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THE DENTCARE

Your Monthly Health Care Magazine

Brightening smile the world over

Smile
on your Lips

Stem Cells
A Boon for Dentistry

Happy New Year!

Turning Over a New Leaf in the Year to Come

Up-Close with an Epitome of Versatility

Dr. Shashi Tharoor





Happy New Year 2019

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EDPRESS



Dear Reader,

A new script unfolds when a chapter comes to an end.

Spare a moment to glance through the pages of 2018. It would certainly make very difficult reading.

Every day was a revelation of unforeseen circumstances. It provided the glimpse of an opportunity for every human to become more humane.

To make every bit of the journey count required rare courage. The response to this daunting uncertainty would have consequential bearing on our quintessential existence.

It also brought to the fore the seeming realization of what mattered most. The beauty of life received a resurgent perspective.

A quantum leap in faith too was visibly palpable. We drew closer to the Almighty.

2018 will remain forever etched in our memories as the best seller I had curiously predicted it to be, if you were to revisit the editorial I had penned twelve months ago.

We emerge from this tunnel with invaluable experience of memories that cling, standing witness to the glorious dawn of 2019.

Positive Living should be your new mantra as you turn over a new leaf.

May your dreams, find wings; your resolve, find feet; your soul, find purpose and your heart discover the warmth to reach beyond. Stay blessed!!

THE DENTCARE remembers you in prayer for a year of seamless grace and immense fortitude.

Yours truly,

Prof. (Dr.) George P. John

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DENTCARE'S RADIANT PRESENCE



Participation of DentCare in the 53rd Indian Orthodontic Conference (IOC) held from 07 to 09 December 2018 @ Kochi, Kerala, India



DentCare @ 33rd IDA Tamil Nadu State Dental Conference held at Trichy from 30 November to 02 December 2018

Remarkable presence of DentCare @ The Greater New York Dental Meeting (GNYDM) held at New York from 25 to 28 November 2018



Turning Over a New Leaf in the Year to Come



FROM MD'S DESK

We stand at the dawn of a New Year, 2019. Let us give wings to new hopes and create a positive mindset to march towards our goal. Let us introspect and keep ourselves on the path of righteousness.

Is there something that is holding you back from changing your mindset and is preventing you from turning a new leaf in the year to come? If yes, I think you are like a baby elephant that is chained to a stake by its trainer to restrain it from moving afar. When the elephant was young and much smaller, it tried to liberate itself from this bond; but the animal abandoned all its attempts when its legs got bruised deeply.

As the elephant grew up, it got conditioned to believe that it cannot break the bond, which prevented the creature from making any further effort to break free, enabling the trainer to control it for the rest of its life.

You might have had bitter experiences in life which would have made you think that you are an utter failure in life, leading yourself into isolation. But you should understand that failures are not the end of life; they are the pillars of success. Hence, change your mindset and keep striving until your goals are accomplished. Never forgo your efforts halfway through; instead, bend over backwards to carry on your endeavors till dreams come true.

I would like to relate a life story. There was a poor boy named Howard Kelly who sold goods door-to-door

Mr. John Kuriakose

Managing Director
DentCare Dental Lab Pvt. Ltd.

to pay for his schooling. One day he was very hungry but he did not have enough money to pay for some food. Hence, he decided to ask for a meal from the next door. However, he felt ashamed to ask for food when he saw a lovely young woman opening the door. Instead of a meal, he asked for a glass of water.

Since the boy appeared to be very hungry, she brought him a large glass of milk. He drank it and gratefully asked, "How much do I owe you?" "You do not owe me anything," she replied. "My mother has taught me never to accept money in return for kindness." The boy thanked her from the bottom of his heart and left with a feeling of gratitude.

Years later, the boy grew up to become an able doctor and the kind woman was afflicted with a rare disease. She was referred to a large hospital where she was examined by Dr. Howard Kelly, who recognized her at once. She was given special attention and after a long struggle, the patient recovered completely. Dr. Kelly, after calling for her medical bill, wrote at the bottom, "**Paid in full with one glass of milk**", much to the astonishment of the patient.

We have to understand that the words / deeds of encouragement can give wings to a person's dreams while scathing remarks can shatter him completely. It is time to change our attitude of expecting abundant compliments from others while we are too frugal to extend appreciation to others. Let us change our cynical attitude and wear a positive mindset, casting the light of positivity and heavenliness across the world.

*Wish you all a very Happy and Prosperous New Year!
God Bless! ☺*

EATING DISORDERS AND PERIODONTITIS



Ms. Keerthi Telikicherla
House Surgeon



Guided by
Dr. Anirudh B. Acharya
Professor and Head
Department of Periodontics

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“Smile while you still have teeth” - an adage we come across way too often.

Let us straighten this once and for all-a white pearly smile is always not just about those white teeth that you see. These pearls are supported unconditionally by small yet significant pink parts called as the gums. As simple as it may seem, taking perfect care of these gums is not child’s play. Those people who see these pink areas bleeding incessantly even on the gentlest brushing every morning will know what I am talking about. This bleeding condition of gums is called as Gingivitis.

If ignored, it can further lead to a condition called Periodontitis where the very foundation of the tooth becomes diseased. The tooth becomes loose; there is an ugly exposure of the tooth and soon the ugly possibility of the tooth popping out in its entirety!

It is just not about the appearance-imagine your teeth planning their own gala movements in their sockets while you are just getting started on your peristaltic movements! This weakened support invites various harmful bacteria to enter through your mouth into the bone below down into your blood because bacteria are just looking for an easy way to enter your body and make you sick!

This passage becomes way more welcoming to these unfriendly bacteria when the person’s immunity is low. The immunity can be low due to various diseases that the person might be suffering from Diabetes, AIDS; persons on immunosuppression drugs or physiologic states like pregnancy.

It might sound bizarre but the sixth most important complication of Diabetes is Periodontitis! To paint a clearer picture-diet restrictions, regular exercise

regime coupled with frequent rants about how difficult it is to chew all those foods that you do not even like! The bacteria once in the blood can enter many other important organs in your body like the heart and cause diseases like infective endocarditis-which you definitely do not want.

Apart from all these, there are a significant group of people who are ignored in this category of diseases associated with Periodontitis. This is not about those people who live to eat, but about those who find it very difficult to eat even to live. Diagnosed with various eating disorders, it stems from their underlying negative body image and anxiety. They struggle day in and day out to just eat normally and lead a very normal life.

The most common eating disorders are

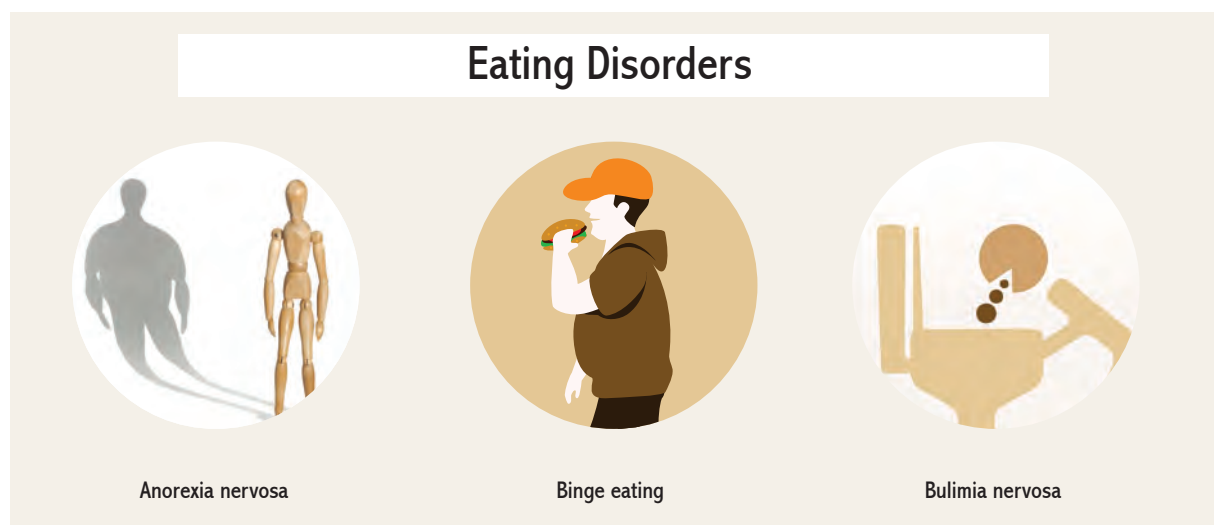
- ⊙ Anorexia nervosa
- ⊙ Binge eating
- ⊙ Bulimia nervosa

Anorexia nervosa

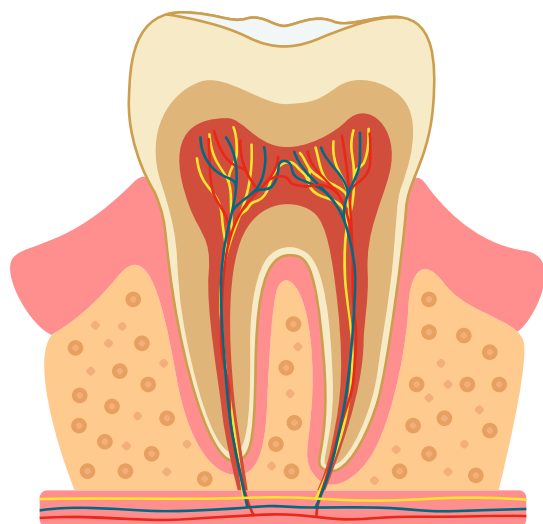
Anorexia nervosa is an eating disorder in which the person constantly sees themselves as overweight, when in reality they are extremely underweight. Due to this they constantly limit themselves from eating normally. This group has the highest mortality rate under the psychiatric disorders. This is because the overall nutrition uptake is stunted to dangerously low levels.

