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# THE DENTCARE

Your Monthly Health Care Magazine

*Brightening smile the world over*

CHEW YOUR FOOD  
PROPERLY

**Bursting the Myths**  
about Dentistry

**Up-Close with a  
Dental Legend**

Padmashri Prof. Dr. Mahesh Verma

**Wish you a New Year**  
filled with the warmth of  
love, peace & happiness





Wish you a happy

*DentCare*

makes your Smile  
more beautiful in this

*New Year*

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# New Year



**DentCare Dental Lab Pvt. Ltd.**

Muvattupuzha, Kerala, India

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**Dear Reader,**

2018 is a Best Seller which has just been released and the triumph of its script lies in you.

Dentcare is charting its success story this year through its celebration of brightening millions of smiles across the world, over the last 30 years.

Sweet is the coincidence that the Indian Dental Association in the state of Kerala is celebrating 50 endearing years of touching smiles and transforming lives at Kochi, this January.

Both have been deserving partners in progress and the outcome is there for all to embrace.

These 365 days will offer us varied possibilities, rich opportunities, glorious uncertainties and immense memories. How we respond would decide the fate of this script for each one of us.

Make it worth every bit of your best.

And in the process, do remember that life is too precious as well. So spare your valuable time for people of value. This will add beauty to your existence and lasting meaning.

Through it all, I am certain your connection with the Almighty will remain untouched.

The world is keen to see a renewed you. Can you live up to this expectation?

Stay blessed, even as I pray that your dreams may find real truth.

THE DENTCARE wishes you a year filled with His seamless abundance and fortitude.

Yours truly,

**Prof. (Dr.) George P. John**

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# VOYAGE TO THE PINNACLE OF SUCCESS

Established in 1988 by Mr. John Kuriakose, 'DentCare' has made its humble beginning in a small building with a floor area of 285 sq. ft. having seven staff which included his two brothers and himself.

From its very outset, Mr. John, the Managing Director of DentCare, was tremendously consumed by the passion to elevate this lab to global standards and provide quality prostheses to all clients.

To ensure the purity of materials used, the lab imports the best quality materials and sophisticated machines directly from the manufacturers, especially from Germany. DentCare never uses any material which is harmful to health and there is no compromise on quality for quantity. This makes DentCare unique.

DentCare relentlessly stands for and provides best-quality service to customers with utmost care and consideration. All our products are synonymous with Super Quality, Best-in-class technology and State-of-the-art-manufacturing;

We are the first lab in the world to employ numerous 3Shape 3D Scanners including the latest D-2000 scanners. The 3Shape CAD/CAM Software solutions are really astounding to the dental world and DentCare holds almost hundred numbers.

Today, DentCare is a full-fledged and world-class lab spread over an area of 175,000 sq. ft., with more than 4200 employees, besides being the largest dental lab in Asia and the second largest in the world.

We are keen on providing varied dental solutions to address the evolving needs of the people from all walks of life across the globe.

In addition to making its presence felt all over India, DentCare has gone global by marking footprints in USA, UK, Australia, New Zealand and countries in Middle East with Six National and International Certifications which include US FDA (United States Food and Drug Administration) and CE (Conformité Européenne - European Conformity).

**DentCare, was truly destined to create beautiful and lasting Smiles..... across the globe.**



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# A Thought on Changing Thoughts

**Mr. John Kuriakose**

*Managing Director  
DentCare Dental Lab Pvt. Ltd.*



The Thought process is actually a system which actively participates in forming our insights, as well as our sense of handling matters efficaciously which contributes to the execution of daily activities. In fact, it leads a person to live in the flow of life.

We cannot change the direction of the wind but we can undeniably change our thoughts. A person can decide whether he should remain as the beacon of happiness or in the darkness of dismay.

Passing the entities of goodness like good thoughts, good words and good deeds by renunciation of evil thoughts, evil words and evil deeds helps facilitate peaceable existence in this world.

The acumen to recognize the heavens and evil makes a man eternal. Our thought reflects in our action which is being brought to others and in turn yields the similar outcome which has been passed by us. Elevated thoughts and cherished aspirations direct us to reach the mountain of success.

Let me narrate a historical event.

During the 14<sup>th</sup> Century, when Robert Bruce was the King of Scots, there was continuous attack on Scotland by its neighboring country, England. Scotland had tasted the bitterness of defeat six times and at the end, Bruce along with the remaining soldiers was forced to hide in the woods and in lonely places among the mountains.

One day while sitting in a cave, lonely and depressed,

thinking of his lost kingdom, Bruce's eyes caught a spider over his head, getting ready to weave her web. He watched her as she worked slowly and with great care. Six times she tried to throw her thread from one edge of the cave wall to another. Six times her thread fell short. But the spider did not lose hope.

With still more care, she made herself ready to try for a seventh time. She swung herself out upon the slender line. The thread was carried safely to the cave wall, and fastened there. This was really an eye-opening incident for him.

Bruce was really inspired by the perseverance of the spider in spinning her web. He arose with enthusiasm and gathered his scattered and shattered soldiers together and fought again and this time the King of England was forced to retreat back to his own country and this paved the way for Bruce to proclaim the exultation of triumph.

The feeling of heaviness is due to our self-defeating thoughts. As Proverb in Bible 23:7 says "For as he thinks within himself, so he is". Hence we can strongly say that, **Thoughts mould a person.**

**This New year, let us renew our mind and dream high with elevated thoughts and take a resolution to never give up on our dreams.**

**"Through hard work, perseverance and faith in Almighty God, with a true heart, you can live your dreams. Wish you all a very Happy and Prosperous New Year!"**

# Enlivening wishes from

## Justice M. Fathima Beevi

*“On the auspicious occasion of New Year, I wish all the readers of 'The DentCare', a blissful and cheerful life packed with abundance of new hopes, aspirations and prosperity.*

*Let us together strive for making our country stronger and better in every field and equip our youth for the promise of tomorrow – with right skill and make them productive citizens.*

*May this New Year bring in prosperity and treasured memories, all through the year”*



**Justice M. Fathima Beevi** was the first female judge to be appointed to the Supreme Court of India and the first Muslim woman to be appointed to any higher judiciary in India.

On her retirement from the Supreme Court, she served as a Member of the National Human Rights Commission and Governor of Tamil Nadu.

She also served as the Judicial Member of the Income Tax Appellate Tribunal and the Chairman of Kerala Commission for Backward Classes.

She has received Honorary Doctor of Letters (D. Litt), Mahila Shiromani Award and Bharat Jyoti Award.





**DR. SHASHI THAROOR**

MEMBER OF PARLIAMENT (LOK SABHA) THIRUVANANTHAPURAM  
CHAIRMAN, EXTERNAL AFFAIRS COMMITTEE OF PARLIAMENT

**MESSAGE**



I am delighted to hear that DentCare Dental Lab Pvt. Ltd. – a leading manufacturer of dental prostheses – has been regularly publishing a magazine titled ‘The DentCare’ with an aim to increase awareness about the significance of general health and oral hygiene to people from all walks of life.

The need for better oral hygiene and increased awareness about dental care in India is clear – according to recent studies, over 90% of Indian adults reportedly suffer from gum disease, while additionally, almost 70% of children under the age of 15 also suffer from tooth decay. While the lack of infrastructure for dental care is a major contributory factor for this rather grim state of affairs, even where the infrastructure does exist, such as in large urban areas, the general complacency towards dental care, as well as an inexplicable fear of dental treatment, continue to present significant challenges to the utilisation of dental services.

It is therefore heartening to see organisations like DentCare Dental Lab Pvt. Ltd. taking up the cause of improving both, awareness on the importance of oral hygiene and its link to better overall well being, as well as access to dental infrastructure.

I extend my best wishes to everyone at DentCare Dental Lab Pvt. Ltd. as well as to all readers of ‘The DentCare’ magazine, and wish them success in their pursuit of peace and harmony throughout the world.

  
Shashi Tharoor



# Chew Your Food Properly



**Dr. Eric Mario Shailander A.**  
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**D**igestion is a complex, dynamic, crucial and very energy consuming activity that occurs involuntarily in the human body.

The sight, smell, taste, touch or even the thought of food can trigger the process by stimulating a huge array of neural impulses in the brain, bringing a lot of changes within the body. Increase in blood circulation, an increased production of digestive enzymes and gastric juices as well as increased salivary production are a few to name.

The process of digestion begins in the mouth. Pre-digestion involves the process of chewing, which is technically referred to as mastication. Though chewing literally means to bite and munch food in the mouth with teeth for making it easy to swallow, a lot more things happen there during chewing.

### The two main aspects of chewing:

1. The physical aspect involves the constant crushing or grinding of food by teeth in order to break it into smaller pieces which enables it to enter the food pipe easily. The mucous in the saliva also helps with softening the food as well as lubricating the lining of the digestive tract so that swallowing and movement of food is easier with lesser friction.
2. The chemical aspect involves the excessive release of saliva. Saliva

contains a lot of digestive enzymes that start off the digestion of minor constituents in the mouth itself. Involvement of a number of body parts is necessary to facilitate the process of chewing.

**The jaws:** The upper jaw, which is called the maxilla, is fixed to the base of the skull, while the lower jaw is the one that actually moves to facilitate chewing.

**Teeth** are the key structures that enable chewing. They are like chisel and mallet or mortar and pestle and act as grinders.

Teeth are fixed into the jaws by means of a ligament called the periodontal ligament which acts like a shock absorber to help teeth adjust and accommodate the high chewing force.

**The muscles of mastication** comprise of four basic muscle groups that aid in chewing and are bilaterally present on the face. They facilitate the various movements of the lower jaw.

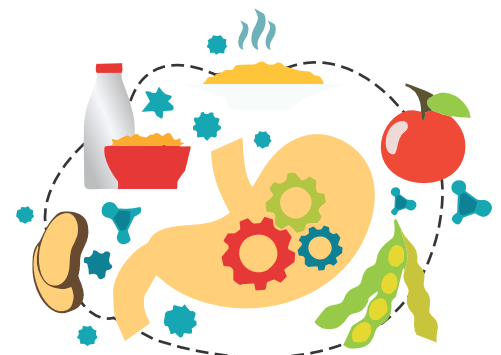
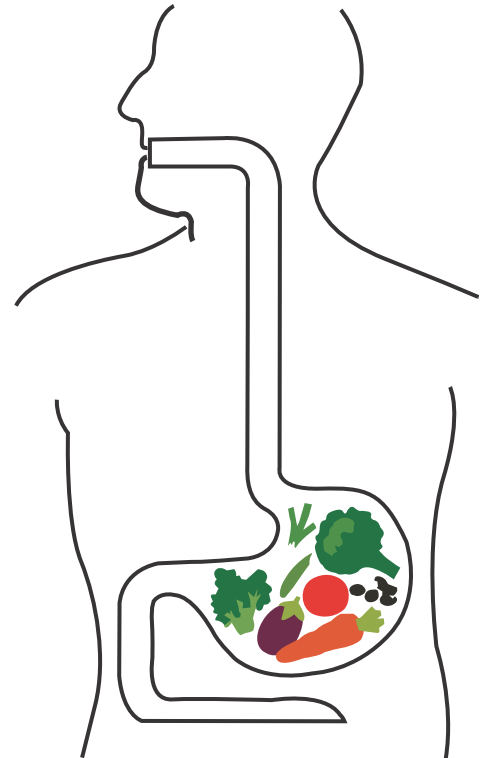
Besides tasting, **the tongue** helps the food move in the mouth during chewing and also helps it mix with the saliva and shape it into a bolus for swallowing.

**The cheek and lips** help keep the food in the mouth and within the confines of the grinding / chewing zone.

**The salivary glands** produce saliva.

With the help of the sensory

The process of digestion begins in the mouth





organs, the brain and the associated autonomous nervous system help coordinate all these activities, as they perceive food-related stimuli and stimulate as well as trigger digestive processes.

### Why should food be chewed properly?

Proper chewing helps break down the size of the food particles so that the intestines can absorb nutrients more efficiently and easily, as more surface area of the food comes into contact with the intestinal walls.

Dr. Richard Mattes, Professor at Purdue University, United States of America explained: "Particle size affects the bioaccessibility of the energy of the food that is being consumed. The more you chew, the less is lost and more is retained in the body."

Proper chewing takes time. The longer we chew, the slower we eat. It takes approximately 20 minutes for 'leptin' – the hunger suppressor hormone, to get released to signal the brain towards a feeling of fullness.

