- b) The teeth are Orthodontically moved into the right position to improve the bite and facial profile.

Q2. Which teeth are to be extracted and how many?

Depending on the condition, two to four premolars are extracted. But in certain conditions, a single lower incisor may be removed.

Q3. Are all Orthodontic extractions painful?

The level of discomfort is less in an Orthodontic extraction, as it is generally a premolar extraction, having no cavities, besides being easier to extract when compared to a cavitated tooth, which has less surface area to hold on. More than that, it is routinely performed using local anaesthesia.

Q4. Can extractions lead to Loss of Vision?

Since the nerve pathway for vision is widely apart from the dental nerve network, it will not cause loss of vision. This is actually a widely circulated myth.

Q5. Do the extraction spaces close completely or will there be any residual space?

Yes, the Orthodontic treatment is planned in such a way that the entire extraction spaces are closed.

Q6. Does the duration of treatment vary in an extraction case versus a non-extraction case?

Yes, extraction cases require comparatively a longer duration.

Q7. What treatment benefits can we achieve in an extraction case versus a non-extraction case?

In extraction cases:

- a) Tooth movement is greater and hence, results achieved are more visible / evident
- b) The final tooth position achieved is accurate and aesthetically pleasing
- c) The treatment outcomes are stable
- d) A profound facial change is visible, especially in the upper and lower tooth positions

Q8. Do all cases require extractions?

Most Orthodontic cases require extractions, especially when there is a moderate to severe crowding of teeth or tooth protrusion. When the space requirement is very less, extractions are almost always avoided. Extractions are indicated to ensure a stable treatment outcome.

Q9. Will the bite remain stable after an Orthodontic therapy or will it relapse?


After the completion of an Orthodontic treatment, a retention protocol of 12-14 months is followed, which helps ensure long-term stability of orthodontic outcomes.

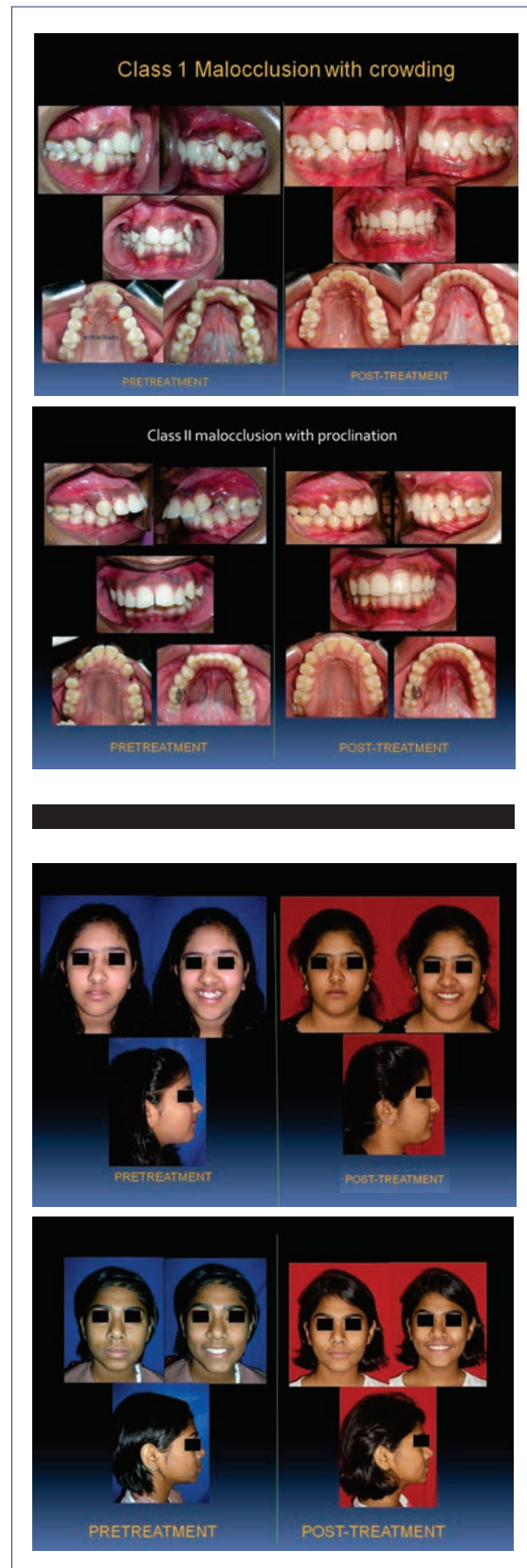
Q10. Are extractions of third molars compulsory for routine Orthodontic treatment?