Binge eating

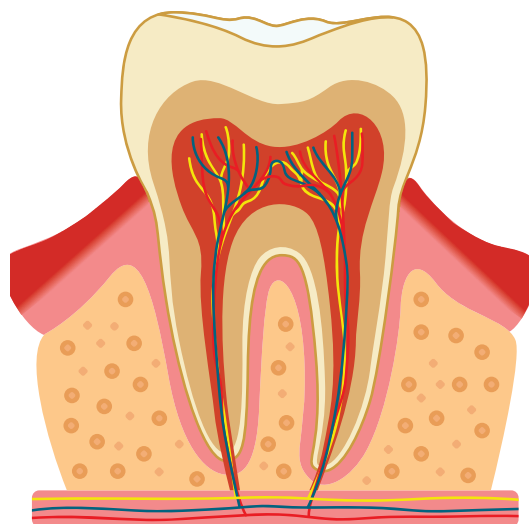
Binge eating is about those who lose control over eating. These people are obese as they eat morbidly



Healthy Gum



Diseased Gum



Brushing and flossing your teeth is not hard to do. Doing both correctly helps prevent gum disease

large amounts of food at a time and continue to eat so even when they are no longer hungry. This state of hunger is frequently linked to various underlying psychological problems like stress. This uncontrollable eating episode is often followed by a pang of guilt - which leads to stress, and to cope with it, they eat yet again - and so on continues the cycle.

Bulimia nervosa

Bulimia nervosa is another form of binge eating where the people over-eat uncomfortably, followed by either forced vomiting or laxative intake to force the ingested food out of their bodies. This succeeding act gives them a sense of satisfaction making them feel that they will not put on weight. This frequent vomiting - clinically presenting with normal weight- is associated with sore throat, gastroesophageal reflux disease (GERD), swollen salivary glands etc. due to frequent acid regurgitation.

People suffering from these eating disorders, primarily suffer from underlying psychological issues. They tend to isolate themselves from society as people have frequently ridiculed mental illness. This attached social stigma prevents them from seeking any professional help at the earliest and mainly, ignoring any dentally associated problems to the state they can no longer flaunt their natural yet perfect smile.

Periodontitis in these people is fairly common yet

easily ignored. Anorexia nervosa renders the person malnourished, due to which there is mucosal pallor, dryness of mouth etc., which further makes the teeth carious - prone and causes accelerated aging of the periodontium. Binge eating presents with severe attrition of teeth due to frequent mastication and stress associated bruxism. Bulimia nervosa exposes the person to reddish inflammation of the mouth, swollen salivary glands, upper teeth erosion, bad breath, swollen tonsils, sore throat and burning sensation in mouth.

The importance of these dental findings – DO NOT IGNORE THEM. So muster the courage to take that little trip to your dentist's office with your headphones on, ignoring the society's unsolicited, unrequited advice. Your dentist will definitely help you out.

The treatment involves the coming of various fraternities together – psychiatrist, nutritionist, lifestyle coach, dentist and a very supportive group of family and friends. Self help and support enables speedy recovery and well-being of the person. Moreover, this would also bring us one step closer to understanding mental illness and developing a holistic approach to improving their health, wellness and function.

We all have our inner demons. Just remember that you do not have to fight them alone. Let us be a part of the battle. We, as dentists, will not disappoint you—we are more than willing to go that extra mile to brighten up that perfect smile of yours. ©

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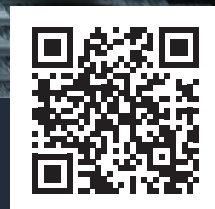
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POSITIVE THOUGHT BASED LIVING

Living in a world of high speed and action, we need to spend a few minutes in our everyday life looking at how much time we spend in the day in giving and spreading the fragrance around us.

Always check to see whether each action of yours is dedicated to the benefit of others and not only for benefiting the self.

We know well and realize that the day to day routine includes work tasks of different types but life is also about giving and receiving from others all that is beautiful in life like peace, love and happiness.

It is acceptable to be deeply involved with work but even while doing work, there are some people who are more in touch with their inner goodness.

Life is not about working hard for a living, alone, but also meant for living a value based life and spreading value to others. Values are not to be kept within yourself but to be shared with others and distributed with a big heart. Some will make it a point to share good things with others in the form of good words while talking to them and good gestures while interacting with them.

There are some people who will put up a good thought every day. They will do it in their homes, on their computer screens or at some place in their office where everyone can read it, take inspiration from it, bring it into practice and also inspire others with it. **This is called Positive Thought Based Living and not**





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just plain living which most of us indulge in.

Live life to the fullest and enjoy it but not at the cost of giving up values. Let every person whom you come in contact with, feel you are different not only in terms of personality and skills but also in terms of your basic nature and the virtues or qualities you possess. Then the world will become a beautiful place to live in and we will become like one big family closely knit together in a bond of pure love and happiness.

Blessings from every person you meet will make your life more beautiful and free of difficult situations. Living a life of giving joy to others through the simplest possible ways like a smile, a warm greeting or a gesture of appreciation is a beautiful way of gathering blessings from everyone.

It is said very commonly – give blessings and take blessings. That means the more you keep good wishes for others, the more full of good wishes you will be which you will receive back from others.

A good practice whenever you meet someone is to ensure that you have shared something with the other person eg. if a person comes to you and he is lacking happiness, just look at him and create a pure and positive thought in your mind that may make this person experience his original quality of happiness which he may share with others.

Do this with a humble consciousness. This is like giving a blessing to the other. This will inspire the other person to change and imbibe the quality of happiness which he is lacking. You may think that this will not work, but the power of a positive thought created by you is immense, which can transform the other person completely.

After all our thought energy does touch the other person's consciousness on a subtle level. It is like whispering into the other's ears a message of pure happiness which he is lacking, listening to which is an inspiration for him to change himself.

In the same way, if someone has a habit of becoming angry very easily, when you encounter them on a particular day, look at them and send them a good wish that may make you experience lots of peace. These are blessings which work magically. Powerful thoughts have immense power, much more than words.

The pure love that you carry for others in this



incognito way is like a healing balm which can make people more beautiful and bring them closer to you.

Try giving a good wish to every person you meet in the day for one week. This way you will see how your relationships with people become more beautiful and how everyone around you starts becoming better individuals. It is a beautiful practice.

Lastly, never think negative about any person. The busier we become, the more negative we get at times about others because we do not have time for introspection or looking inwards. Very often, we get into the habit of having a negative mindset especially when we talk to our loved ones or close ones about others.

We commonly say that such person is not so nice and we mention some negative personality characteristic or weakness of the other person or a certain negative way in which he or she has behaved.

It is quite common. You come home from office and talk to your family members about all the negative things that took place in your office and all the negative behavior of everyone there. All that you talk or discuss far away from the other person on a physical level travels to others on a non-physical level, which creates barriers in relationships.

So think positive and think good, spread the energy of positivity to others all the time and enjoy what is called Positive Thought Based Living.

(Source: Awakenings with Brahmakumaris) ©



MOUTHWASHES

AN OVERVIEW

Mouthwashes, a known name in the market, are an antiseptic solution that helps reduce the microbial load in the oral cavity. They are becoming more popular over time. Mouthwashes are an adjunct to tooth brushing. They help add a certain degree of benefit to regular tooth brushing. Mouthwashes should not be used as a substitute for tooth brushing. Mouthwashes, when used as a complement to a good tooth brushing habit, can bring about an optimum outcome.

Types of Mouthwashes

- Some types of Mouthwashes are therapeutic and may act either as an antimicrobial / antiseptic agent to reduce the microbial load in the oral cavity or as an anti-inflammatory agent to reduce the inflammatory reaction in the mouth. Mouthwashes containing Chlorhexidine Gluconate are strongly antimicrobial and can kill bacteria while those that contain essential oils adhere to the tooth surface and delay the formation of microbial plaque. Both these agents can prevent Gingivitis and Periodontitis when used in conjunction with good brushing and oral hygiene habits. Fluoride Mouthwashes help prevent Dental Caries.
- Some other types of Mouthwashes are cosmetic,

helping mask the presence of malodor / bad breath and leave behind a pleasant taste as well as a fragrance for a while. Some agents used in these Mouthwashes help inhibit odor-causing compounds, including Zinc Salts, Ketone, Terpene, and Ionone.

- Some Mouthwashes use a combination of both therapeutic and cosmetic agents for better efficacy / outcome.



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How to Use a Mouthwash?

- ◆ Different Mouthwashes have different indications and directions for use. For example, Chlorhexidine is generally used undiluted by swishing for 30 seconds in the mouth, approximately 20 minutes after brushing and rinsing the mouth thoroughly with water. However, it is not recommended to use Chlorhexidine containing Mouthwashes for over a period of 14 days, as they have side effects, such as staining of teeth, inflammation of the oral soft tissue, change in the perception of taste, and Hypersensitivity reactions.
- ◆ It is recommended to use Mouthwashes a short while after tooth brushing so that the agents in the toothpaste do not interfere with or impede the action of Mouthwashes.
- ◆ Some Mouthwashes may be uncomfortable to use, as they can cause a strong burning sensation on the gums, cheeks, tongue, and palate.
- ◆ Certain Mouthwashes need to be diluted with water to make them effective or reduce collateral damage to the oral tissues.
- ◆ Alcohol-containing Mouthwashes can cause Dry mouth and worsen Halitosis.
- ◆ Mouthwashes are also not recommended in children below 7 years of age, as their swallowing reflex is not fully developed. This can cause them to swallow a large amount of Mouthwash, causing a detrimental effect on their health.
- ◆ Continuous use of high strength Fluoride Mouthwashes can cause allergic reactions like rashes, itching/swelling (especially of the face/tongue/throat), dizziness, and trouble in breathing.