Therefore, slow eating and proper chewing help reduce the quantity of food intake. This principle has been successfully employed as a part of weight-

The chewing process, especially of fibrous foods, causes the food to clean the tooth surface of sticky debris and other food particles, thereby preventing dental caries and formation of deposits and tartar, to a significant extent

loss regimen worldwide.

Chewing well also gives the muscles of mastication, tongue, mandibular joints, face as well as periodontal ligaments a good workout. This also helps in the functional development of these structures and improves dexterity.

Prolonged and thorough chewing increases the secretion of saliva, which has antibiotic properties that help keep a check on bacterial overgrowth.

The chewing process, especially of fibrous foods, causes the food to clean the tooth surface of sticky debris and other food

particles, thereby preventing dental caries and formation of deposits and tartar, to a significant extent.

Enzymes in the saliva called peroxidases are known to neutralise carcinogens in the food and also help reduce the risk of cancer.

Taking time to chew properly enables the flavours to be experienced better and relished. This also helps sharpen the gustatory senses, giving it the ability to recognise and distinguish the wider ranges of flavors.

The British Journal of Psychology states that due to the increased brain activity during chewing, there is an increase in concentration and decrease in reaction time in people.

### Nurturing of proper chewing habits

Proper chewing habits, patterns and durations can be habituated into our lifestyle with regular conscious practice.

#### Proper chewing involves:

- Taking smaller bites or portions at a time rather than stuffing larger portions into the mouth. Smaller portions can be more easily

and efficiently chewed.

- A slow and steady pace of chewing.
- Practising a balanced bilateral chewing pattern, wherein food is chewed on both sides rather than just on one side.
- Chewing until the food in the mouth is liquefied or has lost its texture. The number of times food is to be chewed varies depending on the type of food. Softer foods take lesser time to chew, while harder and fibrous ones take longer.
- Completely chewing and swallowing the food in the mouth before taking the next bite.
- Chewing with the mouth closed will help reduce the

chances of swallowing air. Besides, it is genteel to chew with the mouth closed.

- Waiting to drink fluids until the food is completely swallowed, rather than washing it down with water.

### **Chewing for no reason can be harmful**

Though chewing is essential while eating, chewing without the intake of food can be harmful. While chewing, the body receives physical signals to initiate digestion and prepare for the incoming food. Enzymes and acids get released but since there is no food to digest, there will be an imbalance and as a result, over a period of time, it can lead to acidity, peptic ulcers, acid reflux and also the under secretion of digestive secretions, when

actually needed.

Some examples of such chewing habits can be chewing gum, tobacco and paan (beetle leaves, areca nuts and lime). They are harmful and can cause cancer but chewing gum, though not hazardous, can cause muscle imbalance when chewed on one side and even result in mandibular joint disorders. These can culminate in chronic painful conditions.

### **Difficulties in chewing**

Teeth are instrumental in chewing whereas edentulousness can cause a great deal of discomfort while chewing. So, regular dental visits are very important. Misalignment of teeth can also impede proper chewing.

Pathologies of the mouth like cancers or tumours can cause difficulties in chewing and swallowing.


Conditions, such as mouth ulcers or soreness, due to vitamin deficiencies or necrotic diseases, can impede proper chewing.

Developmental abnormalities of the mouth like underdeveloped oral and perioral structures and clefts can also be challenging factors.

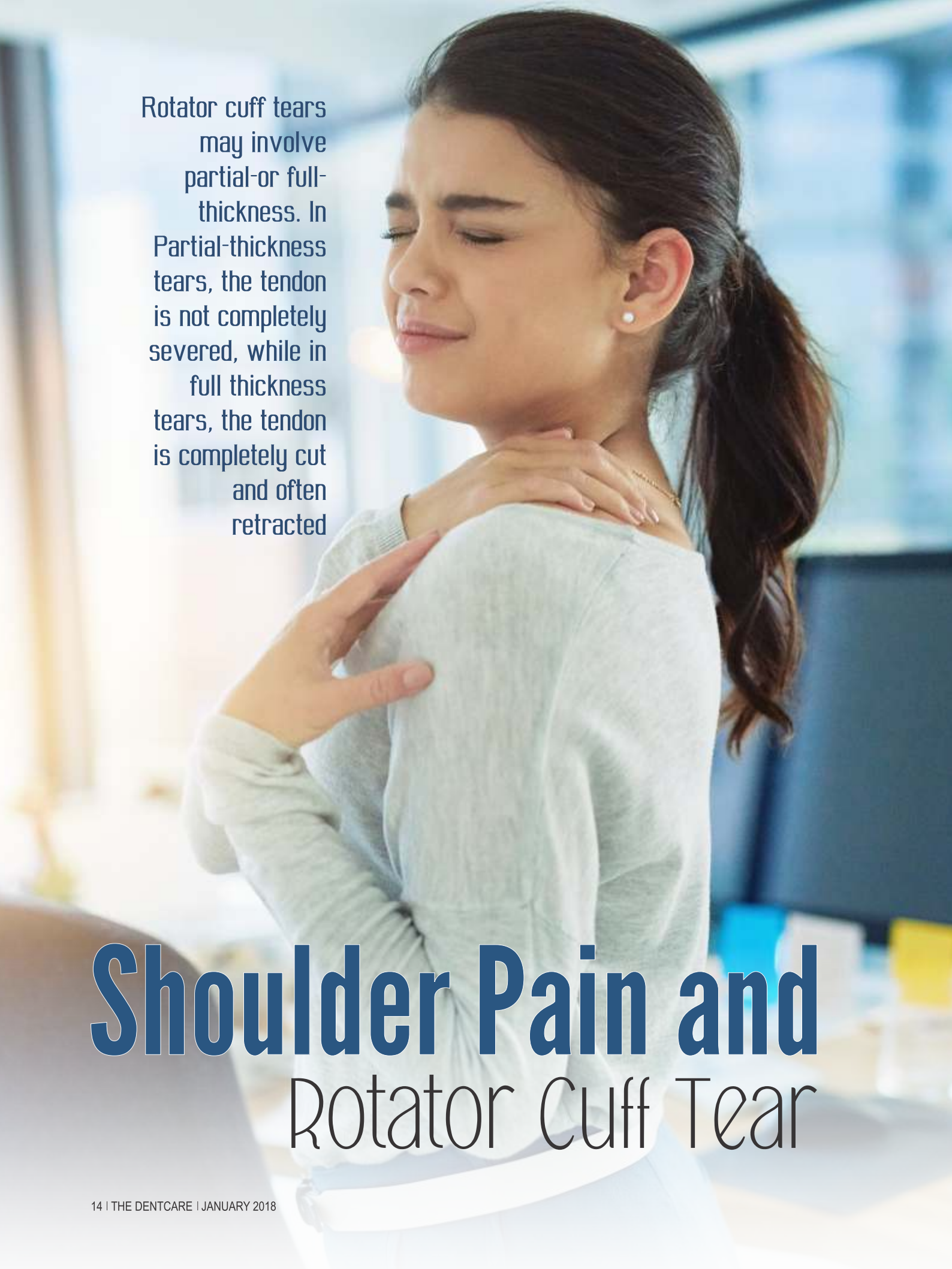
Neuromuscular abnormalities can also impede functional movements and dexterity.

### **Conclusion**

It is always good to consult your dentist, for any queries or clarifications, if you face discomfort or trouble in chewing. There are a lot of structural and functional factors that govern healthy chewing. They have to be assessed and maintained properly.

It is undisputed to say that healthy chewing and eating habits lead to a healthy life. 



A woman with dark hair in a ponytail, wearing a light blue sweater, is shown in profile from the chest up. She has her eyes closed and a pained expression, with her hands clasped over her right shoulder. The background is a blurred office setting with windows and desks.

Rotator cuff tears may involve partial-or full-thickness. In Partial-thickness tears, the tendon is not completely severed, while in full thickness tears, the tendon is completely cut and often retracted

# Shoulder Pain and Rotator Cuff Tear



**Dr. Sujit Jos**  
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Kochi, Kerala, India

**S**houlder pain is not an uncommon problem, especially in people above 40 years of age. There are many reasons for shoulder pain and rotator cuff tear is one of the important causes of this problem.

The rotator cuff is comprised of four muscles and tendons that surround the top of the upper arm bone (humerus). It functions to help rotate the arm and stabilize the shoulder joint.

A rotator cuff tear may result suddenly from a single traumatic event or develop gradually over time. Most rotator cuff tears are due to age related degeneration and occur slowly over time.

You have to think about a rotator cuff tear of the shoulder when an older person presents with difficulty in lifting the hand up and doing the activities, such as combing hair and lifting a mug to pour water over the head, while bathing.

Rotator cuff tears may involve partial-thickness or full-thickness. In partial-thickness tears, the tendon is not completely severed, while in full-thickness tears, the tendon is completely cut and often retracted.

Full-thickness rotator cuff tears are rarely seen in patients younger than 40 years of age. 25% of all individuals, over the age of 60 with a shoulder problem, have a rotator cuff tear.

However, most of these people

do not have any direct symptoms, except nonspecific neck or upper arm pain, due to compensatory muscle movement.

Rotator cuff tears do not heal or repair themselves. In fact, some rotator cuff tears will increase in size, if left untreated for a while.

### Signs and Symptoms

- ✓ Recurrent constant pain, particularly with overhead activities.
- ✓ Pain at night that prevents you from sleeping on the affected side.
- ✓ Muscle weakness, especially when attempting to lift the arm.
- ✓ Catching, grating or cracking sounds when the arm is moved.
- ✓ Limited motion.
- ✓ May be triggered by a specific incident like lifting a weight.

The patient usually presents with a difficulty in lifting the hand above the head. This can be accompanied by pain. But the movement may be possible with support of the other hand or while lying down.

There might be a feeling of inadequate strength of the shoulder muscles along with the pain on the neck and the outer aspect of the upper arm. The pain may be due to the compensatory movement of the muscles of the shoulder, rotator cuff and neck (like the deltoid muscle) as well as overworking.

### Risk Factors

- ✓ Repetitive overhead movements, such as painting a ceiling, throwing, or carpentry.
- ✓ Heavy lifting.
- ✓ Excessive force, such as a fall.
- ✓ Degeneration due to aging, including a reduction in the blood supply to the tendons.
- ✓ Narrowing of the space (acromioclavicular arch) between the collarbone (clavicle) and the top portion (acromion) of the shoulder bone (scapula).
- ✓ Rubbing of the rotator cuff surface with the top portion of the shoulder bone.
- ✓ Family history of rotator cuff tears.

If left untreated, the rotator cuff muscles will shrink in size and get infiltrated with fat, over a period of time. If this happens, correction of the problem becomes more difficult and results may become compromised.



In Arthroscopy, small instruments are inserted through small incisions and are used to remove bone spurs or inflammatory portions of muscles and repair small tears

### Treatment Options

Upon examination, the range of motion and strength have to be tested, as well as get the top and back of your shoulder examined, to see if the muscles have begun to shrink (atrophy). Atrophy will start after a few weeks, if the muscles do not work properly. Then, X- rays need to be taken to look for any problems with the bones. Another imaging test, Magnetic Resonance Imaging (MRI) may be required to confirm a rotator cuff tear.

### Conservative Treatment

In most cases, initial intervention for a rotator cuff tear is a non-surgical treatment, involving a combination of modalities including:

- ✓ Rest. If the tear is due to overuse, resting may help.
- ✓ Physical therapy to restore flexibility and strengthen the shoulder muscles.
- ✓ Corticosteroid injections can help reduce the pain, but cannot be frequently repeated

as they may weaken the tendons (usually not more than two or three injections are given).

- ✓ Nonsteroidal anti-inflammatory medications may help control the pain.

### Surgical Intervention

- ✓ The surgical treatment of rotator cuff tears depends on the size, depth and location of the tear. If other problems with the shoulder are discovered, they need to be addressed as well.
- ✓ Structures and conditions in the shoulder that are often involved in the development of a rotator cuff tear include acromioclavicular joint (AC joint) arthritis, biceps tendon degeneration and coracoid impingement.

### Arthroscopy

In this therapy, small instruments are inserted through small incisions and are used to remove bone spurs or inflammatory portions of muscles and repair small tears.

In the past, the rotator cuff tears were treated with open or mini-open wounds. Nowadays, with the development of surgical skills, all types of rotator cuff tears can very well be treated with arthroscopy.