It is not necessary to extract third molars for routine Orthodontic treatment except:

- 1) When molar distalization or molar uprighting needs to be attempted
- 2) If the patient is symptomatic / experiencing pain in the third molars

Conclusion

Orthodontic extractions are routinely carried out in the Indian population, as majority of them are reported to have moderate to severe malposition of the teeth. The results achieved are more significant and stable in extraction cases when compared to non-extraction cases, both in dental as well as facial corrections. Hence, there is absolutely nothing to fear about Orthodontic extractions; it is the best step to attain a wonderful Orthodontic result which will help you flash a smile with confidence!! 



DENTCARE

WELL-EQUIPPED WITH VERSATILE PRODUCTS

DentCare is the confluence of top-end technology and superior workmanship along with high quality raw materials from world's premier brands, making the delivery of world-class dental prosthesis a certainty. Most recognized brands like Ivoclar Vivadent, Shofu, EOS, 3Shape, 3M ESPE from Germany, Switzerland, United States and Europe are selected for manufacturing its extensive range of dental prostheses.

Over the past 30 years, we have dedicated ourselves in contributing to healthy, confident smiles for 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 with greater precision, aesthetics and functionality.

DentCare Zirconia -

“One Product for Diverse Options”

The paradigm shift in dentistry for lifelike restorations that mimic natural tooth structure based on perceived and actual aesthetic and functional patient demands has led DentCare Dental Lab to offer DentCare Zirconia – a revolution in Metal Free Prostheses.

DentCare Zirconia is biomedical grade Zirconia made in Germany. Available in diverse options, the DentCare Zirconia range of products assure 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-unit).

DentCare Zirconia Variants are:

DentCare Zirconia Platinum Plus
DentCare Zirconia Platinum
DentCare Zirconia Premium Plus
DentCare Zirconia Premium Plus Full Contour
DentCare Zirconia Premium
DentCare Zirconia Premium Full Contour
DentCare BruxCare
DentCare Zirconia Classic
DentCare Zirconia Classic Full Contour
DentCare Zirconia Superlucent
DentCare Zirconia Basic
DentCare Zirconia Basic Full Contour
DentCare Zirconia Translucent
DentCare Zirconia Monolithic

Why Medical Grade DentCare Zirconia?

- ↻ Natural feel and functionality
- ↻ Unmatched aesthetics
- ↻ High strength
- ↻ Highly biocompatible
- ↻ Unlimited characterization made available through more than 40 natural and lifelike shades
- ↻ The tooth-colored translucent substructure ensures that the natural tooth shade comes right from the internal framework level, unlike PFM or other normal Zirconia systems with opaque frames
- ↻ Designing and manufacturing using CAD / CAM assures outstanding marginal fit



DentCare Anti Snoring Device

DentCare Anti Snoring Device consists of one splint for the upper jaw and another for the lower. The lower jaw is either held in a predetermined position or advanced by two connectors which are fixed laterally to the splint. DentCare Anti Snoring Device thus counteracts the narrowing of the respiratory tracts. The velocity of the inspired air decreases and so does the noise-generating vibrations of soft tissues. With DentCare Anti Snoring Device, jaw movements are possible and there is no falling back of the lower jaw. With this function, DentCare Anti Snoring Device is a comfortable and at the same time an effective snore guard.

With the DentCare Anti Snoring Device, the lower jaw and the tongue are held in a protrusive (forward) position which opens up the airways, stopping the snoring sounds when asleep.



DentCare Mouth Guard Triple

DentCare proudly introduces the ultimate mouth guard, DentCare Mouth Guard Triple, a three-layered laminated Sports Mouthguard, soft on both the inside and outside and hard in-between. The hard interlayer is strong enough to protect you from injuries. Every DentCare Mouthguard Triple is produced less voluminous yet with a strong protective effect.

DentCare Mouth Guard Triple is available in 26 different shades.




DentCare Orthodontic Appliances

DentCare has put forward a number of amazing Orthodontic Solutions – Removable, Habit Breaking, Fixed and Functional Orthodontic Appliances of highest perfection and optimal precision; manufactured with high-end technologies as well as Medical Grade and CE marked materials from Germany; available at affordable rates and living up to the expectations of all classes of customers alike.

Conclusion

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

World-class products are the outcome of our passion in improving dental care. And this keeps us at the forefront of innovation. Our dental prostheses 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, at par with international standards and lives up to the expectations of our customers. This has given us reason to brighten the smiles of more than 40 million patients, world over. 