Mouthwashes and their uses

- ◆ Gum diseases and Inflammation can be significantly addressed by using Mouthwashes containing antimicrobial agents like Cetylpyridinium, Chlorhexidine, and Essential oils. When used in combination with daily brushing and flossing habits, these Mouthwashes can reduce Plaque and Gingivitis. However, their continuous use can cause discoloration of the teeth and changes in taste. Antimicrobial Mouthwashes also have great benefit in managing Dry Socket (Alveolar Osteitis), a painful condition following dental extractions.
- ◆ Some Mouthwashes contain Fluorides which can promote remineralization and prevent Tooth Decay, especially in children.
- ◆ Certain Mouthwashes contain anesthetic agents, such as Lidocaine, Benzocaine / Butamben / Tetracaine Hydrochloride, Dyclonine Hydrochloride, or Phenols, which help reduce intraoral pain or burning sensation. Agents like Sodium Hyaluronate, Polyvinylpyrrolidone, and Glycyrrhetic Acid can relieve pain associated with Aphthous Ulcers.
- ◆ Peroxide-containing Mouthwashes can reduce extrinsic tooth stains and promote tooth whitening to some degree. These agents are more acidic in nature and should be used carefully.
- ◆ Mouthwashes containing Enzymes, Cellulose Derivatives and/or animal Mucins may provide additional relief from symptoms associated with Xerostomia (Dry mouth). Alcohol-containing Mouthwashes should be avoided in such situations as they can cause mucosal dryness.
- ◆ There are also certain Mouthwashes that contain supplements like Vitamins and Minerals.



Conclusion

Mouthwashes are a great complement to regular daily tooth brushing and can be used as a crucial part of a good oral hygiene regimen. However, it is always good to get a professional opinion prior to using Mouthwashes, as some of them have serious side effects. A dentist can help you choose the best and the most suited Mouthwash. ©



SMILE ON YOUR LIPS



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Lips are an integral part of your body requiring proper care and attention, especially in winter, since your skin will become dry during this season. Since the skin of the lips is thin and sensitive, it is more susceptible to cracking and chapping when it is exposed to cold and dry weather.

There are also other causes for this condition like Lip biting and frequent licking of Lips, excessive exposure to sunlight, ill-fitting dentures, Vitamin deficiencies and more. Allergy to flavoring agents in toothpastes, mouthwashes, candies, chewing gums etc. can also cause chapped Lips. Allergy to lipsticks or other cosmetics can also result in cracked Lips.

A Few Tips to keep your Lips moist and soft in Winter

- Apply Lip Balms that containing Vitamin E, Tea Tree Oil, or Petroleum Jelly to the Lips. You may apply these balms many times a day, especially when you are more exposed to sunlight. Reapply the Balm after eating / drinking or wiping your Lips
- Apply a Moisturizer, Vitamin E Oil, Aloe Vera Gel or Butter on your Lips to retain moisture
- Drink plenty of water to avoid dehydration
- Take a balanced diet containing an appropriate amount of Vitamins and Minerals
- Do not go out in dry and cold weather without applying Lip Balms or Vaseline to moisturize your Lips
- Before putting on Lipsticks, apply a small amount of Lip Balm or Vaseline to moisturize your Lips
- Avoid licking and biting your Lips frequently, as this may lead to cracked Lips or worsen your condition if you already have one
- Avoid excessive exposure to cold / dry air and sunlight
- Cracking of Lips and cracks in the corners of the mouth may be due to deficiency of Vitamins (B2, C etc.) and Iron. Therefore, take Vitamins and Iron Supplements as per your doctor's advice

If you follow these tips, they will not only help heal your chapped lips but also help make your Lips resistant to damage. ©



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Stem Cells

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Dr. Neelam Pande
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In dentistry, the restoration of lost teeth and contiguous tissues has been made possible through the delivery of stem cells, bioactive molecules, or synthetic tissue engineered in the laboratory.

Contemporary dental practice is largely based on conventional, non-cell-based therapies that rely on durable materials from outside the patient's body. Amalgam, composites, metallic implants, synthetic materials, and tissue grafts from human cadavers and other species have been the mainstream choices for the restoration of dental, oral, and craniofacial structures.

In the past, mankind has opted to replace missing body parts with inanimate objects that were created by him. But with advancing research in biotechnology, the regenerative capability of our own living body tissue has opened a new era of tissue engineering.

Despite various levels of clinical success, conventional materials suffer from intrinsic limitations, such as potential immune rejection, transmission of pathogens from the donor, and the general inability of conventional materials to remodel with recipient tissues and organs.

An often-preferred approach by surgeons to use autologous grafts, such as bone grafts, necessitates donor site morbidity. In contrast, tissue engineering relies on the principle that mesenchymal stem cells are capable of generating virtually all craniofacial structures, and temporary bio mimetic scaffolds are necessary for accommodating cell growth and tissue genesis.

Stem cell research has long been a much-debated and highly-controversial scientific field. It was a Russian histologist named **Alexander Maksimov** who, in 1908, first put forward the existence of the stem cell as part of his theory of haematopoiesis.

Stem cells also known as “progenitor or precursor” cells are biological cells found in all multicellular organisms that can divide (through mitosis) and differentiate into diverse specialized cell types and can self-renew to produce more stem cells. **Stem cells** are unspecialized cells that develop into the specialized cells that make up the different types of tissue in the human body.

Biologically, mesenchymal cells are primarily responsible for the formation of virtually all dental, oral, and craniofacial structures. Mesenchymal stem cells, the reservoir of mesenchymal cells in the adult, have been demonstrated, in tissue engineering, to generate key dental, oral, and craniofacial structures. Many dental and craniofacial structures are readily accessible, thus presenting a convenient platform for biologists, bioengineers, and clinicians to test tissue-engineered prototypes.

There are a plethora of regions in and around the oral cavity where the concept of tissue engineering is being applied. It can be used to repair and regenerate



Alexander Maksimov
Russian histologist

craniofacial bone tissue and for periodontal regeneration.

Bioengineered tooth tissue regeneration is an interesting phenomenon which would open up an entire era of evolution of the third natural dentition. Adult dental ecto-mesenchymal stem cell seems promising for future therapy. Human stem cells have been isolated from the dental pulp, exfoliated deciduous teeth, the periodontal ligament, the dental follicle and the dental papilla.

Advances in this field have led to significant progress in tissue repair and regeneration processes in dental tissue. Efforts are being focused on the formation of bioengineered dental tissues and whole teeth of predetermined size and shape.

Adult stem cells, with the capacity of self-renewal and multiline age differentiation have paved the way of modern Prosthodontics to a more scientific and biological practice by unleashing tissue engineered human biological tooth regeneration. They play a crucial role in postnatal tissue development and provide an attractive progenitor cell source.

Our strategy to develop a future clinical application for human biological teeth generated from adult stem cells follows. Epithelial stem cells are harvested from the dental epithelium or oral epithelium, while dental

pulp stem cells can be obtained from either dental pulp tissues or bone marrow stromal cells. Periodontal ligament stem cells can be obtained from either periodontal ligament tissues or dental follicle tissues.

Isolated epithelial, dental pulp and follicle stem cells are then multiplied in vitro using an appropriate supportive culture environment. After combining epithelial, dental pulp, or dental follicle stem cells, a tooth primordium begins to develop in vitro or in vivo with the support of appropriate signalling molecules; these are distributed with a precise spatial and temporal organization.

Subsequently, the mimic tooth primordium is transplanted back into the jaw where there is a missing tooth. The best location for growing new teeth, such as inside bone or in vitro, needs further consideration.

Stem cell engineering has proved outstanding in the field of implant dentistry also by generating a new hope by formation of periodontal structures around titanium implants. For decades, successful Osseo integration has provided thousands of restorations that maintain normal function.

With the increasing need to utilize dental implants for growing patients and enhancing their function to simulate normal tooth physiology and proprioception, there appears to be an urgent need for the concept of periodontal tissue regeneration around dental implants.

It is now clear that undifferentiated mesenchymal stem cells are capable of differentiating to provide the three critical tissues required for periodontal tissue regeneration: cementum, bone, and periodontal ligament. Tissue-engineered bone constructs have the potential to alleviate the demand arising from the shortage of suitable autograft and allograft materials for augmenting bone healing. They also can serve as controllable in vitro models of high biological fidelity for studies of bone development, disease or regeneration.

Each of the sources of osteogenic human cells – primary cells, Mesenchymal cells, Ectomesenchymal cells and induced pluripotent stem cells – has distinct advantages when used for bone tissue engineering.

“

Stem cells also known as “progenitor or precursor” cells are biological cells found in all multicellular organisms that can divide and differentiate into diverse specialized cell types and can self-renew to produce more stem cells



The quest for an ‘ideal’ cell source is still in progress. Because bone is a vascularised tissue that is actively remodelled through coordinated sequences of bone growth and resorption, the requirements are much more complex than ‘just’ the formation of mineralized bone matrix. The potential use of human embryonic stem cells and their cell derivatives in regenerative medicine is possibly the main reason why public awareness is so high in this particular scientific field.

Thus, stem cells derived from all sources hold immense medical promises. Stem cell therapies have virtually unlimited medical and dental applications, with regard to their differentiation capacity, accessibility and possible immune-modulatory properties.

A team effort engaging the expertise of molecular biologists, immunologists, biomaterial scientists, cell biologists, matrix biologists, and practicing dental surgeons is crucial in attaining the desired goal. Further studies are necessary to establish evidence-based practices to educate dentists and patients regarding the use of stem cells in autologous regenerative therapies. ©

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The ABC of TOBACCO Cessation





Dr. Reshmi Haridas
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Tobacco consumption affects the lives of billions of people, posing a major public health challenge. India is the second largest consumer of Tobacco after China and accounts for nearly one million deaths annually, which is approximately one-sixth of the world's Tobacco-related deaths. Use of Tobacco, both in its smoked and smokeless forms, is one of the causes of preventable deaths worldwide.