### Advantages of Arthroscopic Treatment

- ✓ Better visualization of the interior of the shoulder joint.
- ✓ Minimal disruption of the tissues under the skin. Hence, pain will be less.
- ✓ Faster recovery.
- ✓ Associated problems, such as subacromial degeneration and biceps tendon problems can be treated.

The torn rotator cuff muscles are







measured in their dimension and the type of repair is decided. Single row repair is enough for a smaller tear while double row repair becomes necessary in large tears with dimension more than 3 centimeters.

The repair is effected using anchors. The anchors used in this location are arrow like devices which are 5 millimeters in diameter. They have threads attached to the end, which are used to stitch the rotator cuff muscles to the area of bone, from which it had detached.

Anchors made of different materials – Stainless steel, Titanium, PolyEther Ether Ketone (PEEK) and Biocomposite are now available. PEEK and Biocomposite anchors have the advantage that they will be absorbed by the body, after a period of time, when the healing is complete.

### **Rehabilitation**

After the procedure you can go home in a day's time. The arm

will be kept in a sling for 3 weeks (more time will be required for a larger tear). Initially, only assisted movement will be allowed to restore range of motion.

You will be advised active movements and shoulder strengthening, after 3 - 6 months. After this, you can do all activities including lifting weights.

Every case is unique. Generally, a surgical repair of a rotator cuff tear relieves pain in most cases and hence, rehabilitation will help restore the range of motion and function.

### **Can you prevent a Rotator Cuff Shoulder Injury?**

Rotator cuff (Supraspinatus) tears are usually degenerative. That is, it starts with a minor injury to the muscle which makes it weak slowly. The rotator cuff has the function of pushing the shoulder ball down, which helps the deltoid muscle work to lift the shoulder up normally.

But, when the rotator cuff becomes weak, its strength gets reduced and as a result, the shoulder ball and the supraspinatus muscle on the top of it will rub against the acromion bone above. This aggravates the problem and makes the rotator cuff tear larger, as time goes.

A properly planned physical therapy program to strengthen the weakened rotator cuff will very often correct the problem, before it becomes worse.

Another problem which follows a cuff tear is stiffness in the shoulder. Stiffness can happen to any joint which does not move for a period of time. Active or passive mobilization of the joint is important to prevent such problem from setting in.

So, early detection and proper intervention of shoulder pain, weakness and stiffness are necessary to prevent the problem from becoming worse and compromised. <sup>DR</sup>

# Importance of Oral Health for the Elderly

**T**hough many people know that regular medical and dental check-ups are important, few realize that the health of the mouth is important not only for oral health but also for overall health, especially in old age.

Maintaining good oral health in later life is easy with right education. It is important to learn about the top oral health problems being faced by elderly people and also the measures for addressing them.

Gone are the days when missing teeth or complete dentures were the norm for the older generation. With the latest improvements in dental care, more people opt for treatment to keep up their dental health.

However, enjoying great dental health means detecting and dealing with the first signs of ailment as soon as they manifest.

Let us take a look at the top

dental problems encountered by elderly people and the ways to intervene them effectively.

## ➤ **Crowded Teeth**

As people get older, their teeth may shift. Debris may easily get stuck between the overlapping teeth, making it difficult to clean and floss them properly.

The crowded teeth can not only cause dental caries and periodontal disease but also result in undue wear and tear of the enamel.

Besides, frequent oral prophylaxis is recommended to maintain proper oral hygiene by removing all the accumulated debris and plaque, especially from the hard to reach places.

## ➤ **Cavities**

Older patients have a general notion that they are too old for cavities. So, make them think rightly. Increase their awareness

by explaining that tooth decay is a serious problem among older people as well.

Cavities can develop on the surface and roots of the teeth as well as around old fillings. Hence, teeth may weaken and become more exposed with age.

So, the elderly should take appropriate intervention to address and prevent tooth decay by brushing their teeth at least twice a day and visiting the dental office for periodic check-ups.

## ➤ **Dry Mouth (Xerostomia)**

Saliva has a significant role in protecting oral health. It keeps the mouth moist, helps break down food and to a certain extent, resists dental caries.

Dry mouth is more common in older people who may take a lot of medications. A dry throat, bad breath and difficulty in swallowing are some of the symptoms.

Therefore, advise the elderly to devise a strategy that allows saliva flow profusely by sipping more water throughout the day and also by chewing sugar-free gum.

If the medical condition persists unabated, dry mouth oral rinses or medications, such as Salagen (Pilocarpine hydrochloride) are recommended.

## ➤ **Gingivitis**

If your patient complains of bleeding gums, swelling or redness, it may be due to gingivitis – the early stage of gum disease, which may gradually progress into



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periodontitis and eventually into the loss of the affected tooth or teeth.

Hence, advise your patients about the seriousness of this condition and the importance of keeping their mouth healthy by maintaining a good oral care regimen and doing regular dental check-ups.

➤ **Oral Cancer**

Though as dentists we know, patients may not be aware that the risk oral cancer increases with age.

Tobacco use and alcohol consumption as well as infection with the Human Papillomavirus (HPV) are the most common

causes of oral cancer.

Therefore, it is imperative to counsel susceptible patients about the symptoms, which may include lumps, ulcers and red / white patches along the lining of the mouth or tongue.

Explain to your patients about the importance of early diagnosis, which is the key element for detecting and keeping the disease aloof.

Advise the patient about the importance of regular dental check-ups for screening of oral cancer, especially if he is a heavy drinker or a chain-smoker.

These are some of the dental problems confronted by people

who are over 50, which may gradually lead to tooth loss or more serious issues, if left untreated.

To address these problems, advise your elderly patients to visit the dental office at least twice a year for regular dental check-ups and scaling. Encourage them to call you and schedule their appointments if they are concerned about any dental issues, at any time.

Spare your time to discuss with them about their concerns to determine the best treatment options that will help them keep up their oral health and hygiene, throughout their lifetime. <sup>DR</sup>

# Wake Up! It is Time to Make New Year's Resolutions

Encourage the kids to find a resolution to their own problems, which will help them solve conflicts, as they grow older



Once again, a New Year has dawned. This is such a pivotal moment for many of us, as it offers us a clean slate or blank paper to start with new resolutions!

It is a refreshing moment for parents as well because they want nothing more than improving their parenting skills and making every day and each moment enjoyable.

As we start the New Year, it is important to reflect on the past and remind ourselves of our good parenting success and the ways in which we have acted in the best interests of our children. We are often too quick to be critical of ourselves and forget all the wonderful nurturing we have done.

In the light of the fresh start that comes with New Year, here are some parenting resolutions that will offer a way to lighten up and make this the best parenting year ever.

**1**

### **Invest in one -on-one time with Kids daily**

The best thing to improve children's behavior is to spend time with them individually every day, giving them the positive attention and emotional connections, which they are hardwired to.

When they do not get positive attention, they will seek out the one in negative ways; so the other disciplinary methods will not work.

If you spend at least 30 - 40 minutes a day per child, you will see measurable improvements, almost immediately.

**2**

### **Listen to your Kids**

Does it sound obvious or ridiculous?

There is a reason as we are given one mouth and two ears. Children want and need time. And when you provide it to your children, the unspoken message is 'I care about what they have to say. And they should feel that their ideas, thoughts and opinions are worthy of being heard'.

Therefore, slow down, wait, face the child, get on his level and listen to what he / she has to say. Do not talk over him / her, do not interrupt him until he / she finishes the conversation and do not hurry him to get on with it. The time you invest in listening will pay immeasurable dividends.



**Ms. Maya Nair**  
Clinical Psychologist  
Kochi, Kerala, India

**3**

### **Count to 10**

Pause a while. Do not react. Do not say anything - no threats, no judgments and no punishments. Just wait. The respite created will give you ample time to think about your response. It will lessen the likelihood of a misfire on your part.

Sometimes parents are often too quick on the trigger that they often regret about what has spewed forth. Pausing and counting to 10 will give enough time to think on what you have to say or how you have to respond.

**4**

### **Let Everyone pitch in**

To make it better, kids need to understand that everyone needs to contribute to make a household run smoothly. All kids, from toddlers to teens, should have their own "family contributions" (not "chores!") daily, as this will help bring the family closer together, teach them life skills and improve their mental strength.

**5**

### **Encourage to be Problem Solvers**

Time to stop the referee whistle – when parents step in the middle of a sibling disagreement and determine who is at fault with and decides the punishment, it actually makes things worse.

To kids, they see a winner and a loser and a need to escalate the sibling rivalry. Encourage the kids to find a resolution to their own problems, which will help them solve conflicts, as they grow older.

If you want to get involved in, do not choose sides, but ask questions that will help them figure out a solution that all parties can feel good about.

# 6

## **Stop Nagging**

Give instructions to children directly with proper clarity and time frame. The child should understand the kind of behavior that is expected of him / her. Then, give him / her enough time to react accordingly. Never start nagging because children hate such behavior and may become rebellious.

# 7

## **Say Nothing**

Children know when they have made a mistake. Instead of lecturing them, just take yourself out of the situation and let them work it out. Once they realize by themselves that they have made a mistake and take the ownership of it, they are less likely to repeat it.

Though this may sound simple, from my own experience, this is one of the hardest tips to follow!



# 8

## **Simplify Family Rules and be firm**

The family rules should be firm and consistent. There should be proper clarity and it should be properly explained to the child with examples. Never give a chance for the child to criticize about parent's behavior.

A well-rested kid is a well behaved one and can function better throughout the day. So, focus on the routines and set them clearly defined, especially for the most challenging times of the day, such as morning, after school and bed times.

For younger kids, make pictures of the routines and make the child to color, decorate and stick them to the chart. Thus, encourage the child to follow the routines.

# 9

## **Save Time and Energy for the Partner**

Between your family and professional life, there will not be much time and energy left over for anything else.

But wait-what about your spouse? Should he or she not be the recipient of some love and attention as well? Do not let 2018 be a status quo year.

Instead, resolve to make a regular date night with your partner, make a favorite dinner at intervals or plan an outing for just the two of you, at least half a dozen times in the New Year.


### **To sum up**

Be more creative and show your family members how special they are! Keeping your relationship strong is a key to harmonious home life.

Life in today's fast-paced world can wear us down, causing us to be increasingly vulnerable to stress, as we may feel burdened by the never ending demands placed upon us.

Consider these tips and take time to re-evaluate where you can make adjustment in your daily life, which will help you handle those difficult experiences more easily.

If you are ready to do these, you are not only doing yourself a favor, your children will also be benefitting from seeing their mother taking care of herself. It will also help them learn to cope with life's frustrations in healthier ways.

Wish you all a successful parenting year ahead! 



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# Bursting the Myths About Dentistry





**Dr. Kalyani Nerakar**  
Dental Practitioner  
Pune, Maharashtra, India

**D**ental myths and misconceptions usually hold you back from pursuing timely dental care, which, if entirely overlooked, will gradually lead to bigger problems necessitating more time-consuming and expensive treatments, with compromised results.

Taking care of the tooth as much as you take care of yourself reflects on your total physical well-being.

Let us try to understand some of the common myths surrounding dentistry and also learn the truth that will help bust them.

### **Tooth extraction affects Eyesight**

Tooth extraction will not affect eyesight in any way, as there is no direct link between the two.

### **Scaling makes the Tooth thinner and loose**

Professional cleaning removes only the tartar / calculus and plaque stuck to the tooth, without damaging the tooth underneath. Sometimes, when larger amount of deposits sticking to the tooth are removed, they might become mobile transiently, but the tooth will stabilise in due course.

When large amount of deposits are removed, you may have the feeling that teeth have become thinner, but this will last only for a short while.

### **A little Bleeding while Brushing is normal**

Gums will bleed only if inflamed, infected or injured. Bleeding gums are usually a cause of concern for many and hence, it needs to be attended to.

### **One should not Brush if Gums are bleeding**

Plaque and food debris will cause the gums to swell and bleed. These deposits can be removed with thorough brushing and flossing. If gum bleeding persists, a professional dental cleaning may be required.

### **Root Canal treatment is done only when the Tooth starts hurting**

Root canal treatment is done to save the tooth. The sooner it is done, the more tooth structure is preserved and as a result, the outcome of the treatment is more predictable. An infected, painful tooth takes longer time to heal.

### **Milk Teeth fall off naturally; Saving them is not Important**

Milk teeth will fall off naturally at different stages of

the growth of the child; between 6 and 12 years of age.