Smile confidently, go for DentCare prostheses

Nomophobia

Luxurious gadgets available in the market like a Mobile phone have been proven to be a boon in the lives of many individuals. Earlier, Mobile phones were not readily accessible to the masses, but with the advancement of Electronic Science, it has become relatively inexpensive and readily available to almost all individuals. This easy to use device of the present-day offers advanced computing capabilities and holds an important place in our everyday life.

Even though a Mobile phone has many advantages, it also brings in an adverse impact on the lives of many individuals causing various psychological problems.

Phone Separation Anxiety is becoming a silent killer. Nomophobia means fear of being without a Mobile phone or beyond its contact. Nomophobia is everywhere in the world. This term, an abbreviation for 'no-mobile-phone phobia', was coined during a study conducted in 2008 by the 'UK Post Office' which commissioned YouGov, an international Internet-based market research and data analytics firm, to evaluate the anxieties suffered by Mobile phone users.

In the study, it was found that nearly 53 percent of mobile phone users in England tend to become anxious when they 'lose their Mobile phone', run out of power / battery or have no talk time balance / network coverage.

The study conducted in 2163 people revealed that men suffered more from Nomophobia. It was also found that about 58 percent of men and 47 percent of women suffered from Nomophobia and an additional 9 percent felt stressed when their Mobile phones were off or out of coverage area.



Ms. Elizabeth Varkey
Assistant Professor
Baby Memorial College of Nursing
Kozhikode, Kerala, India

Causes

- Impatience that makes a person anxious to talk to someone on phone
- Boredom that forces the victim to keep himself / herself active by engaging on Social Media

Symptoms

- Spending more than six hours on the Mobile phone in a day, checking it at least 100 times a day or once in every minute
- Not realizing the passage of time when using a Mobile phone
- Getting angry when the one's phone does not respond quickly and even throwing or destroying it in the process
- Always putting one's hand in the pocket where the phone is kept
- Sleeping with the phone next to one's pillow

Consequences

Nausea, Chest Pain, Anxiety and Breathing Problems



are some of the consequences of Nomophobia.

Ways to reduce Nomophobia

- Set a fixed time to use a Mobile phone
- Turn notifications off
- Establish a phone-free zone
- Take up a new hobby to resist the tendency for the overuse of mobile phone
- Do not use one's Mobile phone as an alarm
- Keep the phone in the next room
- Engage in human contact



Treatment

Currently, scholarly accepted and empirically proven treatments are very limited, since it is a relatively new concept. However, treatment modalities like Cognitive Behavioural Therapy (CBT) combined with pharmacological intervention has been found to be effective.

Conclusion

A Mobile phone has been dubbed as one of the biggest non-drug addictions of the 21st century. The use of Cell phones is steadily increasing day by day and its unjustified use can lead to deleterious consequences. Since majority of the users of Mobile phones are youngsters who are the potential workforce of the world, it is imperative to take immediate steps to formulate appropriate health education strategies to prevent the overuse / addition of Mobile phones. [DC](#)

DIET FOR UNDERWEIGHT KIDS



Ms. Soly James
Consultant Nutritionist
Kochi, Kerala, India

Is your child underweight? Does this worry you?

Fret not, for there are many healthy ways to gain weight for your underweight child. While some parents moan about the huge weight gain of their kids, others are anxious about their kids' being grossly underweight. If your child falls under the latter category, you ought to take immediate corrective measures.

You need to realize that there is a great difference between a child being underweight and slim / thin. Kids can be underweight as a result of metabolic, emotional, dietary problems or certain medical conditions and a doctor will help you identify the exact problem of your kid.

The cause of being underweight can be attributable to genetics as well, since a child is likely to have the same body structure as that of his parents. Before going for appropriate intervention, get a Pediatrician to confirm about the cause behind this.

Insufficient food intake, along with imbalanced consumption of nutrients is the most common cause of being underweight in kids. Lack of sufficient nutrients can hamper proper growth, besides making them susceptible to various health conditions. This can even happen to the kids living in big cities, where they are put under the care of a maid or in day care where much attention is not paid to feed them properly or at the right time.

When is the right time to start nutrition for a kid? Undoubtedly, it should be started during pregnancy, as the nutrient intake of a mother affects the newborn's health. What a mother ingests during pregnancy can largely impact her health and that of the baby.