Tobacco use and smoking, including second-hand and third-hand are implicated as one of the prime risk factors for many chronic and debilitating diseases, including Heart disease, Stroke, Multiple Cancers and Respiratory diseases, in addition to complications of pregnancy, such as Preterm Birth and Low Birth Weight.

Tobacco consumption also leads to oral health problems, such as Tooth stains, Bad breath, Tooth wear/Sensitivity, Gum disease, Root caries, Tooth mobility, along with precancerous conditions, and/or life-threatening Mouth Cancers. A dentist may be the first to recognize and extend help with Tobacco Addiction. A dental check-up offers an excellent opportunity for a patient to seek help with Tobacco Addiction.

Management of Tobacco Dependence

Prevention of Tobacco use can be accelerated by taking policy-level measures, such as increased taxation on Tobacco products; stricter enforcement of Laws; prohibition of smoking in public places; and restriction on Tobacco advertising. Preventive measures should also be taken at the school or community level by conducting awareness campaigns.

Tobacco Cessation Interventions may also be employed by a health professional in a clinical setting. A dental practitioner certified in Tobacco Intervention Initiative (TII) is professionally competent to help patients with Tobacco Addiction.

Why is Tobacco Addictive?

Tobacco products contain more than 5000 toxic substances and the most dangerous ones are Nicotine, Carbon monoxide, Tar, and Polycyclic aromatic hydrocarbons. The addictive effects of Tobacco are attributed to Nicotine which is responsible for the behavioral effects.

FORMS OF TOBACCO

Smoked Forms

- ⊙ Cigarettes
- ⊙ Bidis (popular in rural areas)
- ⊙ Hookah (popular with youngsters in the urban areas)
- ⊙ Cigars
- ⊙ Pipes

Smokeless Forms (sniffed or chewed)

- ⊙ Chewing Tobacco
- ⊙ Pan Masala
- ⊙ Gutkha
- ⊙ Mawa / Khaini
- ⊙ Mishri
- ⊙ Betel leaves with areca nut, lime, and tobacco
- ⊙ Snuff

Tobacco Cessation Interventions

A few of the methods chosen by health professionals to treat Tobacco use and dependence are as follows

- ✱ Behavioral/Non-Pharmacological (without drugs)
- ✱ Pharmacological (using Drugs or Nicotine Replacement Therapy – NRT)
- ✱ A combination of both

Behavioral Counseling / Non-Pharmacological Management

Most commonly used Non-Pharmacological Tobacco Cessation strategy is Behavioral Counseling. Other Non-Pharmacological strategies with some evidence

**Choose
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of efficacy include Hypnotherapy (Hypnosis) and Acupuncture.

Because of the oral health implications of Tobacco use, dental practices may provide a uniquely effective setting for the recognition, prevention, and cessation of Tobacco use.

'A 5-step algorithm', also known as "the 5 As" has been used by healthcare professionals while engaging patients with Nicotine Dependence. They are as follows

Ask

A doctor first identifies and documents the 'Tobacco use status' of a patient during every visit. Visible oral changes help make identification easier for a dentist.

Advice

A professionally competent dentist will take clear, strong and personalized tactics to urge every Tobacco user to quit the habit.

Assess

The willingness of a patient to quit the habit is assessed.

Assist

For a patient willing to quit Tobacco use, counseling and pharmacotherapy are employed to help him in the process.

Arrange

Follow-up contact, in person or by telephone, preferably within the first week after the quit date is arranged.

For those who are unwilling to quit the habit, a dentist may adopt the Cold Turkey Method (giving up smoking all at once, without the aid of any nicotine replacement therapy products or stop-smoking drugs) or Behavioral Counseling and Motivational Interviewing (MI) to help them quit the habit abruptly.

Pharmacological Intervention

Cessation medications, including Nicotine Replacement Therapy, may be necessary in certain cases. These medications should not be prescribed for pregnant women, light / infrequent users and those with Epileptic or Psychiatric Disorders.

The first few weeks of quitting Tobacco can be the hardest, as the person may experience Withdrawal Symptoms. When the body does not get its usual dose of Nicotine, this can cause unpleasant situations, such as irritability, frustration, anger, anxiety, restlessness, tremors, craving, insomnia, decreased heart rate, increased appetite, weight gain, or lack of concentration. A Nicotine Replacement Therapy can help alleviate these symptoms.

The term Nicotine Replacement Therapy may be a misnomer, considering the fact that NRT products also contain Nicotine. But these products contain considerably low doses of Nicotine.

Conclusion

Tobacco Addiction is one of the most important preventable causes of morbidity. Family physicians and dentists are well positioned to influence and assist their patients in quitting Tobacco use, which in turn helps reduce the burden on both personal health and the public health care system. A combination of both Non-Pharmacological and Pharmacological Therapies coupled with Behavioral Counseling and Motivational Interviewing will go a long way in helping Tobacco users quit the habit and leading a healthy life. ®

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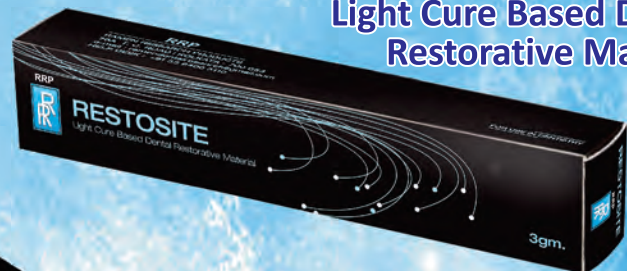
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**VERSATILITY HAS
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DR. SHASHI THAROOR**

Dr. Shashi Tharoor, who is a versatile and acclaimed writer as well as an orator, is the sitting Member of Parliament from Thiruvananthapuram Parliamentary Constituency, Kerala, India for the second consecutive term. He also serves as the Chairman of the Parliamentary Standing Committee on External Affairs, Government of India.

Before entering politics, he was an international diplomat of great repute. He served the *United Nations Organization (UNO)* as a career official for nearly three decades, rising to the rank of Under-Secretary-General. For a short stint, he served as the Minister of State for External Affairs and Human Resource Development, Government of India.

Dr. Tharoor opens his mind to 'The DentCare'.

1. What is your dream about India?

My dream for India resonates closely with my idea of India, which, as I have long argued, is that our nation may endure differences of caste, creed, color, conviction, culture, cuisine, costume and custom, and still rally around a consensus. And that consensus is around the simple idea that in a diverse democracy like ours, you do not really need to agree all the time – except on the ground rules of how you will disagree. My dream for India celebrates diversity: If America is a melting pot, then to me India is a thali, a selection of sumptuous dishes in different bowls. Each tastes different and does not necessarily mix with the next, but they belong together on the same plate, and they complement each other.

Sadly, in today's times, this idea of India has been challenged by a bigoted, chauvinistic and exclusionist idea of India, where under our present political masters, some Indians are first and others are last. The triumphant majoritarianism of the ruling party marginalises minorities and seeks to reduce non-Hindus to second-class status in a Hindu Rashtra. Such an idea has nothing in common with the idea of India I have described, which is the idea on which our Constitution rests and on which our Republic has operated for seven decades. It is divisive rather than inclusive, intolerant of diversity and difference.

At the same time, as a cautious optimist, I do believe that hope is not lost and that in a country as large and diverse as our own, it takes time to develop such an extraordinarily inclusive and pluralistic idea of India. So my dream is that we shall be able to successfully return to that Indian idea in the near future. And that having done so, we will create an India where no one goes hungry or lives without a roof over their head; where all our citizens have decent work, a primary health care clinic within a few kilometres from their place of residence, good schools for their children and the opportunity to better their lives.

“

I am already a former Minister, may one day become a former MP but I hope never to be a former writer

2. How do you define an ideal politician?

To my mind, an ideal politician would first and foremost be principled. They should have a vision of politics as a mission and a calling, not merely a job or a career. Other character traits that would also be important include knowledge (including the capacity and willingness to keep learning), humility, sincerity, perseverance and fortitude. Of course, an ideal politician will also need very good communications skills, and also be required to be an excellent diplomat capable of juggling an eclectic list of expectations, challenges and political adversaries that she or he will inevitably encounter in their journey. And an Indian politician in the present social media era will also need a very thick skin that will not be pierced fatally by the barbs of critics and trolls.

3. What are your career milestones still remaining to be achieved?

I have been extraordinarily fortunate to have had (at the risk of some immodesty) a fairly successful and eventful career so far – starting from nearly three decades with the United Nations, multiple roles in the Congress Party (including two ministerial stints with UPA 2) and of course, the satisfaction of having been twice elected Member of Parliament for Thiruvananthapuram. The last one has arguably been the most rewarding experience of them all, since it has given me a unique opportunity to not only help the people of my constituency and ensure their well being but also, in my own way, contribute to the national discourse in the country. I had once remarked that 'India matters to me and I would like to matter to India'. I believe as a Parliamentarian, I have been incredibly fortunate to be able to live by that motto, each and every day.

As for future milestones, I have never known at any stage in my life what I would be doing in two years' time and where I would be doing it, but things have worked out pretty well. My philosophy is that whatever I find myself doing, I should do it well and to the best of my ability, and the future will follow.

Of course, in politics, there are no certainties, and the voters might choose to return me to my other world, that of writing. I am already a former Minister, may one day become a former MP but I hope never to be a former writer.