Premature loss of posterior milk teeth will reduce the size of the jaw, hampering its growth. This may also lead to greater chances of crowding of the upcoming permanent teeth.

Premature loss of anterior teeth will hamper the development of articulated speech.

### **Tooth Straightening is only for Children / Adolescents**

Teeth can be straightened at any age. Most adults are concerned about their appearance while treatment is on.

There are newer treatment modalities like ceramic and lingual braces as well as invisible aligners that make the braces virtually invisible.

### **All forms of Dental Treatment should be suspended during Pregnancy**

Keeping good oral health and hygiene during pregnancy is very important. With hormonal changes, gum diseases are more likely, if teeth are not cleaned properly.

The second trimester is considered to be safer for treatment. Ultrasonic scaling and filling of decayed teeth can be done; X-rays are made only in absolutely necessary cases, after draping lead apron.

Antibiotics are to be avoided during the entire term of pregnancy. The dentist should be informed of pregnancy at the time of consultation.

### **Whitening weakens Teeth**

When done at the dentist's office or at home as per the dentist's instructions, whitening does not cause any damage to the teeth.


Some patients may have short-term tooth sensitivity that usually gets abated with the application of a desensitizing fluoridated varnish, after the treatment.

### **Any Dental Treatment done once, is for Life**


No dental treatment is maintenance-free. Follow-up visits are needed to ensure that everything is in order. Generally, six-month follow-up visits are recommended to monitor the progress and outcome of the procedures.

### **Dental Treatment is painful**

Regular follow-up visits and timely intervention can lead to painless comfortable dental treatment.

These commonly believed myths do not hold any value in reality. Let this article help debunk some of the fallacies that hover around your oral health and well-being. 

# A PROBLEM CALLED Old Age



**K**erala is facing a demographic shift and the number of elderly people in the state is likely to increase from 12% to 20 % by 2026.

In modern times, most of the younger generation has migrated to foreign countries or other states looking for better job opportunities leaving the older generation to fend for themselves.

Usually the problems of aging appear after the age of 65 years.

The problems faced in old age may be divided under five heads:

1. Physiological
2. Psychological
3. Emotional
4. Social
5. Financial

## **1. Physiological Problems**

Old age is a period of physical decline. In some cases, the decline may be gradual while in others rapid. The physical condition mainly depends upon genetic constitution and the manner of living as well as environmental factors.

Alcohol, smoking, faulty diet, malnutrition, overeating, inadequate rest, emotional stress, overwork, endocrine disorders and environmental conditions are some of the common secondary causes of physical decline.

In old age, the skin loses its elasticity and becomes rough. Wrinkles are formed and the veins show out prominently. Perspiration is less profuse and skin pigmentation appears as age advances.

The hair becomes thin and grey, nails become thick as well as tough and tremors of the hands, forearms, head as well as lower jaw are common. Bones harden and become brittle and may be subject to fractures.

Changes in the nervous system can have a marked effect on brain function. The



**Dr. Bobby Sarah Thomas**  
Consultant Physician in Preventive Oncology  
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ratio of heart weight to body weight decreases gradually with age. The softness and pliability of the valves may also change gradually, due to an increase in fibrous tissue, resulting from cholesterol and calcium deposits. The aged are also likely to have cardiac problems and other chronic diseases.

The regulatory mechanism gradually becomes weak with age, which affects body temperature. Thus, older individuals can feel the change in climate more obviously than others.

The aged may suffer from digestive disorders and insomnia. Also they may experience difficulty in swallowing and chewing, due to dental problems.

They are more prone to accidents because of their

slow reaction to dangers, due to malfunctioning of the sense organs and declining mental abilities.

Aging greatly affects the functions of the eyes, ears, nose and throat. Changes in the nerve centre in the brain and retina affect their vision. Besides, the sensitivity to certain colors gradually decreases in old age.

A number of old people suffer from farsightedness (hyperopia) because of diminishing eyesight.

As age advances, sexual potency decreases, along with a waning of secondary sex characters. Women go through menopause generally at the age of 45 – 50 years, accompanied by nervousness, headaches, giddiness, emotional instability, irritability and insomnia.

**Aging greatly affects the functions of the eyes, ears, nose and throat. Changes in the nerve centre in the brain and retina affect their vision. Besides, the sensitivity to certain colors gradually decreases in old age**



Older people show deficits in coordination of multi-joint movements. In the absence of motivation, they may not take interest in learning new skills and may become lethargic easily.

## **2. Psychological Problems**

Mental disorders are very much associated with old age. Older people are susceptible to depression.

The two major psychotic disorders are Senile dementia (associated with Cerebral atrophy and degeneration) and Psychosis with Cerebral Arteriosclerosis (associated with either blocking or rupture of the cerebral arteries).

It has been observed that these two disorders are accountable for approximately 80% of the psychotic problems found among older people, in civilized societies.

## **3. Emotional Problems**

Decline in mental ability makes older people dependent. Even though they have no trust in their own ability or judgements, they may unnecessarily want to tighten their grip over the younger ones. They may also want to get involved in all family matters and business issues.

Due to generation gap, the youngsters will not pay attention to the suggestions and advice of older people. If proper attention is not given to their words, they may assert their rights and power.

All these things will create a feeling of deprivation of dignity and importance among the elderly.

Death of spouse will create a feeling of loneliness and isolation among the aged.

Negligence and indifferent attitude of the family members towards older people will create more emotional problems.

#### 4. Social Problems

Older people will suffer from social losses greatly with age. Their social life will be narrowed down with retirement, death of relatives / friends / spouses or health-related issues; all these will restrict their participation in social activities.

With all these, the home becomes the centre of their social life, where they are confined to have interpersonal relationships only with the other members of the family.

Due to the loss of most of the social roles once performed, the aged are likely to be lonely as well as isolated, most of the time. Besides, severe / chronic health problems will restrain them from participating in social activities, culminating in their loneliness and depression.

#### 5. Financial Problems

Retirement from service usually results in the fall in income and the pensions they obtain may be insufficient to meet the cost of living, which is always on the rise.

With reduced income, they are reversed from the state of being the 'chief breadwinner' to a mere dependent, after spending their entire retirement benefits on the marriages of children, acquiring properties, education of children, family maintenance etc. Scarcity of fund will restrain them from going for diagnosis and the treatment of diseases related to old age.



## Make old people lead a happy life!

Old age is a period of social alienation, in many cases, with the loss of spouse, friends, job, property and so forth.

In old age, physical strength deteriorates, mental stability diminishes, financial power becomes bleak and eye sight suffers a setback. It is a period of disappointment, dejection, disease and loneliness.

Nevertheless, grandparents provide an additional source of affection and enrichment

of experience in many fields, especially in childcare and family business.

More than that, they have a cumulative experience from a bygone life, which will be passed on to the next generation.

Despite various problems of old age, they should actively engage in various activities that help boost their morale and make them lead a happy life. <sup>DP</sup>

# SHOWERS OF BLESSINGS



Mr. John Kuriakose, Managing Director of DentCare receives the Excellence Award for his outstanding and dedicated service to the dental field, from Dr. Sabyasachi Saha, Secretary, Dental Council of India, at the 10<sup>th</sup> International Dental Students and 4<sup>th</sup> Dental Surgeons Conference organized by Dental Student Welfare Association and Dental Surgeon Association of India, hosted by St. Gregorios Dental College, Ernakulam, in the presence of Mr. Chunky Pandey, Bollywood Star; Dr. Chandresh Shukla, Member Dental Council of India; Dr. Heikki Autti, CEO of Dental Mammoth Ltd. and Prof. Dr. Jain Mathew, Principal, St. Gregorios Dental College.



Mr. John Kuriakose, Managing Director of DentCare is being honoured with an Outstanding Community Service Award by the Hon'ble Justice K. Surendra Mohan, Justice of the High Court of Kerala, instituted by the Indian Red Cross Society, Muvattupuzha in association with Taluk Legal Service Committee.

**BRUXISM  
AND THE  
TEMPORO-  
MANDIBULAR  
JOINT**





**Dr. Ravikumar V.**  
Consultant Oral and  
Maxillofacial Pathologist  
North Paravur, Kerala, India

**D**octor, I feel a sharp pain in my lower posterior teeth.'

These were the words of a young lady in her mid-twenties. She dropped in on a busy day, without a prior appointment and had to be squeezed in, before my eleven o'clock appointment.

As she sank on the dental chair, I noticed that she was tensed with a frown on her face, with an attitude edging towards hostility.

Most probably a decayed tooth, my mind consoled me. Without sparing further time, I took myself up for the oral examination.

To my dismay, I could not see any decayed tooth. This was not a simple toothache as I had expected it to be.

I asked her to point out the specific area of pain.

Her fingers fumbled towards the angle of the jaw.

Was it a third molar locked inside the jaw...? I needed more information, to make sure.

"Tell me about the pain at length." I posed a leading question.

Her response was a full five-minute verbal, without any interruption from my side. The lady has been suffering from pain in her lower back jaw, for six months now.

Initially, it was just an uneasiness in the lower jaw, which soon turned towards lingering dull pain and finally to headache.

## BRUXISM AND ITS EFFECTS ON TMJ

She had earlier consulted a dentist, where she had taken an Orthopantomogram (OPG). The radiograph revealed that she had a third molar, which was unlikely to erupt by itself and hence had been surgically removed.

However, the pain persisted. Then, she visited an ENT surgeon and was cleared off from having any ear problems.

Laundering back into the basics of patient examination, I went on with a full palpation of her chewing muscles. The muscles used for clenching seemed to be firm and tender.

I palpated the region, in front of her ear, to feel the joint between her lower jaw and skull bone and found that it was not normal. I used a stethoscope to listen to the joint movements and could hear a click when she opened her jaws.

Her muscles were tender, but the joint was affected. The next thing I did was to find out the reasons behind it.

On further conversation, it was understood that the patient semiconsciously clenched her teeth, at the time of stress.

She was a young mother who was finding it hard to balance her family and professional life.

She remembered clenching her teeth in frustration when her young kid was running around playing, during his preschool days. She also recalled clenching her teeth during the busy office hours, when the workload was too heavy for her to manage.

After prolonged discourse, I was able to elicit the real culprit behind the ailment; Stress.



'You are suffering from Awake Bruxism', I unequivocally declared.

Her curious eyes demanded more explanation. Soon I was venturing into the basic features of the lower jaw and the joints concerned with it.

The lower jaw is the only movable bone in your face, which allows you to open and close your mouth as well as chew. The jaw is attached to the skull base in a manner similar to a swing is attached to its pole. The joint is called Temporomandibular joint (TMJ).

The patient was all ears now. She seemed genuinely interested in knowing more about it.

The TMJ has a small capsule or disc between the bones. During the semiconscious clenching of teeth, forces above normal are created and are being transmitted to the muscles and to the capsule inside the joint.

This prolonged force, over a period of time, will lead to metabolic changes in the joint disc cells, known as Chondrocytes and may cause degenerative changes in the joint.

She confirmed my statement by adding that she did occasionally hear small clicks in her ears. The patient was convinced of my diagnosis.

"So, what next...? Can I get cured...?" Anxiety boomed in her voice.

I explained her that I would first check for any abnormalities in her bite and would then take a record of her teeth and fabricate an appliance for her to wear.

The appliance known as a Hard splint would help hold her teeth, jaws and muscles in a relaxed position. This would help subside the pain gradually.

The patient was convinced of my treatment strategy and hence agreed to it.

Impressions of upper and lower teeth were made and soon the splint was worn by the patient.

A few months later, the patient came back for a check-up. Hurrah! The change was very evident. I saw a beaming face, filled with a smile and confidence.

Her pain had vanished and she was attending a counseling program, which had helped her deal with the stress in her family and professional life.

She was really happy and smiling. So was I.

A similar thing happened on another occasion. A well-dressed man in his early forties made an unusual demand, while sitting on the dental chair.

'I want my teeth filled, but I will pay you only half

now and the rest will be paid, if the filling stays for a week'.

Hearing this, I smiled. However, I was more curious to know the reason for the remarks.

The patient was referred to me by my colleague who had done a filling twice, with two different restorative materials. I was keen on solving the mystery of the continuously failing restorations on his teeth.

I examined his tooth. He had a well arranged set of teeth. However, they were worn out and many of them showed shiny areas. There was an upper molar tooth with a significant part missing. I instantly concluded why the fillings kept breaking off.