The birth weight of a baby can indicate his growth rate and it is directly proportional to his birth weight. For overall growth of a child, proper food and adequate care are necessary. However, serious health conditions, starvation, serious neglect of emotional disturbances etc., can adversely affect the treatment for weight gain.

Age-appropriate Diet

An age-appropriate diet is very important for the proper nourishment and development of children, besides it helps prevent them from being



underweight. The nutritional requirement of a child increases with his age.

Underweight Infants and Toddlers

Once a baby is born, breastfeeding is the best way to satisfy his nutritional and psychological needs. Breast milk provides abundant and easily absorbed nutritional components in correct proportions necessary for the proper growth and development of a baby. Human milk has inherent anti-infective properties than any other milk.

Breast milk can provide sufficient amounts of Proteins, Fat, Vitamins, Calcium, Iron and other minerals even beyond four months. Growth performance of majority of breastfed infants is satisfactory up to 6 months of age. One can continue breastfeeding up to 2 years of age or beyond, coupled with nutrient-rich complementary foods (weaning foods).

Complementary Feeding

When breast milk is no longer enough to meet the nutritional needs of infants, complementary food should be added to their diet. The transition from exclusive breastfeeding to family food, referred to as Complementary Feeding, typically covers the period from 6 to 18 – 24 months of age.



Guidelines for Weaning from Breastfeeding

- If you feed infant formula, your baby will get about 180 to 240 milliliters per feeding, but it should never be more than 1 liter in 24 hours
- Your baby needs more Iron after 6 months of age and hence, start giving solid foods with Iron-fortified baby cereal mixed with breast milk or infant formula
- It is fine to start giving your baby water in-between feedings
- Feed your child only when they are hungry
- While introducing new food, give it to your child one at a time, since this will help you watch if there are any allergic reactions, such as Diarrhea, Rash, or Vomiting
- Avoid food with added salt or sugar
- Hygienic practices should be observed while preparing and feeding supplementary foods

What is a Balanced Diet?

A balanced diet is the one having a variety of foods that provide adequate amount of nutrients necessary for good health.

A Balanced Diet includes

- Fruits and Vegetables
- Whole Grains
- Roots and Tubers
- Protein-rich Foods
- Healthy Fats
- Milk and Milk Products
- Plenty of Fluids



Vitamins for Children

Apart from regular food, some doctors may recommend Multivitamins. They are important for underweight children, since they often do not get all the Nutrients needed for their proper growth.

Food Intolerance in Children

If your child is intolerant to a particular food, consult your Doctor to find out the exact cause. For example, some children are allergic to milk, nuts, prawns etc.



Feeding Underweight Toddlers

- Feed your child at least six times a day
- Avoid Sugary drinks
- Do not serve junk food
- Serve Milk rather than Water
- Use pure coconut oil / ghee in all preparations to gain weight
- Protein Supplements should be given as per the recommendation of a doctor

Points to be noted

- Give food only when your children are hungry or when the meals they have taken earlier has completely digested
- Food should be light and warm
- Make them fully concentrate on food while they are eating
- Make them understand that it is not good to talk or laugh while eating / drinking
- Give them food in a good sitting posture and in pleasant surroundings
- Do not give food when they are emotionally upset

Keep your child active

It is important to ensure that your child is physically active, even if he is underweight. Physical activity can help reduce the risk of several diseases and improve the overall quality of life. If your child is underweight, physical activity should be chosen in accordance with health conditions.



Monitor your child's progress

If your child undergoes weight gain therapy, regular follow-ups are very important, as it helps ensure optimal treatment outcomes. Once your child gains a healthy weight, his diet should be adjusted to make sure that he does not gain extra weight.



Do not panic over your child being underweight. All these strategies will go a long way in helping the picky eaters in your family to ingest a balanced diet. It is pertinent to remember that your child's eating habits are unlikely to change overnight, but the small steps you take each day can help promote a lifetime of healthy eating. **DC**

Tasty Sweets of the Season

Saffron Rasmalai Panna Cotta

500 milligrams	Cream, fresh
500 ml	Milk
12 grams	Gelatin Sheets
6 sticks	Saffron
10 pieces	Rasmalai
75 grams	Sugar