4. Could you disclose an impressive/moving experience in your life that you cherish forever?

It is hard to single one such instance. As an elected representative, each day spent in my constituency comes inevitably with many such experiences. But if I really had to single one such experience out, I would choose one from when I served as the head of UNHCR in Singapore from 1981-84, at a time when the crisis of Vietnam boat people was at its peak. My first and foremost role, just like the core mandate of UNHCR, was to protect the refugees. Refugees picked up in the high seas were being brought in, and it was my job to help negotiate their disembarkation, get them into refugee camps and look after them, negotiate their acceptance by other countries for resettlement, and get them off to new lives. Which meant that I was able to put my head to the pillow every night knowing that the things I had done during the day had made a concrete difference to real human beings, to their lives. In fact, these were people I could actually see around me. They were not statistics or figures on a piece of paper. That was amazingly enriching in all sorts of ways. It went beyond diplomacy.

I remember one family in particular, with two small infants (one a new baby) who had been floating in the sea for a prolonged period after the makeshift engine on their boat had died. They were out of food and water, subsisting on rain water and hope. The parents slit their own fingers and got the infants to suck their blood in order to survive. When they were rescued by an American ship they were so weak they could hardly stand. To see that same family a few weeks later, healthy, well-dressed and setting off for a new life in the United States, was an extraordinary experience. It offered the kind of satisfaction that few jobs in the world do.

“
India matters to me and I would like to matter to India

5. You are a man of erudition noted for oratorical prowess. How did you master the finesse?

My vocabulary has been a product of a habit of voracious, indiscriminate and copious reading that began at the age of two. During my school days, it helped that there were no TVs, computers or mobile phones to distract me from reading. So books became my entertainment, my escape – and my education. There is just so much to read that you cannot go wrong wherever you start! I believe that reading is a way of learning, especially learning how to write. To be a good writer, you need to be a good reader.

As for public speaking, it is one of those skills best developed by doing – that is, you become a better speaker by speaking, perhaps not so well initially, until you develop your mastery by gauging your impact on real audiences. I went to schools that held elocution, debate and extempore speech contests, so I honed my skills early, as a child, in competition with my peers. The basic rules are to know what you are saying – have a coherent argument that makes sense; ensure you have the supportive points and facts to buttress it and to counteract the other side; speak clearly and persuasively, ideally with some spark and wit as well. With effort, anyone can do it. ®

For The DentCare

Interviewed by

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AYURVEDA FOR VARICOSE VEINS

Varicose Veins are a condition in which veins become enlarged / swollen and twisted. Varicose Veins can affect any part of the body, but it most commonly affects the lower limbs.

Functions of Veins on the Lower Limbs

Veins on the lower limbs have pairs of leaflet valves to prevent blood flowing backward. When the veins become enlarged due to various reasons, the valve no longer meets properly and they enlarge evermore. Varicose Veins usually affect the veins just under the skin.

Causes of Varicose Veins

- ◆ Heredity
- ◆ Pregnancy
- ◆ Obesity
- ◆ Constipation
- ◆ Increasing age
- ◆ Standing still or sitting for a long period of time
- ◆ Previous injuries to the legs



Dr. Subin G. S.
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Are Varicose Veins Dangerous?

In general, Varicose Veins are not dangerous. But some people experience significant discomfort associated with this condition. If left untreated, people with Varicose Veins will be affected with inflammation of the skin or Skin Ulcers near your ankle. These ulcers can be extremely painful and may take a long time to heal.

Another possible complication is Thrombophlebitis, an inflammatory process that causes a blood clot to form in one or more veins. Bleeding from Varicose Veins is another possible complication.

Symptoms of Varicose Veins

Initially, Varicose Veins are usually painless, but over time they can cause symptoms, such as aching pain and discomfort, heaviness of the legs, cramps in the legs (most often at night), swelling on the feet and ankles, skin discoloration, itching, restless legs and spider veins (tiny red or blue veins that resemble a spider web).

Diagnosis and Test

Color Doppler Ultrasound (a noninvasive test that can be used to estimate blood flow)

Treatment Principle in Ayurveda

According to Ayurveda, varicose veins is compared to Sira-Granthi [ramifications of veins (Sira) giving rise to a raised knotty formation known as Sira-Granthi]. This is a condition which manifests due to vitiated Vata [a type of body tumor], unhealthy food, improper lifestyle etc., and this, in turn, makes a change in the anatomical structure of the veins. Along with

this, vitiation of Rakta Dhatu (blood) also takes place, which results in the formation of Sira-Granthi.

The treatment aims at Vatahara (pacification of Vata tumor) and Rakta Prasadana (purification of blood).

Patients can also undergo Panchakarma Therapy (a treatment for the purification of the body) under the guidance of an Ayurvedic Physician.

Various types of medications are used in Ayurveda for the treatment of varicose veins. External Therapies like Abyangam (medicated oil massage) and Kizhi (medicated powders) are also recommended for varicose veins.



Compression Stockings for Varicose Veins

Compression Stockings are specialized hosiery designed to improve blood circulation and reduce the symptoms of varicose veins. These stockings exert pressure on the lower limbs and provide an extra squeeze that helps promote blood flow.

How to prevent Varicose Veins?

Measures to improve blood circulation and muscle tone through regular exercise, maintenance of body weight etc. are necessary to reduce the risk of varicose veins. It is important to also include green leafy vegetables, fruits, and vegetables in your diet, besides avoiding sitting or standing for prolonged periods of time, since this can aggravate the condition. Quitting smoking and drinking alcohol along with practicing Pranayama, Yoga etc. are effective in keeping varicose veins at bay. ©

How to Prevent Varicose Veins?



Healthy Eating



Regular Exercise



Quitting Smoking



Polycystic Ovarian Syndrome: An Overview

Polycystic Ovarian Syndrome (PCOS) also known as Stein-Leventhal Syndrome is a hormonal problem that can contribute to a variety of symptoms in women of reproductive age. PCOS occurs in 10% of women and is one of the main causes of infertility across the world.

PCOS is a condition in which a woman's ovaries and in some cases the Adrenal Glands produce more than the normal quantity of Androgens (a type of hormone). High levels of these hormones interfere with the development and release of eggs during ovula-

tion. As a result, fluid-filled sacs or cysts can develop in the ovaries. Since women with PCOS do not release eggs during ovulation, fertilization does not occur and this accounts for infertility in females.

The symptoms of PCOS begin in adolescence or in certain cases the women may not know that they have PCOS until after infertility occurs. A woman with PCOS may suffer from Irregular Periods or Amenorrhea, the absence of menstruation. Excess facial and abdominal hair; thinning of scalp hair; Acne; dark patches around the neck and under the breasts or



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arms; Weight gain etc. are a few of the common symptoms associated with Polycystic Ovarian Syndrome. The inability of the ovaries to produce eggs and over-secretion of Insulin or Insulin resistance are the associated conditions related to PCOS.

How does PCOS affect Fertility?

A woman's ovaries have follicles, tiny fluid-filled sacs that hold the eggs. When an egg matures, the follicle breaks open to release the egg so that it can travel to the uterus for fertilization. In a woman with PCOS, these immature follicles bunch together and form large cysts or lumps. The eggs mature within the bunched follicles, but the follicles do not break open to release them.

As a result, women with PCOS often have menstrual irregularities, such as Amenorrhea (absence of menstrual periods) or Oligomenorrhea (infrequent menstruation). Since eggs are not released, most women with PCOS have trouble in getting pregnant. Although it is hard for women with PCOS to get pregnant, some get pregnant naturally or through Assisted Reproductive Technology (ART). Women with PCOS are at higher risk for miscarriage, if they get pregnant.

Follow a healthy lifestyle and diet to improve your chance of fertility and make your body ready to support a healthy pregnancy



Symptoms of PCOS

In addition to infertility, women with PCOS may also have

- Pelvic pain
- Hirsutism, or excess hair growth on the face, chest, stomach, thumbs, or toes
- Male-pattern baldness or thinning hair
- Acne, oily skin or dandruff
- Patches of thickened and dark brown or black skin

Associated Conditions

Women with PCOS are also at higher risk for associated conditions, such as

- Diabetes
- Metabolic Syndrome – sometimes called, a precursor to Diabetes, this syndrome indicates that the body has trouble regulating its Insulin
- Cardiovascular Disease including Heart Disease and High Blood Pressure

Women who are obese are more likely to have PCOS. There are medications to control the symptoms of PCOS, such as Birth Control Pills that help regulate menstruation and reduce the levels of Androgen. Cosmetic problems and High Blood Pressure and / or Cholesterol levels related to PCOS can also be controlled with medications. But these medications are not helpful in curing PCOS.

More than half of the women with PCOS are overweight or obese. It has been found that 'Insulin Resistance' is the primary cause of weight gain in such women. When a woman is Insulin resistant, even though the amount of Insulin released into the bloodstream after a high carbohydrate meal is sufficient or more than sufficient (a condition called Hyperinsulinemia or excess levels of Insulin in the blood), her body is unable to utilize glucose effectively. The excess blood sugar gets converted in to fat and as a result, this contributes to weight gain and this in turn, leads to further Insulin Resistance and worsens the condition of PCOS.

Treatment

It is important to have PCOS diagnosed and treated early to help prevent associated problems. A healthy diet, exercise, and constitutional medications are important to reverse PCOS and the associated conditions. With the help of these modalities, PCOS can be effectively controlled. Women with this condition should follow the diet throughout life. No PCOS pa-

tient can be treated successfully unless the person changes the lifestyle and follows the diet.

The primary objective of the treatment for PCOS focuses on weight loss. Since Insulin Resistance is the main detrimental factor in an overweight woman with PCOS, it is recommended to follow a diet similar to the one recommended for people with Type 2 Diabetes, i.e. whole rice or wheat grains, as they contain High Fiber and low Glycemic Index.

Avoid junk foods as they contain a large amount of Calories with little dietary Fiber, Protein, Vitamins, or Minerals. Eat smaller meals more frequently, as this will help prevent food cravings drastically.