"Do you have sore muscles...?" I enquired, palpating the Masseter and Temporalis.

The answer was positive.

Do you also get headaches in the morning, with occasional bleeding while brushing?

The patient was taken aback with surprise.

My assumptions were right. The next question was directed to his accompanying wife,

"How often do you hear your husband grinding his teeth at night...?"

'Doctor, how do you come to know all these? We never told you about this matter. Besides, what does that have to do with the filling...?' The wife joined the conversation with a sense of disbelief.

My next few minutes were spent in educating the patient about what is known as Sleep Bruxism or in another term Night grinding.

Sleep Bruxism is a movement disorder occurring during sleep, characterized by tooth grinding or clenching. Sleep Bruxism becomes harmful when there are repeated episodes, as the abnormal forces of tooth grinding get transmitted to the muscles and TMJ. The forces may initially cause dislodging of fillings, as happened in this case.

If not dealt with promptly, the forces would result in complete tooth wear, due to hypersensation of the tooth to hot and cold, soreness of clenching muscles, hypertrophy of Masseter muscles, bleeding gums and clicking joint or other joint space derangements.

The triggering factors include an underlying neurological problem, use of certain drugs (Amphetamine and Nicotine), Psychosocial factors, such as increased stress, anxiety and uneven tooth to tooth contacts.

The therapy was a combined approach of occlusal correction, along with the use of occlusal splint,



known as Occlusal bite guard / Bruxism appliance / Night guard.

A biofeedback mechanism utilizing aversion technique or a pharmacological approach is resorted to.


After understanding the peculiar conditions and the reasons behind the fall out of fillings, the

gentleman gladly received a filling on the tooth and also started using a night guard, fabricated from a lab.

Many months later, during review it was found that the restoration was going good and gratitude was extended by his wife, who could now sleep comfortably without the disturbance from her husband's Bruxism.



### Takeaway:

- Parafunctional grinding or clenching of teeth is termed as Bruxism.
- Bruxism may occur during sleep (Sleep Bruxism) or semiconsciously during wakefulness (Awake Bruxism).
- The causative factors may be neurological or psychosocial stress, anxiety, local occlusal interferences etc.
- The excess prolonged occlusal force created during Bruxism adversely affects the muscles and may cause undue stress and joint derangement.
- Tooth wear, broken restorations, muscle soreness and headaches are the aftermaths of Bruxism.
- If affected with TMJ, there will be sounds in the joint like clicking, popping or crepitus.
- Treatment involves identifying the causative factors and correction of occlusion and use of splints as well as pharmacological measures. 

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# A Dental Legend Speaks his Mind



**Prof. Dr. Mahesh Verma** is an eminent Indian Prosthodontist and the Director / Principal of Maulana Azad Institute of Dental Sciences, New Delhi.

Government of India honoured him, in 2014, with the Padma Shri - the fourth highest civilian award – for his outstanding contributions to the fields of medicine, making him the first dental doctor to receive the award.

He is the President of Delhi Dental Council, Indian Academy of Restorative Dentistry (IARD) and International Association for Disability and Oral Health (IADH) as well as the Vice President of Indian Society for Dental Research.

He was also the past president of Indian Dental Association (National President 2014) and Dental Council of India (Acting), Indian Prosthodontic Society and Vice President of Dental Council of India.

## **1** *How do you feel about winning the prestigious Padma Shri award?*

I am deeply overwhelmed and express my profound gratitude to the Almighty and to each and every one who have contributed in any way, big or small, during my sojourn!

Indeed, all accolades empower us and also usher in great responsibility. I am indeed blessed with the opportunity to share the responsibility of serving the dental field. This prestigious award invigorates and motivates me to continue my endeavour and enterprise, in addition to broadening my realm of action.

## **2** *What are you most Proud of in your Life?*

With all humility, I sense an intense satisfaction when I reminisce my early days and see myself where I am today. I hail from a small village in the district of Bilaspur, Himachal Pradesh, where I studied up to middle school. There was no High school in the vicinity and hence, I moved to Bhatinda in Punjab to complete my secondary education and premedical studies.

Thereafter, I moved to Thiruvananthapuram in Kerala to pursue my Bachelor's degree and Master's in Prosthodontics. It was Delhi I was destined to be in, where I rendered my services at the erstwhile Dental Wing of Maulana Azad Medical College, which is currently rechristened as Maulana Azad Institute of Dental Sciences, and Lok Nayak Jai Prakash Narayanan Hospital.

I have been heading the institute for almost 20 years now and with a conspicuous sense of fulfilment and gratitude, I appraise that I have been striving persistently for surfacing this Institute as one among the best dental institutes in the country.

When you go up the ladder, you will get the opportunities to be recognized at many forums. However, the most wonderful feeling is when you receive accolades from your peers.

Aside from the privilege of being awarded with the 4<sup>th</sup> highest civilian award of the country, "Padma Shri", during my career, I was bestowed with the highest medical award of India – "**Dr. B.C. Roy National Award**" – conferred by the President of India in 2007.

For my professional accomplishments, Government of Delhi conferred the "**State Award**" of being the Best Doctor in the State of Delhi, in 2001. This year, I have been conferred upon the recognition – "**International Dentist of the Year**" – by the American Academy of Dentistry at San Diego, California.

These are a few of the laurels, I received from India and abroad, for my accomplishments in / contributions to the field of dentistry and this empowers me to strive for and deliver even better.

### **3.** *What are the Career Milestones still left for you to achieve?*

I feel it is cliché as I quote, John Keats, the famous English poet;

**"...I have miles to go before I sleep."**

Looking closely at the current status of dentistry and dental education in India, I feel it is imperative to nurture and propel dentistry and its multifaceted services to patients in a **more cohesive and organised manner**. The areas demanding special ministrations include **education, ethical dental practice, quality service delivery and out of the box thinking**.

It behoves us, at this stature and stance, to **percolate comprehensive dental services to the Indian community** in a systematic manner, with optimum and exquisite care affordably, across the length and breadth of the nation.

I vehemently feel that my most important milestone would be when disseminating **affordable and accessible oral health** care to every citizen of

the nation. I feel that each of us needs to give back to the society, especially to the underprivileged and less fortunate.

May I quote the famous lines of Rabindranath Tagore:

**"I slept and dreamt that life was joy;  
I awoke and saw that life was service;  
I acted and behold, service was joy."**

### **4.** *What was your Career Vision in Dentistry, when you graduated from Government Medical College, Thiruvananthapuram?*

Way back in 1980, when I passed out from the dental college, dentistry was looked down upon and at times, it was reckoned as a paramedical service. During the phase of life as a student and thereafter, I was profoundly striving for escalating the status of profession then and dreamt of providing quality service to the patients and creating a channel for further dissemination of knowledge.

My initial journey as a professional was characterised by a **difficult route**. But, then I believed '**difficult roads can only lead to beautiful destinations**'.

After graduation, I was motivated to pursue higher education and gain expertise in a focused discipline of dentistry.

As a candidate on merit, I chose Prosthodontics for post-graduation from my alma mater in Kerala. The rigorous training and perseverance to excel was fittingly rewarded with Master of Dental Surgery (MDS) in Prosthodontics.

I came to Delhi to shape my dreams, and Delhi was destined for me. My optimism shattered in the early stages of my struggle of gaining ground, as my efforts proved to be futile many a time. However, after nearly 8 months of long haul, I was promoted to the Senior Resident position at Ram Manohar Lohia Hospital, New Delhi and several other hospitals.

As an aspirant in the academic faculty position, I was looking for a placement in a dental college. **It is said that once you make a decision, the universe conspires (for you) to get it!**

On 4 October, 1985, I became a part of the Dental Wing of Maulana Azad Medical College, where in, for many years, I continued to sustain as the solo faculty in Prosthodontics.

I also got the opportunity to render my services at several other institutes like All India Institute of Medical Sciences, University College of Medical Sciences, Government Dental College, Rohtak and many more.

But, I uphold my service with where I began my professional growth as precious, since I feel, it was the ideal place. For almost 35 years, I have been striving to fashion my vision and channelize my efforts, along with a team, at the erstwhile Dental Wing of Lok Nayak Hospital, through education and research.

The dental professionals graduating from this institute offer stellar services across the nation and abroad, successfully reinforcing our efforts and **eventually permeating the dream of oral health for all.**

**5. What all progressive changes have you brought about, after becoming the Principal of Maulana Azad Institute of Dental Sciences?**

I took over the reins as the Head of the Dental wing of Maulana Azad Medical College in 1985. At that time, there was no other Government Dental College in Delhi. Throughout this span, I have been channelizing my energy for its constructive build-up, both in academics and infrastructure, for providing **superlative patient care, service and experience.**

During my tenure as the Principal of the Institute, I have had the onus of providing leadership, advocacy and mentorship to my colleagues and subordinates and creating opportunities for the students to refurbish their knowledge and skills.

The focus of underpinning my duties has been to impart quality Oral Health care, with excellence in training and education. The institute has come a long way, from being a four-chambered dental wing to a multispecialty towering dental hospital and maintains numero uno position, for six consecutive years, all over India.

The total induction of students, both at undergraduate and postgraduate levels, has increased. Currently, the hospital is in its expansion

phase with the establishment of another twelve-storey block, reinforcing a **comprehensive and cosmopolitan vision** to dental care, education and research in India.

In this radically changing scenario, my biggest satisfaction is the transition in the general outlook of the profession and the recognition of Maulana Azad Institute of Dental Sciences, in particular.

**6. What do you feel about the future of Dentistry?**

The future of dentistry is promising all over the world and it **promising optimistically in India.** The professionals in India are **effervescent, diligent and extremely talented.**

The most eminent feature of dental professionals in India is their relentless zeal to learn and the perseverance to keep trying until they succeed. Dentistry is a rigorous field, demanding high level of endurance, both mentally and physically.

Our dental professionals show exemplary commitment, despite all odds and this is proven by the very fact that we have a considerable number of students graduating every year, not just in Asia but across the globe, who **stand out and exemplify themselves with their brilliance.**

**7. What do you feel unique about DentCare Dental Lab?**

Laboratory services are integral to dental care. DentCare Dental Lab is known as one of the most premier and large dental labs in India, rendering superb technical support and services to dentists.

The laboratory offers **professional, meticulous and disciplined** support to dental care, with **accountability** to processes and procedures. The **state-of-the-art infrastructure** and **sophisticated and modern set-up** housing several employees entails strong and sturdy growth.

The promising services of the lab have further expanded with the diversification and establishment of several branches in the cities other than its headquarters in Kerala.

Besides DentCare has gone Global, marking footprints in USA, UK, Australia, New Zealand and countries in Middle East with Six National and International Certifications.

**The exclusivity of DentCare is the hallmark of the lab, and I wish them to be top-notch in the years to come!**

For **The DentCare**

Interviewed by **Ms. Nisha Philip Xavier** 

The exclusivity of DentCare is the hallmark of the lab, and I wish them to be top-notch in the years to come!



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**Venue:** Hilton, Mumbai

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- Esthetic/soft tissue disaster management
- Post-surgical complications management
- Re-grafting solutions for the esthetic area
- Advanced prosthetic complications and management
- Medically compromised patients
- Screw mechanics and its implications
- Biomechanical complications and solutions
- Salvaging failing implants-bone, soft tissue and prosthetic synergy
- Full mouth disasters

## Hands on Exercises:

- Bone shield augmentation for failed implant site (on animal jaw)
- Immediate temporization in esthetic zone

## Mentors:

**Neel Bhatavadekar**, MS (Perio)  
**Sachindeep Singh**, MDS (Prosthodontics)  
**Yazad Gandhi**, MDS, FICD (OMFS)

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# IS YOUR CHILD GETTING PROPER SLEEP?



**S**leep is very essential for our survival and well-being, throughout life. Children in particular need adequate and good quality sleep, as it fuels physical growth and helps them develop and function optimally. Disturbances in sleep affect their growth, cause behavioral problems and impair cognitive development.

There are many types of sleep disorders which occur either due to sleeping habits or anatomical variations in the airway.

Over the past few years, sleep disturbances in children have been increasingly observed. Studies have shown that the rate of occurrence of sleep problems in children varies from 1% to 43%. A survey done among children in Mangaluru,

Karnataka has shown the prevalence of 46.4% sleep disorders.