Preparation

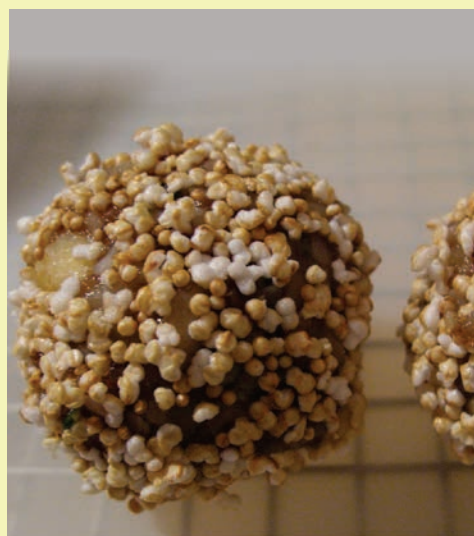
Combine milk and pieces of Rasmalai in a pan and bring to simmer. Soak Gelatin sheets in cold water for 10 minutes. Blend Cream, Sugar and Saffron in a pan and bring to boil. Pour dissolved Gelatin and Rasmalai into this mix. Pour mixture into glasses and let it set in refrigerator for 1 – 2 hours. Garnish it with the nuts of your choice, besides Silver leaf. Serve hot.



Celebrity Chef Vivek Tamhane


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

Dates and Amaranth Laddu



50 grams	Amaranth Seeds, popped
30 grams	Dates, deseeded, chopped
50 grams	Jaggery

Preparation

Melt Jaggery in a bowl. Add Amaranth Seeds and mashed Dates into melted Jaggery and mix well. Make small firm balls from this mixture. Serve with drinks of your choice. 

YOUR SUBSCRIPTION

The DentCare

() Yes, I would like to subscribe to "THE DENTCARE" magazine.

Subscription term:

- 1 Year (12 Issues) ₹600 /- at ₹ 540/- *Save 10%
- 2 Year (24 Issues) ₹1200 /- at ₹ 960/- *Save 20%
- 3 Year (36 Issues) ₹1800 /- at ₹1260/- *Save 30%

Mailing Information for Subscription:

Name : Mr./Ms./Dr. :

Address :

Pin Code : Email : Phone :

USE CAPITAL LETTERS

Payment Details

Cash / Cheque / DD No :

Date : for ₹ :

Name of Bank :

Bank Details

A/c Name : DentCare Dental Lab Pvt. Ltd.

Bank Name : HDFC Bank

A/c No. : 14862320000161

Branch : Muvattupuzha

IFSC Code : HDFC0001486

Please complete this order form duly and mail it with your remittance to
"THE DENTCARE" Subscriptions, NAS Road Junction, Muvattupuzha, Ernakulam, Kerala, India 686 661

DentCare Connect

Letters to Editor

magazine@dentcaredental.com
nisha.arun@dentcaredental.com
Editor in Chief, The DentCare
DentCare Dental Lab Pvt. Ltd.
NAS Road, 130 Junction
Muvattupuzha, Ernakulam
Kerala, India 686 661

Subscriptions & Advertising Inquiries

thedentcare@dentcaredental.com
Subscription, The DentCare
DentCare Dental Lab Pvt. Ltd.
NAS Road, 130 Junction
Muvattupuzha, Ernakulam
Kerala, India 686 661
+91 485 2835112 / 113
+91 9142021711

www.dentcaredental.com
facebook.com/dentcareindia
twitter.com/dentcareindia



RAMEN RESEARCH PRODUCTS



INSTA
GINGI TRACT
Gingival Retraction Paste



INSTA
ENDO REPAIR
MTA
MINERAL TRIOXIDE AGGREGATE



INSTA
FIBRE SPLINT
For Stabilization of Loose Mobile Teeth &
Retention of Post-Ortho Treatment



INSTA
ZIRCOFILL
Zirconia Reinforced Glass
Ionomer Cement
Class I, Class II, Class V and
Core Build-Up