Regular Exercise will help increase the muscle mass and Basal Metabolic Rate (BMR), i.e., the rate at which a person burns Calories. Both overweight and underweight conditions can suppress ovulation and upset the natural Hormone and Insulin levels in a woman and this, in turn, affects her Sex Hormone-binding Globulin (SHBG), adversely affecting the amount of free Androgen in her body. Weight loss can either lessen many health conditions associated with PCOS or reduce its symptoms.

Basic Dietary Principles for Managing PCOS

Diet for women with PCOS aims at their overall health and weight management. Foods low on the Glycemic Index (GI) will gradually release glucose into the bloodstream whereas those high on the Glycemic Index will provoke an immediate response in the blood sugar levels.

Foods are given a rating from 0 – 100 on the Glycemic Index with glucose in the highest position. High GI foods will rapidly increase the sugar levels in the body.



The Fiber contained in food helps in slow absorption and reduces blood sugar and Cholesterol levels, in addition to helping in weight management. Fiber intake should be 25 to 30 grams per day. Whole cereals, ragi, whole dal, grams, etc. contain an adequate amount of Fiber. Since maida flour, semolina and polished white rice are devoid of Fiber, avoid their intake altogether.

Omega 3 Fatty Acids help reduce the risk of blood clots. These acids help reduce Low-density Lipoproteins (LDL) and help increase High-density Lipoproteins (HDL), in addition to reducing the production of Triglycerides in the liver. Pure ghee and fish contain ample amount of these Acids. The human body gets good nutritional Antioxidants from Turmeric, Amla (Gooseberry), Clove, Capsicum, and Red Chillies.



Conclusion

Maintaining a healthy diet, regular exercise / active lifestyle and constitutional medications are helpful in reversing PCOS and its associated conditions. ®



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TOOTH SENSITIVITY CAN SURPRISE

Tooth sensitivity is one of the most common complaints encountered in our everyday clinical practice. Tooth Sensitivity is described as a brief sensation caused by the exposure of dentin, the layer beneath the hard-white enamel of a tooth, to external stimuli.

Causes of Tooth Sensitivity

Food Habits

Ingestion of hard and acidic foods / drinks like citrus fruits, beverages, aerated drinks etc. can contribute to Tooth Sensitivity.

Brushing Habits

Improper brushing techniques, brushing your teeth aggressively in a horizontal fashion, especially with a hard-bristled toothbrush etc. can result in Tooth Sensitivity.

Tooth Decay

Plaque contains bacteria, which produce





Dr. Anju Thomas
Prosthodontist and Oral Implantologist
Bengaluru, Karnataka, India

acids that erode your tooth enamel, gradually leading to Tooth Sensitivity.

Use of Teeth-whitening Therapy / Toothpaste

Sensitivity can be a temporary side effect of teeth-whitening treatment. Frequent use of improper at-home tooth-whitening products can also cause Tooth Sensitivity.

Gum Problems

Gum Recession, a common problem in people over the age of forty, can cause Sensitivity. Also, excessive flossing can damage your gums causing Sensitivity.

Cracked / Split Tooth

A Cracked Tooth can cause pain when you chew or bite on hard substances and can result in Tooth Sensitivity.

Recent Dental Restorations

You may experience temporary Sensitivity after you have done dental treatment, but this would subside within four weeks.

Sinus Infection

A Sinus Infection can make your teeth hurt or sensitive when you do certain activities like jumping, brisk walking etc. This is due to the pressure and inflammation in the Sinus.

Cold Weather

When teeth come in contact with Cold air, it can trigger a sensitive tingle.

Bruxism

Bruxism is grinding of the teeth during sleep, which can cause wearing of tooth enamel, resulting in Tooth Sensitivity.

Chewing on Ice

If you are in the habit of chewing on ice, it can damage the nerves inside your teeth resulting in Tooth Sensitivity.



Overconsumption of acidic food and drink can cause painful sensitivity in your teeth

Pregnancy

It does not directly cause Tooth Sensitivity but there are hormonal changes which can affect your gums, which in turn may lead to discomfort and dental pain.

Treatment

1. Enamel erosion can expose the dentin and cause Tooth Sensitivity. Your dentist will identify the underlying causes of Sensitivity and recommend suitable interventions like Fluoride therapy, Gingival Graft Surgery etc.
2. Your dentist may recommend a Root Canal Treatment when other procedures are not effective for Sensitive Teeth.
3. If Tooth Sensitivity is due to Tooth Decay, restoration of these teeth is the ideal choice.

Prevention of Tooth Sensitivity

- ▶▶ Using fluoride toothpaste
- ▶▶ Brushing your teeth using a soft-bristled toothbrush
- ▶▶ Using a mouthwash containing fluoride for three months
- ▶▶ Abstaining from taking highly acidic food and drink
- ▶▶ Wearing a mouth guard, if you are in the habit of grinding teeth

Conclusion

Talk to your dentist for more information and determine the best solution for your sensitive teeth. ©



EXPERIENCE DENTCARE



JOURNEY TO EXCELLENCE

I visited DentCare Lab in Kerala to attend a workshop on CAD / CAM dentures. The program was well managed and informative.

The notable distinctiveness of the lab was its relentless and insatiable thirst for cleanliness and hygiene, along with lofty work ethic and decorum. Everything in the lab was systematic and organized. The entire edifice and the environment were serene and awe-inspiring.

Their hospitality was beyond description and the demeanor of staff was exemplary. If I get another opportunity to go to Kerala, I will definitely love visiting the lab again.

Wishing the lab all success. Keep up the good work! @



Dr. Swapnil Chandratre
Dental Practitioner, Navsari, Gujarat, India



MEETING THE EXPECTATIONS

We got carried away by the astounding infrastructure facilities of the lab. We were welcomed warmly and promptly taken care of. The overwhelming etiquette of DentCare still lingers in our mind.

The laboratory is one of the best that we have ever seen, with such an astonishing decorum of staff, along with a myriad of state-of-the-art equipment.

We got the opportunity to witness the working pattern and day-to-day activities of this exquisite workplace close at hand. The lab stands tall for its versatility and dedicated workforce.

Let the lab soar up to greater heights. @

Dr. Pankaj Shah
Consultant Orthodontist

Dr. Mausami Shah
Dental Practitioner

Rajkot, Gujarat, India



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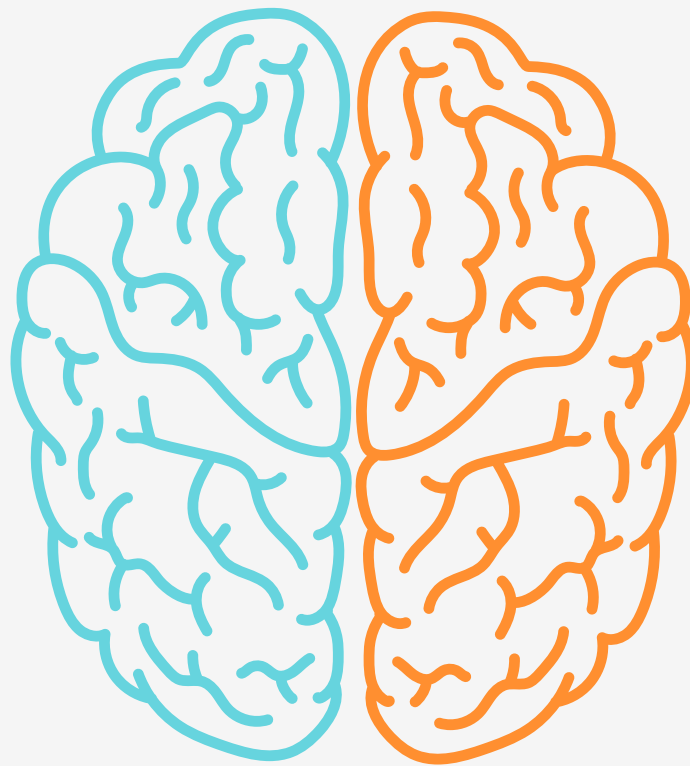
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COMMON DENTAL MYTHS AND FACTS

PART – II



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This article will help clarify some of the common myths / doubts / queries that are repeatedly asked by patients and the general public.

Myth Root Canal Treatment(Pulpotomy/ Pulpectomy) should not be done for Children

Root Canal Treatment (Pulpotomy / Pulpectomy) means removal of the infected soft tissue (pulp) from inside a tooth, cleaning and disinfecting and filling it with a filling material from the root tip to the crown of a tooth. The procedure is absolutely safe in children. Retaining a milk tooth till its normal age of exfoliation is important for the proper growth and development of the underlying permanent tooth and is also quintessential for maintaining the space for the erupting larger permanent tooth.

Early removal / loss / extraction of a milk tooth can cause shrinkage of space between teeth, resulting in malalignment of its permanent successor. Hence it is important to retain all the milk teeth till the age of their natural exfoliation. That is why a dentist recommends root canal treatment in a milk tooth and advises removal only when it cannot be saved.

The basic difference between the root canal treatment in a milk tooth and a permanent tooth is that the filling material in a permanent tooth is permanent while the one in a milk tooth is resorbable.

In case a milk tooth has to be extracted early, a dentist may advise to place a space maintainer to prevent the migration of adjacent teeth.



Myth Antibiotics can be stopped once Pain subsides

Antibiotics are usually prescribed when there is a bacterial infection caused by dental decay or gum disease. Antibiotics have bacteriostatic (stops bacterial reproduction) and bactericidal (kills bacteria) properties. They are usually prescribed as a 3-day / 5-day / 7-day course, depending on the severity of the disease.