Among the sleeping problems, Obstructive Sleep Apnea (OSA) is found to be one of the most commonly occurring ones, especially in children. It affects 1 to 10% of children. It can occur in children of all ages, from neonates to adolescents and has significant medical, psychological and social consequences, which can hamper the quality of their life and can even be potentially fatal.

It can occur due to various reasons, such as obesity, enlarged adenoids and tonsils, narrow airway space, craniofacial deformities, any syndromes, etc.

Snoring is the characteristic feature of Obstructive Sleep Apnea in children.



**Dr. Vabitha Shetty**  
Professor



**Dr. Amitha M. Hegde**  
Senior Professor and  
Head of the Department



**Dr. Anusha Yerra**  
Post Graduate Student

Department of Pedodontics and Preventive Dentistry  
A. B. Shetty Memorial Institute of Dental Sciences  
Mangaluru, Karnataka, India

### Other associated Symptoms are:



- Difficulty in breathing during sleep.
- Mouth breathing during sleep.
- Restless sleep.
- Morning headaches.
- Irritability.
- Excessive daytime somnolence.
- Developmental delays.
- Bed wetting.
- Sleep terrors.
- Upper airway infections.
- Sinusitis.
- Otitis media.
- Failure to thrive.
- Cor pulmonale.



Early diagnosis and intervention of Obstructive Sleep Apnea in children is important to prevent or at least minimize further complications, such as permanent neurocognitive, psychological and facial deformities in later life

If these symptoms are found occurring frequently in children, a referral to your physician or dentist is required. There are many diagnostic tools to confirm the presence of obstructive sleep apnea.

Early diagnosis and intervention of Obstructive Sleep Apnea in children is important to prevent or at least minimize further complications, such as permanent neurocognitive, psychological and facial deformities in later life.

Various non-surgical and surgical treatment options are available for curing obstructive sleep apnea in children. Oral appliances play a major role in the non-surgical management of OSA in children and are increasingly being used nowadays.

Hence, the need of the hour is to identify sleep problems in growing children, as early as possible, so as to provide them a better quality of life. This is where the role of the Pediatric dentist becomes essential, as they are often the first ones who can identify early signs and symptoms of OSA. <sup>DC</sup>

# A FEW DENTCARE PRODUCTS

## AT A GLANCE

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

Over the past 30 years, we have dedicated ourselves to contributing towards healthy, confident smiles for over 30 million patients and to the delight of more than 30 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

The paradigm shifts 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 Clear Aligners

Dental braces are now entering a brave new world of comfort and ease with DentCare Clear Aligners – a series of transparent aligners to realign teeth. Each DentCare Clear Aligner is unique as it is customized for the patient's teeth. They can be easily changed every two weeks, sparing users the tedious task of heavy maintenance.

There is absolutely no need to spend long hours at the clinic negotiating conventional brackets and wire adjustments. Patients and dental clinicians stand to gain numerous valuable hours. Consequently, the dental clinician also gets to spend quality, value-added time with each patient.

With DentCare Clear Aligners, the final outcome of



the treatment may be visualized with the aid of 3D virtual simulation and a treatment plan can be formulated accordingly. The treatment consists of a revolutionary system which integrates the latest software and 3D CAD / CAM technology.

To proceed with the CAD/CAM procedure for processing an order of a custom made DentCare Clear Aligner, both upper and lower models of the patient's dental arches along with bite registration are required.

### Dental Implant Prostheses

Dental Implants are popular and effective to replace missing teeth and are designed to blend in with other existing teeth. They are an excellent long-term option for restoring smiles with uncompromised functionality.

Different variants of Implant Prostheses are offered by DentCare and may be made available as Screw Retained or Cement Retained crowns / bridges.

#### Screw-Retained Hybrid Dentures

'Hybrid denture' is referred to as hybrid because it combines the advantages of a fixed replacement with those of a removable denture. Patients regain self-esteem, confidence and can enjoy wider variety of food.

The variants available are:

- Titanium (Milled) with acrylisation – manufactured using CAD / CAM technology
- Titanium (Cast) with acrylisation
- Direct Metal Laser Sintered (DMLS) in Cobalt – Chromium with acrylisation – manufactured using CAD / CAM technology
- Cobalt–Chromium (Cast) with acrylisation

- Polyether Ether Ketone (PEEK) (Milled) with light cure composite – manufactured using CAD / CAM technology

#### Implant-supported Overdentures

*They are available as Bar Attachment / Ball Attachment Overdentures.*

#### Implant-supported Overdentures are offered in various material options namely

- Titanium (Milled) manufactured using CAD / CAM technology
- Titanium (Cast)
- Direct Metal Laser Sintered (DMLS) in Cobalt – Chromium – manufactured using CAD/CAM technology
- Cobalt–Chromium (Cast)
- Polyether Ether Ketone (PEEK) (Milled) with light cure composite – manufactured using CAD/CAM technology

### Removable Prostheses

DentCare has incomparable Removable dental prosthetic solutions with impeccable precision to recapture your oral function, aesthetics and liveliness. We have a number of removable dentures

that are durable and akin to your natural teeth.

The range of removable prostheses are

#### ⇒ **DentCare Flex**

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

##### **Benefits**

- ⇒ Aesthetically superior removable denture with full functionality and comfort
- ⇒ Has the perfect degree of flexibility (semi-flexible) and is unbreakable
- ⇒ No metal clasps; only tissue-colored clasps that blend with the gums
- ⇒ More stain - resistant than other flexible Nylon Thermoplast
- ⇒ Biocompatible and monomer-free, manufactured using injection molding system
- ⇒ Suitable for combination options (with Cast Partial)
- ⇒ Available in three different shades; soft pink, dark pink and intense pink

#### ⇒ **Cast Partial Denture (CPD)**

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

##### **Indications**

- ⇒ To replace several teeth in the same quadrant or in both quadrants of the same arch
- ⇒ Ideal for patients for whom Fixed Prostheses or dental Implants are not indicated

##### **1) Titanium Cast Partial Denture**

###### **Advantages**

- Biocompatible
- Light weight (Comfortable fit)
- High strength
- Longevity

##### **2) Cobalt-Chromium Cast Partial Denture**

###### **Advantages**

- Free from Nickel

→ Co-Cr alloy frame work

→ Enhance Stability

→ Cost effective

→ Perfect in Fit

→ Longevity

#### ⇒ **Bio Functional Prosthetic System (BPS Dentures)**

DentCare offers BPS Dentures from Ivoclar Vivadent that is a long-lasting and high quality option for dentures meant to reproduce the functions of natural teeth. The biofunctional set-up philosophy along with the Model Associated Positioning (MAP) of the artificial teeth in combination with the pressure injection molding procedure is the cornerstone of this system. BPS can be used in partial or completely edentulous cases.

##### **Advantages**

- ⇒ Strong
- ⇒ Easy to Clean
- ⇒ Accurate
- ⇒ Aesthetically pleasing
- ⇒ Precision in fit

#### ⇒ **Acrylic Removable Complete and Partial Dentures**

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

The main advantage of these dentures is that, they are cost effective, yet uncompromising in terms of quality. Additional teeth and denture base can easily be added to an existing Acrylic Denture.

It is also the product of choice for Immediate Dentures and for Temporary Dentures in Implant patients.

#### ⇒ **Valplast**

The strong, flexible nature of Valplast is perfectly suited to a variety of natural conditions in the mouth, simplifying design and enabling the flexible nylon resin to act as a built in stress breaker, in order to provide superior function and stress distribution in Removable Partial Denture cases.

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

### Advantages

- No metal clasp
- Offers better aesthetics, comfort and durability
- Rest seat not recommended for Valplast

### ⇒ Bio Dentaplast

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

### Benefits

- Ideal for making tooth-colored clasps and attachments
- Suitable for combination works (with Cast partials)
- Metal Clasp-free partial dentures
- Available in five different shades: A1, A2, B1, B2, B3 as per VITA shade guide

### Indications

- To replace several teeth in the same quadrant or in

both quadrants of the same arch

- Ideal for patients who are not interested in a Fixed Bridge or Dental Implants
- Temporary Crowns and Bridges
- Tooth-colored occlusal appliances

### CAD / CAM Denture

DentCare is emerging with a new approach for the design and fabrication of complete dentures, the ground breaking CAD/CAM technology, which will please you and your patients in record time.

The most fascinating aspect about CAD/CAM technology is that it allows clinicians to send to the lab a traditional or digital impression and receive dentures fabricated with precision. Applying CAD/CAM technology to denture fabrication means ensuring superior strength and quality with perfect fit for the definitive restoration, reduced microbial colonization, reduced number of patient visits and no investment in new impression materials or trays.

### DentCare Orthodontic Appliances

Stop worrying about inherited malocclusions. DentCare Orthodontic Appliances can help reveal the natural beauty of each individual and bring out the best in you.

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 - to correct malocclusion and help resolve various aspects disfiguring the smile of a patient.



### 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.

**Smile confidently, go for DentCare Prostheses** 

## PERFECT SOLUTION FOR A BEAUTIFUL SMILE



Before



After



WORLD'S BEST CHOICE ALIGNER

# Digital Analysis in Bite Mark Investigation

## PART - II



**Dr. Deepthi S. Nair**  
Dental Practitioner and Forensic Odontologist  
Kollam, Kerala, India

**B**ite Mark determination in Forensic Odontology is commonly performed by comparing the morphology of the dentition of a suspect with the life-sized photograph of the injury on the victim's skin using transparent overlays or computers.

There are two methods for the identification of Bite Marks with digital analysis.

### Method 1: Computer-based production of bite mark comparison overlays

The Bite mark comparison protocols include measurement and analysis of the pattern, size and shape of the tooth against similar characteristics, observed in an injury on the skin or a mark on an object.

Several methods are being used to produce life-sized comparison overlays. The perimeter of the biting edge of anterior teeth is usually recorded to produce facsimile images called hollow volume overlays.

Al-Talabani et al developed a method to generate accurate hollow volume overlays using computer-based techniques.

A Power Macintosh personal

computer flatbed scanner and Adobe Photoshop (a popular graphical interface application) are used to acquire, select, arrange and export detailed data from class and individual characteristics of a suspect's tooth to an acetate film loaded in a high resolution laser printer.

Let us see the technique that enables an Odontologist to produce high quality, accurate comparison overlays without a subjective input.

*The photographs below depict three of the more obvious bites inflicted to the cheek, knee, and calf. There were other bites noted elsewhere on the child's body.*



*It was determined that the bite on the calf would be the most useful as evidence for comparative purposes. There were two suspects; the custodial parents of the child. Stone dental casts were made of each person's teeth, as shown in the digital scanned image below:*



### Method: 2 Standards and Practices for Bite Mark Photography

According to Golden, accurate photographic documentation of a crime scene is a crucial component for the collection of evidence, especially when it applies to recording bite marks inflicted on human beings, during a crime of violence.

In the past, bite mark photography gained relevance with the images from a film camera where a negative (film) was used to enlarge the image to a life-sized photograph. The common techniques are:

#### A) Standard Technique

To ensure accuracy during the process of photographing bite mark injuries, a thorough understanding of the basic principles of image capture, including a familiarization with the camera's features and limitations are inevitable.

#### B) Orientation Photographs

The purpose is to show the location of a bite mark.

#### C) Macro Photography

Used for taking close-up images of bite marks without a scale to demonstrate the part of an injury and then placing the scale adjacent to it, without covering

any portion.

#### D) Visible Light Imaging

This technique is used to capture an image utilizing the visible part of a spectrum.

#### E) Alternate Light Imaging

The digital cameras, which are used for taking visible light images, are capable of capturing images with a forensic light source. The exposure time is determined by the software programs that drive the system and expose the image to the electronic sensor inside the camera.

#### F) Reflective Ultraviolet Photography (UVA)

In this method, a digital camera is either modified or designed with an ultraviolet acquisition. Recently Fujifilm Corporation has developed this type of digital camera.

(Fig.1)



Fig. 1 shows an orientation photograph giving anatomical location of a bite injury.

(Fig.2)



Fig.2 shows a Fujifilm IS Pro UVIR camera.

(Fig.3)



Fig. 3 shows infrared protocol of a tattoo occluded by the hair, in the scalp of a homicide victim.

(Fig.4)



Fig. 4 shows the visible light image of a two-week old bite on the arm.

(Fig.5)

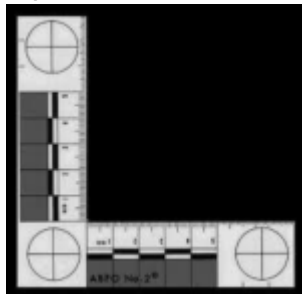


Fig.5 shows an American Board of Forensic Odontology(ABFO) No. 2 Photomacrographic Scale.