Creative.mindz # +91 990 315 5529



RAMEN RESEARCH PRODUCTS

78A T. C. ROAD, KOLKATA - 700 053

P : +91 33 2400 5110, +91 983 167 7124, E : ramendentalresearch@gmail.com

NOVEMBER

02-03

California, United States of America

23rd American World Dentistry Congress

Crowne Plaza Hotel

☎ + 1 888 843 8169

🌐 www.dentistryworld.conferenceseries.com

09-10

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

Frankfurt, Germany

ID Infotage Dental

Messe Frankfurt

☎ + 49 221 240 8671

☎ + 49 221 240 8670

🌐 www.infotage-dental.de

23-24

Telford, United Kingdom

Oral Health Conference and Exhibition

Telford International Centre

☎ + 44 178 857 5050

🌐 www.bsdht.org.uk

28-30

Dubai, United Arab Emirates

International Conference on Advanced Dentistry and Oral Health

Crowne Plaza

☎ + 1 214 275 9747

🌐 www.globaldentalconferences.org

28-30

Ekaterinburg, Russia

Dental - Expo

Ural Expo Centre

☎ + 7 499 707 23 07

☎ + 7 495 921 40 69

🌐 www.dental-expo.com

DECEMBER

07-08

Chicago, United States of America

27th American Dental Congress

Holiday Inn

☎ + 1 800 982 0387

🌐 www.dentalcongress.com

07-08

Vienna, Austria

13th International Vienna Orthodontic Symposium

University Clinic of Dentistry

☎ + 431 536 6338

☎ + 431 535 6016

🌐 www.ivos.at

10-11

Rome, Italy

26th Euro Congress and Expo on Dental and Oral Health

Holiday Inn

☎ + 91 407 127 9013

🌐 www.dentalcongress.com

22-24

New Delhi, India

Expodent International

Pragati Maidan

☎ + 959 918 9519

☎ + 982 506 5202

🌐 www.aditidental.co.in

DENT EVENT CALENDAR 2018

new

MASTER class

Premium Preformed Molar Band with tube

Offer Price

₹.19*
EACH



MRP. ₹. 40/-

MASTER
class

Premium Preformed Molar Band

SAND
BLASTED

Largest seller of Molar Bands and Accessories in Asia-Pacific

*Offer price applicable only for UDLS, USLS
* Minimum purchase of 1000 bands
* Offer price valid for cash and carry purchase only
Available Version : US / LS, UD / LS, UT / LD
Sizes : #34 to 41

Made in UK

Worlds Strongest Glassionomer

with compressive strength up to 423 MPa

AMALGOMERTM CR

Worlds Strongest Posterior Restorative **IMPROVED**
with compressive strength up to 426 MPa



Pack of 12g+5ml

Mixing Ratio
2 : 1
Powder Liquid

AHL

Advanced Healthcare Ltd
Chiddingstone Causeway, Tonbridge,
Kent TN11 8JU, United Kingdom
Web: www.ahl.uk.com

The first GIC technology designed to surpass
the test properties of Amalgam Normative
standards (ISO1559:2001) as well as GI Standard
(ISO9917:1991).



Exclusive Importer India : Welcare Dental

welcaredentals@yahoo.com | 0480 2751719, +91 9349124277 | +91 9746017577 | www.welcaredentalonline.com

At the global meet of FDI World Dental Federation (Fédération Dentaire Internationale), which was held in Buenos Aires, Argentina in September 2018, **Prof. (Dr.) Mahesh Verma**, Director – Principal, Maulana Azad Institute of Dental Sciences, New Delhi, India, was elected to the prestigious **Science Committee of FDI**. His candidature was nominated by Indian Dental Association (IDA) and he is the first Indian ever to be honored with this coveted position.

The illustrious **Science Committee of FDI** has the responsibility to monitor and advice on issues related to oral health by **streamlining the scientific actions in the field of dentistry** across the globe. The vivid representation of nine comrades in the Committee is inclusive of the Members of the **World Health Organization (WHO)**, the **International Association of Dental Research (IADR)**, and the **International Organization of Standardization (ISO)**.

As a Member of the Committee, **Prof. (Dr.) Verma** will share the onus to champion the cause of **advancement in Dentistry**. The tasks will be inclusive of a multitude of assignments including translation of scientific information to dental professionals, development of Papers and Policy Statements, identifying the areas of international concern in the field of dentistry and evaluation of ongoing projects as well as devising new ones.

Through his induction into the Committee, FDI empowers **Prof. (Dr.) Verma** in his endeavors to competently contribute to the growth of Science for the goodwill of the communities across the globe.

May his future be as bright as the inimitable charisma he holds! 

Congratulations from DentCare !!!

Prof. (Dr.) Mahesh Verma Elected to the Prestigious FDI – World Dental Congress Science Committee A First from India

5-8 September 2018 - Buenos Aires, ARGENTINA



ORO Valuing Smiles!



SHARPER FOCUS, LASTING BENEFITS.

ORO an international brand with a prowess in dentistry equipment offers an array of world-class products built on the core values of safety, durability and consistent quality.



**SPECIAL
OFFER!**



Get ORO Bur strip/ File packet FREE*
on purchase of
Sure Endo 2% GP/ PP (12 box) / 4% 6%
pro taper GP/PP (6 box)

*Offer includes
any one of the above
ORO product
subject to size availability



Reach Global India Pvt, Ltd.