If Antibiotics are not taken as per prescription, there is the possibility of developing 'Antibiotic Resistance' and as a result, bacteria develop resistance against

the particular Antibiotic, requiring stronger dose of this medication to destroy or slow down their growth. It is always recommended to complete the course of Antibiotics as prescribed by your dentist. The choice of Antibiotics is a critical process, based on numerous parameters, clinical conditions, type of microorganisms etc.

Myth Colored Barcodes on Toothpastes indicate its Ingredients

Most toothpastes available in the market today contain some common basic ingredients. While each brand may have slight variations in their formula, most of them contain the same class of ingredients such as abrasives, coloring / flavoring agents, detergents, fluorides, humectants (a substance used to reduce loss of moisture), preservatives, sweeteners, and whiteners.

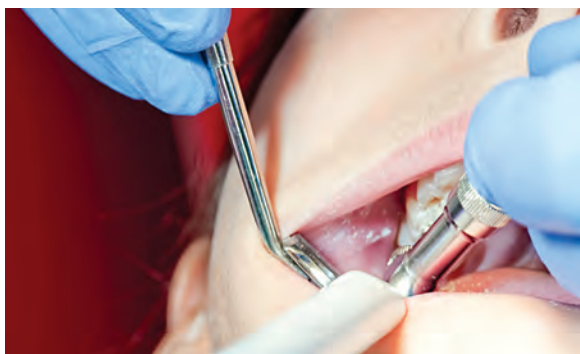
Of late, it has been widely circulated in Social Media that the color of strips found at the base of a toothpaste tube is indicative of its ingredients. It is evident from the sizeable number of patients and public who pose this question to their dentists. The truth is that colored strips at the end of toothpaste tubes have nothing to do with the ingredients present in toothpaste.

A Barcode is an optical, machine-readable representation of data / lines / bars affixed to retail store items, identification cards, or postal mail to identify a particular product number, person, or location.



Myth A Desensitizing toothpaste is a Permanent Cure for Hypersensitivity

Hypersensitivity occurs when the enamel gets abraded and the layer beneath it (called dentin) gets exposed. Dentin has several micro-pores and microtubules which get exposed when the enamel gets worn off. Exposure of these pores (dentinal tubules) causes sensitivity when the teeth are exposed to hot / cold foods or air. Desensitizing toothpastes contain formulations which help block transmission of pain signals from the surface



of your tooth to the nerve inside and as a result, a patient gets temporary relief from pain. Thus, it is not a permanent cure for Hypersensitivity.

Myth A Crown need not be placed on a Root Canal treated Tooth

Root Canal Treatment helps remove infected soft tissue (pulp) from inside a tooth, besides cleaning, disinfecting and filling it with an inert filling material. The soft tissues contain blood vessels and nerves, which help give nourishment to the teeth. After its removal, the tooth tends to become non-vital and may become more brittle, as there is no more nourishment and blood flow within the teeth. Therefore, a root canal treated tooth is prone to fracture, especially when biting / chewing hard food. Hence it is necessary to place a Crown over a root canal treated tooth.



Myth Retainers need not be worn after Orthodontic Treatment

During orthodontic treatment, teeth are moved from their original position to their new position. This occurs as a result of selective resorption and deposition of the bone around the moved teeth. Being elastic in nature, jawbones have the tendency to return to its original position, which is called 'orthodontic relapse'. Therefore, it is necessary to have a Retainer after removing an orthodontic bracket, which helps hold the teeth in the new position until the newly formed bone around the teeth gets matured.

A Retainer can be either removable or fixed. The type of Retainers and duration of wearing them depend on the

type of orthodontic correction you have done. Under no circumstances you should refrain from wearing Retainers for the prescribed duration.

Myth Tobacco Use does not always increase the Risk of Cancer

Tobacco is dangerous to health. The substances which are inhaled through smoking do not just affect lungs but the entire body. Smoking can lead to a variety of ongoing complications in the body, besides causing long-term systemic conditions.

A Cigarette contains about 600 ingredients. When these ingredients burn, they will generate more than 7000 chemicals. Many of these chemicals are toxic and at least 69 of them can be linked to Cancer. The effects of smoking may not be immediate, but its complications and damage can last for many years. 'Quitting smoking' can reverse the conditions related to tobacco use.

Nicotine present in tobacco is a mood-altering drug. Nicotine reaches the brain in a few seconds and makes a smoker feel more energized. But as the effect wears off, a smoker feels tired and craves for more.

There are several methods to overcome the habit of smoking; some of them are Nicotine Replacement Therapies (NRTs), like Patches, Gums, Inhalers and medications like Chantix, Zyban etc.



Myth Fluoride is a Poison

Of late, there are many write-ups and videos circulating in Social Media depicting Fluoride as a toxic material. Fluoride is considered as a double-edged sword. At therapeutic (lower) concentrations (as used in toothpastes, mouthwashes, dental materials, supplements), Fluoride is totally safe and has a variety of beneficial effects on the teeth and gums whereas at very high concentrations, it is neurotoxic and poisonous.



Conclusion

These commonly believed myths do not hold any value in reality. This article would help debunk some of the misconceptions that linger around oral health and well-being. ®



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WHAT IS Periodontitis?

PERIODONTITIS IS A SERIOUS GUM INFECTION THAT CAUSES DAMAGE TO THE SOFT TISSUE AND DESTROYS THE BONE THAT SUPPORTS THE TEETH

Healthy gums are firm and pale pink and fit snugly around the teeth. Periodontitis is a serious gum infection that causes damage to the soft tissue and destroys the bone that supports the teeth. Periodontitis can loosen the teeth which could lead to tooth loss.

Periodontitis, though very common, is largely a preventable disease. It is usually the result of poor oral hygiene. Brushing at least twice a day, flossing daily and getting regular dental check-ups will go a long way in keeping Periodontitis and other oral conditions at bay.

There are different types of Periodontitis. The more common ones are given below.

Chronic Periodontitis

It is the most common type, affecting mostly adults. This condition is caused by plaque buildup, which slowly leads to inflammation of periodontal tissues.

Aggressive Periodontitis

It usually begins in childhood or early adulthood and affects only a very few number of people. If left untreated, it can cause rapid progression of bone and tooth loss.

Necrotizing Periodontitis

It is characterized by the death of gum tissues, tooth ligaments and supporting bone caused by the lack of blood supply (necrosis), resulting in severe infection. It generally occurs in people with a suppressed immune system, such as from Human Immunodeficiency Virus (HIV), Cancer treatment and Malnutrition.



Dr. K. S. Gopi
Former Professor
Government Homeopathic
Medical College
Kozhikode, Kerala, India

Causes

Periodontitis is caused by bacteria that have been allowed to accumulate on your teeth and gums. In Periodontitis, gums pull away from the teeth and form spaces / pockets that become infected. If not treated, the gums, bone and tissues that support the teeth can be destroyed. The teeth may eventually become loose and have to be removed.



- **Plaque Formation**

Plaque can form on your teeth when starches and sugars in food interact with bacteria normally found in your mouth. Brushing your teeth twice a day and flossing once a day helps remove plaque, but plaque can rebuild quickly.

- **Tartar**

Plaque can harden and turn into Tartar (Calculus) if it is allowed to stay on your teeth. Tartar is more difficult to remove and is filled with bacteria. The longer plaque and tartar remain on your teeth, the more damage they cause to the teeth and gums. You cannot get rid of Tartar by brushing and flossing and it requires professional dental cleaning to remove it.

- **Gingivitis**

It is the mildest form of periodontal disease. Gingivitis causes irritation and inflammation of the part of your gum around the base of your teeth (gingiva), gradually causing pockets to develop between your gums as well as teeth, which can be filled with Plaque, Tartar, and bacteria. Over time, these pockets may become deeper, filling them with more bacteria. If left untreated, these deep infections can cause loss of tissue and bone, and eventually you may lose one or more

Periodontal disease can worsen if ignored. Fight it. Get the right advice and treatment from your dentist

teeth. Gingivitis can be reversed with professional treatment and good at-home oral care.

Symptoms

Symptoms of Periodontitis include

- Swollen or puffy gums
- Bright red, dusky red or purplish gums
- Gums that feel tender when touched
- Gums that bleed easily
- Gums that pull away from your teeth (recede), making your teeth look longer than normal
- New spaces developing between your teeth
- Pus between your teeth and gums
- Bad breath
- Loose teeth
- Pain on chewing
- A change in the way your teeth fit together when you bite

Risk Factors

Factors that can increase your risk of Periodontitis include

- ⊙ Gingivitis
- ⊙ Poor oral health habits
- ⊙ Smoking or chewing tobacco
- ⊙ Old age
- ⊙ Hormonal changes, such as those related to pregnancy or menopause
- ⊙ Substance abuse
- ⊙ Obesity
- ⊙ Inadequate nutrition, including Vitamin C deficiency
- ⊙ Genetics
- ⊙ Certain medications that cause dry mouth or gum changes



Complications

Periodontitis can cause tooth loss. Research suggests that the bacteria responsible for Periodontitis can enter your bloodstream through gum tissue, possibly affecting your heart, lungs and other parts of the body.

Prevention

Smoking or use of tobacco in any form is linked to an increased risk of developing Periodontitis or aggravating your condition, if you already have one. Quitting smoking helps prevent Periodontal disease. The best way to prevent Periodontitis is to follow a program of good oral hygiene, which should be consistently practiced throughout your life.