### Photographic Evidence Management

The images collected during a crime scene including bite marks and other documentations become a part of Legal systems and the Rules of evidence.

The collection, management and reproduction of images from a file format should be as per the imaging guidelines developed by the scientific working group on imaging technology.

Since bite injuries are complex, the evidence collection, analysis and interpretation should be done very carefully.



### Usefulness of Patient Photographs as a Marker for identifying Denture Wearers in India

According to Anehosur and Acharya, denture marking in India includes rapid identification of the victims in mass disasters and locating the misplaced dentures of patients in hospitals, geriatric institutions or dental laboratories.

### Conclusion

To sum up, a number of methods and digital imaging techniques are being widely used in legal investigations for identifying the offender by comparing dental records to a bite mark, left on the victim or at the scene.

Digital analysis in bite mark investigation gained momentum in the world with the proliferation of new and advanced technologies as well as computer softwares and devices. <sup>[1]</sup>

**Reetu Uday Kugaji**, an illustrious Chef, is a Hospitality and Food Consultant, besides being a Food Writer on Plattershare – a social media platform for food enthusiasts, food professionals and food businesses.

She has carved out a place for herself in gastronomy. With over 20 years of experience in the culinary field, she appreciates that food should not only touch the hearts but also the souls of those relishing it.



**Chef Reetu Uday Kugaji**  
Culinary Expert and Food Writer  
Gurgaon, Haryana, India

## TONGUE TANTALIZING DELICIOUSNESS

### BOTTLE GOURD AND CARROT HALWA

Tongue Tantalizing Halwa is prepared with grated Bottle Gourd, Carrots, Coconut milk, Sugar, Khoya, mix of dry fruits garnished with slivered nuts and edible dried rose petals.

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Serves:** 6

#### Ingredients and Quantity:

Grated Bottle Gourd -325 grams

Grated red Carrot -325 grams

Thick Coconut Milk -325 ml  
Sugar -150 grams / as required  
Mawa (Khoya) -04 tablespoon  
Green Cardamom Powder -02 grams  
Raisins -10 grams  
Cashew nuts -10 grams  
Almonds -10 grams  
Pistachio nuts -10 grams  
Salt -A pinch

#### For Garnish:

Silver leaves (Silver paper / Chandi - ka - warq) -02 sheets (optional)  
Pistachio nuts -05 grams  
Cashew nuts -05 grams  
Almonds -05 grams  
Edible dried rose petals - 01 teaspoon

#### Method:

In a heavy bottomed deep pan, add grated bottle gourd and carrots. Cook till all the moisture dries up. Add coconut milk and stir.


Cook for 15 to 20 minutes on a low flame, till the milk is absorbed and it becomes soft. Continue stirring to prevent it from sticking (to the

bottom of the pan) and getting burned. When it thickens, add sugar, grated mawa, cardamom powder, raisins, cashew nuts and blanched as well as peeled almond slivers. Cook for 05 minutes and add a pinch of salt.

#### To Serve:

Serve hot or cold, after topping with silver leaves / silver paper / Chandi - ka - warq, which is optional, and garnishing with cashew nuts, pistachio nuts, almond slivers and edible dried rose petals.

#### Chef Tips:

1. Discard the seed, grate Bottle Gourd and add water to prevent discoloration.
2. Squeeze out water from the bottle gourd.
3. Add a pinch of salt to enhance and bring out the flavors and sweetness within.
4. Halwa will stay good if refrigerated for 04 days.
5. Addition of a combination of coconut milk and coconut cream will further enhance the flavor.
6. You may sprinkle a little rose water (optional).
7. You may skip adding Khoya 

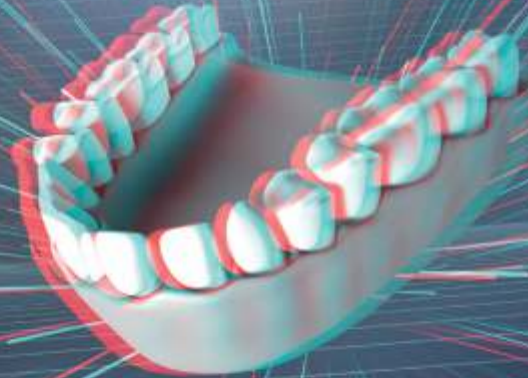


Renfert

making work easy

# EASYview 3D

Innovative Dental Viewer



This is what makes work easier

- 1 ergonomic working posture
- 2 perfect hand-eye coordination
- 3 easy communication



"Making work easy" for dental technicians is our mission. Our EASYview 3D Dental Viewer – an innovative video microscope – lives this objective. It ensures unobstructed view of objects, while enabling fast, direct communication between technicians, the lab and the dentist's practice.

## Experience the fascination live ...

Visit our roadshow and experience the new EASYview 3D Dental Viewer at



Bolgatty Palace Kochi, January 26-28, 2018

More details, more 3D:  
[renfert.com/easy-view-3d](http://renfert.com/easy-view-3d)







Renfert provides an innovative 3D dental microscope: EASY view 3D

According to the company's claim "making work easy" with the EASY view 3D Dental Viewer, Renfert developed an innovative video microscope with a 3D monitor for dental technicians that achieves this objective from a whole range of different perspectives.

EASY view 3D helps users maintain an ergonomic posture while enabling fast, direct communication between technicians, the lab and the dentist's practice as well. Renfert's EASY view 3D Dental Viewer is not only ideally suited for viewing objects, for routine processing and quality control, but equally useful for educational, training and documentation purposes.

The EASY view 3D's three-dimensional mode enables easy and natural hand-eye coordination. Its three-dimensional spatial representation is perfect for critically examining work objects. This helps streamline the technician's entire production process and makes many routine tasks, like finishing and performing quality checks, much more precise. Depending on the indication, a



simple mouse click lets toggle between the 3D and 2D modes. The 2D mode is ideal for checking and viewing objects.

#### Work the ergonomic way

A dental technician's work assumes a new dimension with the EASY view 3D Dental Viewer. The ultimate workplace ergonomics enable a sustained natural and healthy posture. This enhances the users' well-being and performance. The flexible boom arm can be adjusted to any work situation and object. The monitor has been especially developed for system compatibility and ensures sharp high-definition image reproduction. Positioned behind the object, the monitor is ergonomically and ideally located for an unobstructed view of the work object. The system is conveniently operated by mouse and footswitch, thereby ensuring a relaxed and healthy working posture.

#### Relaxed means higher productivity

Working with the EASY view 3D Dental Viewer is very comfortable. Never was quality control so convenient across such a wide range of different work processes in the dental lab. Because the monitor is positioned at eye level, the EASY view 3D Dental Viewer promotes an upright body posture which is ideal for the user's back and neck.

The easy-to-use and intuitive functionality of the EASY view 3D Dental Viewer helps the dental technician document work, share information and data with the team as well as the dentist's practice. Catch the monitor image by footswitch and store the screenshot on the USB stick or send it via LAN connection to your PC. Images and video sequences are stored in 2D mode.

#### Documentation and sending made easy:

Using the footswitch, high-resolution photos or record video sequences using the HDMI video recorder can be easily stored. Afterwards, it takes just a few mouse clicks to send the information to the dentist's practice or to other colleagues.

Video sequences are recorded on the external HDMI video recorder (optional) through an integrated EASY view 3D interface. It goes without saying that EASY view 3D is updateable.

#### Optimized viewing

By moving the EASY view 3D head on the boom arm and using the fine-focus knob, the desired viewing area can be optimally adjusted to objects of every shape and size.

#### Perfect visualization and lighting

A simple mouse click helps the dental technician toggle between the 3D and 2D modes. Moreover, with the help of a mouse click, four different object modes for optimal image reproduction can be selected. That means one always gets perfect image reproduction for every object, regardless of whether the technician is working with ceramic, metal, gypsum, wax or other materials.

#### Documentation and storage

With the help of the footswitch one can easily make a screen shot and document the work. The data is stored on EASY view 3D's USB stick and can be quickly and easily sent via LAN connection to the PC.

# Clear Aligners, An Aesthetically Appealing Tool

**D**entCare Clear Aligners have been launched in 2015 and have continually evolved since then because of their aesthetically appealing way of straightening the tooth and as a result DentCare Clear Aligners have produced exceptional results, without being overly obvious during the course of treatment.

It is no surprise that dental patients are becoming more concerned with the aesthetics of their dental work. In line with

this trend, metal restorations have been replaced by metal-free restorations. Now metal-free alternatives have gained popularity for crowns and bridges.

Patients are more beauty conscious than ever before that they increasingly demand orthodontic therapy that elevates the aesthetic appearance of their smiles. Aesthetic sense of people, especially among youth has induced a transition from metal restorations to the metal-free

and conventional braces to advanced Clear Aligners.

Orthodontists may be reluctant to use aligners in their practice as it is an expensive appliance but aligner therapy opens the opportunity for orthodontists to expand their patient base and helps attract more number of patients, especially those children and the youth to orthodontic correction who would have never come for the therapy due to the comparatively unaesthetic look and unfriendly





**Dr. Tariq Ajas Ansari**  
Consultant Orthodontist  
Qatar

nature of traditional brackets.

DentCare Clear Aligners are made available upon the orthodontist requirements and are a series of clear, strong splints which are invisible, comfortable and removable. They will never stand in the way of your eating habits, as they can be easily taken out and inserted into the mouth by the patient themselves. Besides, aligners ensure perfect oral hygiene, as they can be taken out while cleaning the tooth and they can be inserted into the mouth, after cleaning and rinsing them. Thus, the aligners will remain bright, clear and hygienic.

DentCare Clear Aligners are an excellent orthodontic tool and an alternative to all those patients who want to do orthodontic treatment but do not want conventional braces.

DentCare Clear Aligners have special advantages compared to the aligners of other companies. These Clear Aligners are being manufactured using the 3Shape Scanner – the best Model Scanner in the world apart from utilizing the best Designing Software along with the best 3D model Printing System.

More than that, Clear Aligners are manufactured with materials imported from Germany. **DentCare provides the 3D model free of cost to the patients**, with the set of aligners. This enables the orthodontist and the patient



to see the transition of the tooth, in each stage and even the end result before the commencement of the treatment.

DentCare also provides a kit along with the aligner, containing: Wear Schedule – instructions for wearing the aligner, Patient Manual as well as a Cleaning Brush and Box for keeping the aligner when it is not in use.

DentCare has its own Clear Aligner team; a team of highly trained and skilled technicians who ensure that the final finished product is of the highest quality and precision.

You must always seek the advice of an Orthodontist to know whether the case is suitable for aligner therapy. Only a specialist will be able to guide and help you for proper case selection.

After which, the impression, photographs and Orthopantomogram (OPG) of the patient should be sent to the lab. It is then very easy to find out the treatment plan and also to provide the aligner precisely as expected. Therefore, case selection is most important and an inevitable part of aligner therapy.

An important thing about DentCare Clear Aligners is to ensure that the patient is wearing them for obtaining the desired outcome.

Just as in conventional orthodontics, aligner treatment requires retainers to preserve the correction performed by the aligners. Failure to provide suitable retainers at the end of the aligner treatment may result in relapse. <sup>DC</sup>

DentCare Clear  
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and an alternative  
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to do orthodontic  
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conventional  
braces

# Identify and Correct Poor Posture



**P**osture is a term used to describe the position of the body or the arrangements of body parts, in relation to one another.

Ideal postures are those assumed to perform an activity in the most efficient manner, utilizing least amount of energy.

The relationship among body parts can be controlled voluntarily, but for this, too much concentration is required. During normal functioning, your posture and adjustment to various postures are automatic and occur quickly.

I would like to give an outline of identifying and correcting bad / poor postures.

## **Anatomy of Human Spine**

The human spinal column is made up of 33 individual bones stacked one on top of the other. There are seven vertebrae in the cervical region, twelve in the thoracic region, five in lumbar region, five in the sacral region and four in the coccygeal region.

The spinal column provides the main support for the body, allowing you to stand upright, bend and twist, while protecting the spinal cord from injury. Strong muscles and bones, flexible tendons and ligaments as well as sensitive nerves contribute to a healthy spine. Strain, injury or disease will cause pain to the structures.