Office no. 1 & 2, Wing- A, Sai Raj Regency, Above Andhra Bank,
Pimple Saudagar, Pune 411027

Phone No: +91 20 27400987 Customer Care No: +91 9370788850/52/55
e-mail: dental@reachglobal.co.in | www.dentaloro.com

Recognition Beyond Borders

Dental laboratories are an integral part of all practicing dentists; both of them are like the two sides of the same coin. No practicing dentist can thrive successfully in his profession without the products and services being rendered by dental labs. The treatment standards of all dentists will get elevated, if they perpetually get state-of-the-art prostheses and services from dental labs. I can unequivocally say that DentCare is one such lab.

I have been profoundly enraptured to learn that DentCare has started their operations in the United Arab Emirates, since the lab always provides prostheses of uncompromised quality. I also hold them in high regard for maintaining punctuality in delivering their products. The groundbreaking technological devices, along with sophisticated and modern set-up have helped the lab provide high-end and flawless products and services which cater to the expectations of dentists, in addition to bringing satisfaction and smiles on the face of every patient.


I am greatly satisfied with the lab. My Kudos to DentCare! 



Dr. Ahmad Alghoul
Medical Director
Al Ahali Medical Center
Abu Dhabi, United Arab Emirates

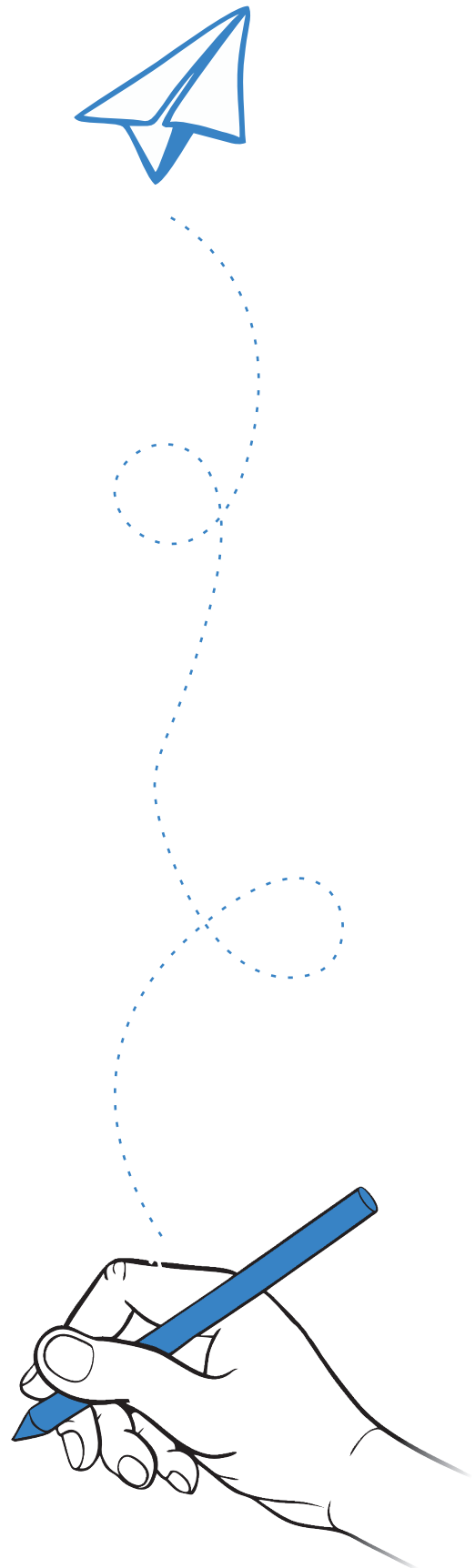
DentCare in my Experience

I am truly happy to announce that my experience of the CAD / CAM denture conference, including the lab tour was ineffably satisfying. Everything was well defined and well organized including food and conveyance facilities. The conference was very informative. The discussions were helpful in every way. The special thing I could notice was the politeness and humbleness of the staff of DentCare.

I am glad that I came all the way to witness pure professionalism. 