Conclusion

Taking care of your gums is as important as taking care of your teeth. In fact, adults lose their teeth mostly as a result of gum disease. If you keep close track of your oral health and practice regular oral hygiene, you will be much less likely to suffer from Periodontitis or gum disease. ®

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🌐 www.51ksdc.com

18-20
January

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Kuala Lumpur Convention Centre
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🌐 www.mda.org.my

10-12
January

Kuwait City, Kuwait
Kuwait Dental International Conference and Exhibition
Sheikh Jaber Al-Ahmad Cultural Centre
☎ + 965 226 185 36
🌐 www.kdac-kw.com

05-07
February

Dubai, United Arab Emirates
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Dubai International Convention and Exhibition Centre
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🌐 www.aeedc.com

12-14
January

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🌐 www.sds.org.sa

14-16
February

Phoenix, USA
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18-20
January

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Brilliant Convention Centre
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🌐 www.idc.org.in

22-24
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Association of Orthodontists Singapore Congress
Marina Bay Sands
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AN OVERVIEW of DentCare Products



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

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

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

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 can be visualized with the help 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 Computer Aided Design / Computer Aided Manufacturing (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.

DentCare Zirconia – “One Product for Diverse Options”

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

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

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

DentCare Zirconia Variants

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DentCare Zirconia Platinum
DentCare Zirconia Premium Plus
DentCare Zirconia Premium Plus Full Contour
DentCare Zirconia Premium
DentCare Zirconia Premium Full Contour
DentCare BruxCare
DentCare Zirconia Classic
DentCare Zirconia Classic Full Contour
DentCare Zirconia Superlucent



DentCare Zirconia Basic
DentCare Zirconia Basic Full Contour
DentCare Zirconia Translucent
DentCare Zirconia Monolithic

Why Medical Grade DentCare Zirconia?

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- ⊙ Unmatched aesthetics
- ⊙ High strength
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- ⊙ Designing and manufacturing using CAD / CAM helps ensure outstanding marginal fit

CAD / CAM Denture

In tune with our unique heritage, DentCare, for the first time in India, has introduced the future-oriented CAD / CAM Dentures using German technology and materials, which help ensure good accuracy of fit and

high patient satisfaction ‘in just two appointments’.

The Baltic Denture System

The Baltic Denture System process opens up a new

way of manufacturing full dentures in a digital workflow. Combining the work steps in the dental practice and processes in the lab into a single workflow stands for quality and economy.

Benefits

- ⊙ Less manual work
- ⊙ Predictable results
- ⊙ High-quality materials and reproducibility
- ⊙ Reduced allergenic potential

All these are the epitome of this innovative concept.



DentCare Orthodontic Appliances

DentCare has put forward a number of amazing Orthodontic Solutions – Removable, Habit Breaking, Fixed and Functional Orthodontic Appliances of highest perfection and optimal precision; manufactured with high-end technologies as well as Medical Grade and CE marked materials from Germany; available at affordable rates and living up to the expectations of all classes of customers alike. These appliances assist in correcting malocclusion and help resolve various aspects that could make a patient's face and mouth esthetically pleasing.



DentCare Orthodontic Appliances



DentCare Anti-Snoring Device



DentCare Mouth Guard Triple

DentCare Mouth Guard Triple

DentCare proudly introduces the ultimate mouth guard, DentCare Mouth Guard Triple, which makes possible the philosophy for safe play in high impact sports, for a pickup game, or for an amateur / a professional athlete.

DentCare Mouth Guard Triple is a triple layered laminated professional sports mouth guard available in 26 different colors, which is soft on the inside and outside while hard in between.

DentCare Anti-Snoring Device

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

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

D-fine Putty (A-Silicon Impression Material)

D-fine Putty is a kneadable, extra high viscosity impression material which is an addition vinyl silicone. It is used as the base impression material in putty-wash impression technique.

Advantages

D-fine Putty is very easy to mix and is a non-sticky material, which helps obtain outstanding dimensional accuracy. It is neutral in taste, is odorless and has superior resistance to deformation. D-fine Putty is hydrophilic in nature and hence, this provides better wettability. This material enables high affinity with plastic impression trays and has good tear resistance.

Mixing Time of D-fine Putty is 45 seconds and its setting time is 2 minutes. Final color is Orange.

D-fine Light (Wash Impression Material)

It is an Elastomeric precision impression material of light body consistency.

Advantages

It is a low viscous impression material, based on A-silicones. This material helps get precise and excellent detailing. Its setting time is very short. It can be directly applied to the tooth / impression tray and is bubble-free.

D-fine Light is thixotropic (stable) and will flow

only under pressure. It is also compatible with other brand products and helps get perfect recording of margins, besides having high tear resistance.

Its setting time is 2 minutes and the final color is Green.

D-fine Transparent (Transparent Matrix)

It is used as a Matrix for light-curing composites. It has a Mint flavor.

Advantages

- ⊙ High visual accuracy and high transparency
- ⊙ Helps minimize time-consuming grinding process
- ⊙ Helps fabricate X-ray splints easily and fast
- ⊙ Flexible and dimensionally stable

Uses

- ⊙ Transfer matrix for fixing orthodontic brackets
- ⊙ Occlusal matrix for light-curing posterior composite restorations
- ⊙ Anterior matrix for Provisionals, Fillings and Veneers

It is a Transparent material and has a setting time of one minute.

Conclusion

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

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

Smile Confidently, Go for DentCare Prostheses



Celebrity Chef Vivek Tamhane
Member, Canadian Culinary Federation
Author, Culinary Consultant and
Entrepreneur
Mumbai, Maharashtra, India

Ingredients

Stuffed Chicken Roast

Chicken, broiler	1, large size
Butter	4 tablespoons
Onion, small, sliced	2 numbers
Breadcrumbs	200 grams
Smoked Ham	50 grams
Salt	1 teaspoon
Pepper, freshly ground	1 teaspoon
Water	350 milliliters
Sugar	50 grams
Black pepper, ground	30 teaspoons
Strawberries	50 grams
Banana leaf, steamed	1 number

Preparation

Remove the chicken giblets and then rinse chicken thoroughly inside and out with water. Dry Broiler Chicken with paper towels. Melt Butter in a pan on low heat. Add Onion and stir occasionally for about 10 minutes. Transfer Onion to a food processor / blender and add Breadcrumbs, Smoked Ham, Salt, and Pepper. Mince it well for preparing the stuffing.

Preheat oven to 170° Celsius (C) and spread stuffing inside the Chicken. Fold stuffed Chicken with a banana leaf and tie with a twine. Roast in medium temperature for about 1½ hours.

Meanwhile, combine water, Strawberries, and Sugar in a saucepan and boil for about 5 minutes. Blend the mix in a food processor. After straining, add Salt and Pepper and stir well.

Let the roast Chicken rest for at least 10 minutes. Untwine / unwrap banana leaf and slice roast Chicken thinly. Serve Stuffed Chicken hot with Strawberry Sauce. ©



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Man is gifted with two sets of teeth - baby and adult teeth, during his lifetime. Negligence/compromised oral hygiene regimen necessitates the requirement of a third set of teeth, which bring back to the patient their confidence and ability to smile, besides restoring health.

The third set is facilitated by a team of professionals, including the Prosthodontist, the Technician and the associated personnel, each committed to do their best in the rehabilitation of the patient.

January 22nd is celebrated as Prosthodontists' day.

Why do we need to dedicate a day to these professionals in particular?

Just as disease and healing is multifactorial, the role of the Prosthodontist is a little more diverse than just being a dentist. Very often, the Prosthodontist, plays the role of a Counsellor, Psychologist, Friend, Nutritionist, effective Communicator and of course, Doctor.

Several qualities are required of the Prosthodontist - a keen eye for detail, an empathetic ear, infinite amounts of patience, a skilled hand, a sharp mind and sometimes an ability to read between the lines.

The elderly today have very distinct needs, not just of restoration of function, comfort and appearance but are starved of attention from the family, have diverse medical conditions and could also be suffering from both emotional as well as financial stress. Owing to the longer duration of Prosthodontic therapy, very often the patient considers the Prosthodontist to be a confidante.

Most Prosthodontists fill these stringent requirements



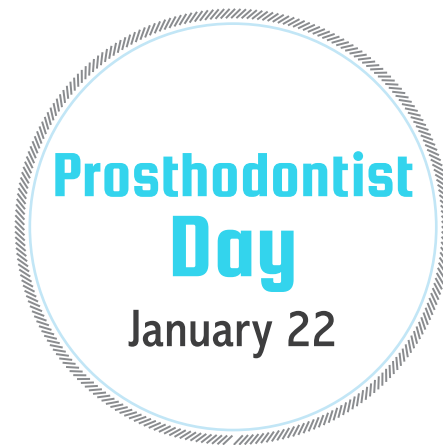
Dr. Vibha Shetty is a Senior Professor in the Department of Prosthodontics at the Faculty of Dental Sciences, Ramaiah University, Bengaluru. She also runs a successful practice, with special emphasis on Prosthodontics and Oral Implantology since 22 years in Bengaluru, Karnataka, India.

easily. They spend long hours making sure each patient is comfortable with their prosthesis, while quietly pondering over the cause of discomfort. A deep understanding of material science with aesthetics, muscle and bone physiology with disease process, role of nutrition with the role of emotional succour, all form part of the Prosthodontist's arsenal. They get to experience different types of patients and their families and deal with multitudes of treatment as well as follow up appointments with a smile.

To dedicate a day to these Doctors who epitomise the ethos ingrained in every medical professional is but natural. While the idea of Prosthodontists' day was initiated in India, it is now being gradually adopted across the world with great fervour.

I take this opportunity to thank the invaluable technicians and dental labs who work behind the scenes to produce the perfect prosthesis. The synergistic relationship between the Prosthodontist and the Technician can never be forgotten.

Hearty congratulations to each Prosthodontist on the commendable work they are doing. I pray that their tribe will continue to grow!! @



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The lab has created an identity in service rendering and takes great pains to ensure that all its products are delivered within the given time frame. The association with DentCare has helped me elevate the quality of my service, enabling to spread confident smiles on the face of my patients and bring contentment to my heart.

I convey my best regards to DentCare for maintaining good rapport with dental surgeons across the world. Let the lab flutter its wings to greater heights. ©



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