**Dr. Bindhu K. Mathew**  
 Doctor of Physical Therapy (USA)  
 Kolenchery, Kerala, India

## Spinal Curves

When viewed from the side, an adult spine has a natural S-shaped curve. The neck (cervical) and lower back (lumbar) regions have a slight concave curve while the thoracic and sacral regions have a little convex.

The curves work like a coiled spring to absorb shock, maintain balance and allow range of motion, throughout the spinal column.



## How to identify Incorrect Posture

The first step in improving your posture is to identify the postural defects by examining different types of postures, such as standing, sitting, carrying objects, driving, riding bikes / scooters etc.

At regular intervals, take a moment to observe your posture. This may be done by drawing an imaginary vertical line from your ear to the anterior lateral malleolus, along the shoulder, hip and

anterior knee joint. But, some people prefer to ask others to observe their postures and make comments or suggestions.

If you have an abnormal posture, you may have a weak lower abdomen, weak gluteus muscles and poor endurance. Usually, after 1- 3 months of physiotherapy, the patients will be pain-free and may get an increased level of fitness; but in severe cases, it will take 3 to 6 months.

After that, you will be able to sit on any surface without pain and can resume your work without fear. You will also achieve more energy than before.

Other benefits of physiotherapy are improvement of your posture and strengthening of the core. Besides, you can do your work more at ease and will feel like your belly has flattened.

## Poor Movement Patterns

The causes of poor movement patterns are:

- ↪ Joint dysfunction.
- ↪ Pain.
- ↪ Stress.
- ↪ Central nervous system injury.
- ↪ Overwork or overstraining.
- ↪ Prolonged postures or repetition of the same activity.

## Postural Mistakes

The following are some of the common mistakes resulting in poor ergonomics that need correction to attain good posture:

- ↪ Slouching with shoulders hunched forward.
- ↪ Lordosis or sway back.



- ↪ Back and neck pain, due to forward / slouched posture while riding a bike.
- ↪ Carrying heavy things on one side of your body.
- ↪ Holding phone on one side of the head.
- ↪ Keeping the head held too high or looking down while reading, typing, stitching, cooking, treating dental patients or sleeping in sitting position with head down.
- ↪ Lying on the back or side with the hand / elbow on or behind the head.
- ↪ Forward head postures,

resulting in frozen shoulder, tightness in the chest and pectoral muscles.

- ↪ Poor neck postures resulting in cervicogenic / tension headache that triggers migraine.
- ↪ Hair washing in beauty parlour with extended neck for a long period of time.
- ↪ Dental cleaning with open mouth and extended neck for a long period of time.

### Exercises to improve Posture

If you suffer from any type of chronic pain, the physiotherapist will assess the

condition and help you address the same. They will also ask questions about your lifestyle, including your work and leisure time.


Based on the findings, the physiotherapist will prescribe a treatment plan, including home exercises, workouts, postural corrections, stress management etc.

Therapeutic exercises prescribed by the physiotherapist will help lift your mood and improve quality of life. The physiotherapist will teach you relaxation techniques and help you cope with pain, besides recommending necessary lifestyle changes and providing requisite support, during the course of treatment.

The exercises will help your muscles regain strength and help improve your mobility, especially in the affected areas. Remember, better care enables better living.

### Exercises in Physiotherapy

Physiotherapy exercises play an important role in: Reducing the need for medications; improving mood and well-being; enhancing cognitive function; relieving stress and anxiety; boosting self-esteem and promoting a healthy body image; losing body weight; reducing the risk of diseases; enhancing balance, strength, gait, speed and motor skills; improving quality of sleep; stimulating the release of endorphins; increasing serotonin / dopamine levels and improving blood flow to the brain.

Life is precious. Maintenance of good health is very important for leading an active life. So, strive to detect and rectify your bad postures assiduously, for leading a healthy life. 



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The magazine thrives on a close rapport with its readers. It is committed to catering to the broader interests of our nation and its people. The issues released so far stand testimony to this intellectual as well as moral commitment.

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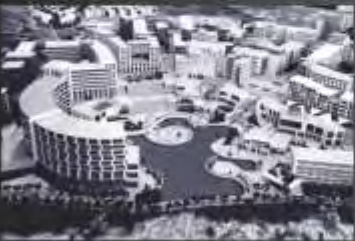
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# DentCare in my Experience

I have been associated with DentCare Dental Lab for the past many years. Since then, I have been maintaining a staunch and affectionate relationship with the lab.

I have visited the lab many a time and had a very good opportunity to witness the working pattern and day-to-day activities close at hand.

DentCare is a unique lab noted for its versatility, dedicated team of technicians and staff; well-trained and committed, diligent and indefatigable; keeping themselves refined and living up to our expectations.

DentCare is noted for their greatest infrastructure facilities with myriads of machines and facilities which are seldom seen. They keep striving for innovation and state-of-the-art manufacturing and introduce the latest technologies as well as sophisticated machines, as soon as they come in vogue.

Another distinctiveness of the lab is their unquenchable and relentless thrust for cleanliness and in keeping the lab and the surrounding hygienic.

I really admire Mr. John Kuriakose and his dedicated staff in ushering the lab to global standards and stature.

Let the lab flutter its wings to greater heights. 



**Dr. Nehal K. Sheth**  
Consultant Implantologist  
Ahmedabad, Gujarat, India

# GLAUCOMA: The Silent Thief of Sight

**G**laucoma – a group of diseases that damages the optic nerve of the eye – is one of the most common causes of blindness across the world and is often called as the **“Silent thief of sight”**.

Glaucoma, in the early stages, may not have noticeable symptoms. Hence, many people do not even know that they have the disease unless they go for a periodic ophthalmic examination.

It is noteworthy that due to the silent progression of the disease – at least in its early stages – up to 50% of the affected people in developed countries are not even aware of having Glaucoma.

There is no cure for Glaucoma as yet and the vision loss is irreversible. However, medications or surgery can halt or slow-down further loss of vision.





**Dr. Devin Prabhakar**  
 Consultant Ophthalmologist  
 Thiruvananthapuram,  
 Kerala, India

Therefore, early detection is essential to limit visual impairment and prevent progression towards severe visual handicap or blindness.

### What is Glaucoma?

Glaucoma refers to a group of eye diseases that causes damage to the optic nerve, which results in blindness. (The optic nerve connects the light-sensitive tissue at the back of the eye).

Open-angle Glaucoma is the most common type of Glaucoma. But, unfortunately **half of the people with this condition do not know that they have it.** It has no symptoms at first. But, over the years, it can steal your sight.

With early detection and prompt treatment, you can, to a certain extent, protect your eyes against serious vision loss and blindness.

### Who is at risk?

- People with a family history of Glaucoma.
- Diabetics.
- Myopic or Short-sighted individuals.
- People over sixty years of age.

### What are the Symptoms of Glaucoma?

At first, Open-angle Glaucoma has no symptoms. Vision remains normal and there is no pain. Although people with Glaucoma can notice clearly

the things in front of them, they miss the objects to the side and out of the corner of their eyes. It looks as if they are looking through a tunnel.

If Glaucoma remains untreated, over time, the remaining central vision may decrease until there is no vision left.

### How is Glaucoma detected?

Regular eye examinations by your ophthalmologist are the best way to detect Glaucoma. Your ophthalmologist will measure your eye pressure, inspect the drainage angle of your eye, evaluate your optic nerve and test the visual field of each eye.

### How and when is Glaucoma treated?

Treatment can often bring Glaucoma under control. This makes early diagnosis and treatment important to protect your sight. You will need to use the drops and pills as long as they help control your eye pressure.

Early diagnosis and appropriate treatment is very important because Glaucoma often has no symptoms and hence, people may be tempted to stop or may forget to take their medications.

Once diagnosed with Glaucoma, medications must be taken as per Doctor's instructions and the Pressure as well as Visual Field should be monitored closely.



*Divya Prabha Eye Hospital has been in the forefront of Glaucoma awareness activities. Every year, we organize a Glaucoma awareness walk together with Trivandrum Ophthalmic Club. This year, in addition, we helped organize the*

*world's first 'Glaucoma Awareness Dive' in Maldives where our Director, Dr. Devin Prabhakar dived deep down to the ocean floor with 30 divers, before unfurling the Glaucoma awareness banner.*



Dive Desk, Maldives Lillie, Khatij TV - Divya Prabha, Swasthi Foundation, IMA, QPMPA

Even if, the Pressure has been adequately controlled, Eye Pressure Measurement and Visual Field Test have to be repeated, once in six months. With proper treatment, further vision loss due to Glaucoma can be prevented.

### **What is Computerized Visual Field Testing?**


Visual Field is the entire area one can see with the eyes including central and peripheral (side) vision. A Visual Field Test can detect the problems with vision, in any part of the Visual Field.

The test provides a map of vision loss, which will be helpful in diagnosing the cause of the loss. A subtle change in Vision Field is one of the earliest manifestations that surface with Glaucoma.

Thus, by checking the Visual Field, we may be able to diagnose Glaucoma early, before much damage occurs to the optic nerve.

### **What Precautions should a Glaucoma Patient take?**

- Use eye drops as instructed by your Doctor. Missing even one dose can result in elevated tension and consequent Visual Field damage.
- Always keep an extra bottle of eye drops with you.

- You must use eye drops at the proper time before going for Tension measurement. Some eye drops may lose their efficacy over time; so, it is important to check if the medication is outdated.
  - Ask your Doctor or Pharmacist to demonstrate the right way to use eye drops.
  - Tension measurement will have to be done frequently till the Tension gets stabilized. As the Tension varies during day and night, multiple recordings may become necessary.
  - Once the Tension is brought under control, the measurement can be done, once in three months.
  - Vision Field Testing has to be done, once in six months.
- The data from these tests will be analyzed to ensure that the disease is under control.
- So far, there is no known cure for Glaucoma. Blindness or Significant Vision Loss can be prevented, if the disease is detected in the early stages and treated properly. 





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The Strength Behind Your Smile

# A Ten Minute Tool for a Happy Marriage

**T**he modern world is filled with competition, stress, anxiety and craziness that people have little time for relaxation and enjoyment, especially when it comes to spending moments with the family.

Why do we run this rat race? What is the purpose of life if we cannot take a break from our busy schedule and enjoy the small joys around us?

As a clinical psychologist and happily married woman with two children, I was surprised at the number of couples who come to me with marital problems. It is absurd to find a couple in front of you, who have compatibility

issues, after being married for a few years. Why is this so?

It is heartrending to see that in many cases, they have not yet 'got time' to consummate their marriage. Every marriage becomes richer and stronger only when physical compatibility comes into play.

Many couples are not comfortable with their spouse because they do not have any time to appreciate each other. But, it is paradoxical that they have ample time to find fault with and pick quarrels. So, at the slightest hint of discomfort, they begin to think of the easiest way out, which is divorce!

Many couples have got into similar situations that they are forced to go for counselling, where they end up quarrelling, like a bunch of roadside







**Ms. Sunayna Warriar**  
Clinical Psychologist  
Pazhanganad, Kerala, India

The most important thing is that you should listen to, with all your heart, what the other person is saying

ragpickers, shouting indecent words over petty matters.

All couples in the modern world, especially newly-weds, should understand that marriage is a sacred union of two people, which involves a lot of compromise from both sides.

They should also understand and accept that these compromises are valuable in the long run, as they will bring in so many small joys and memories as well as moments to cherish.

Marriage is one of the best things that can happen in the life of a person. This is where you will find a person, who becomes a partner for your life and moulds you into an ideal mentor, guide and friend, through thick and thin. It is the most ideal relation!!!

Now, how can we make the relation so divine and enduring?

With just a simple and easy gift to your spouse. Set apart 10 minutes of your time. Well, just 10 minutes, out

of the 1,440 minutes that you have for yourself each day, will make a big difference.

Utilize the 10 minutes efficaciously. You can sit together, hold her / his hands, kiss her / his forehead, share some chocolates, talk about your family, children, work, dreams, goals, achievements and so forth.

The most important thing is that you should listen to, with all your heart, what the other person is saying. Pay attention to what the other person means. Share your thoughts too.

You can also look into each other's eyes. Smile at each other and laugh over silly jokes. Say 'I love you'. Inspire, motivate and energize each other. In short, spend quality time with your partner. In those 10 minutes, make your spouse feel that he or she is your universe.

If you could manage to do this, you can unequivocally see that what you have got is a blissful companionship, throughout your life!! ☺

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