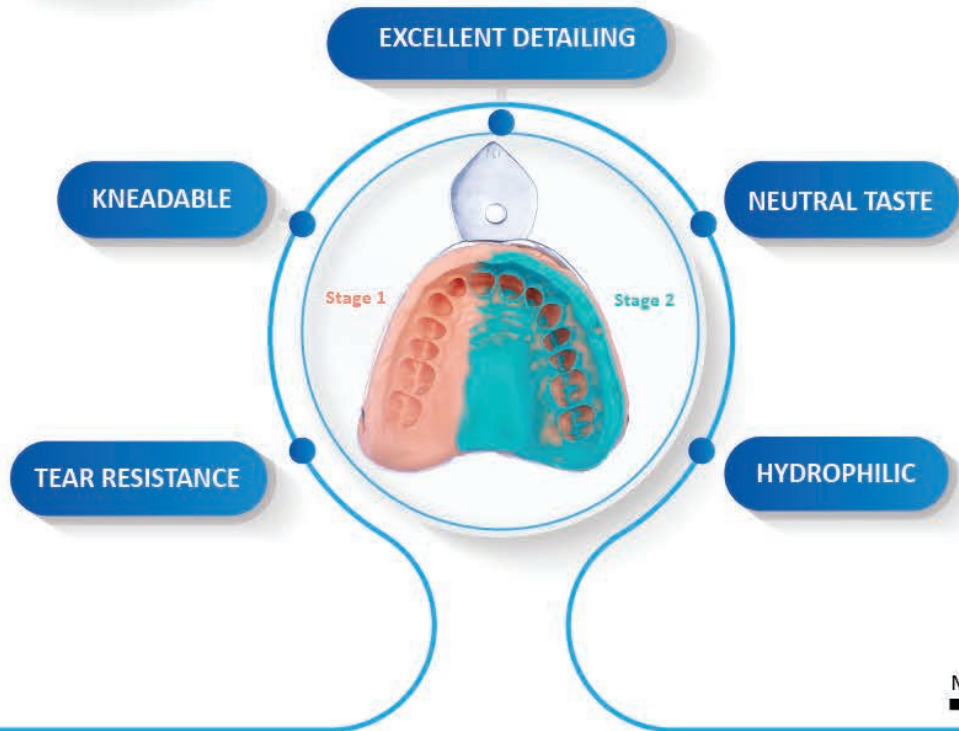


Dr. Aaditya D. Patakrao
Dental Practitioner
Pune, Maharashtra, India





REDEFINE YOUR PRACTICE WITH D-FINE IMPRESSION MATERIALS



MADE IN GERMANY



D FINE PUTTY



D-FINE LIGHT



DIE STONE



TRANSPARENT



www.dentcareshop.com



SHOP ONLINE



SECURE PAYMENT



FAST DELIVERY

Imported and Marketed by

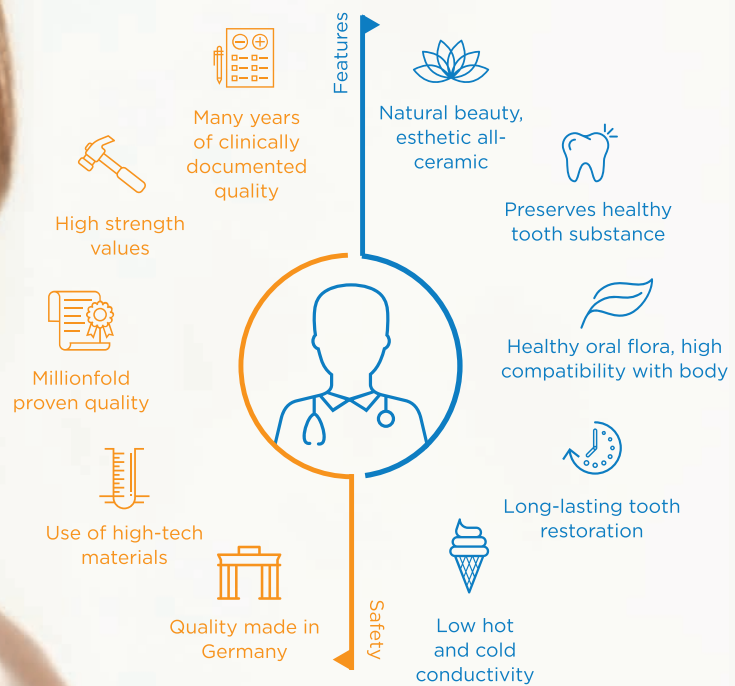


GLOBAL DENTAL CARE

STAY CONNECTED TO DENTCARE SHOP

Cercon[®] Zirconia

Makes your patients smile



THE NEW ZIRCONIA FOR COLOUR ACCURACY AND PREMIUM ESTHETICS

- Premium esthetics even in monolithic restoration
- True colour technology
- Highest strength >1200 Mpa

Ask your nearest lab for Cercon Zirconia Crowns. For more details please visit www.cerconsmiles.com