

Vol: 4. Issue: 5. February 2018

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

THE

DENTCARE

Your Monthly Health Care Magazine

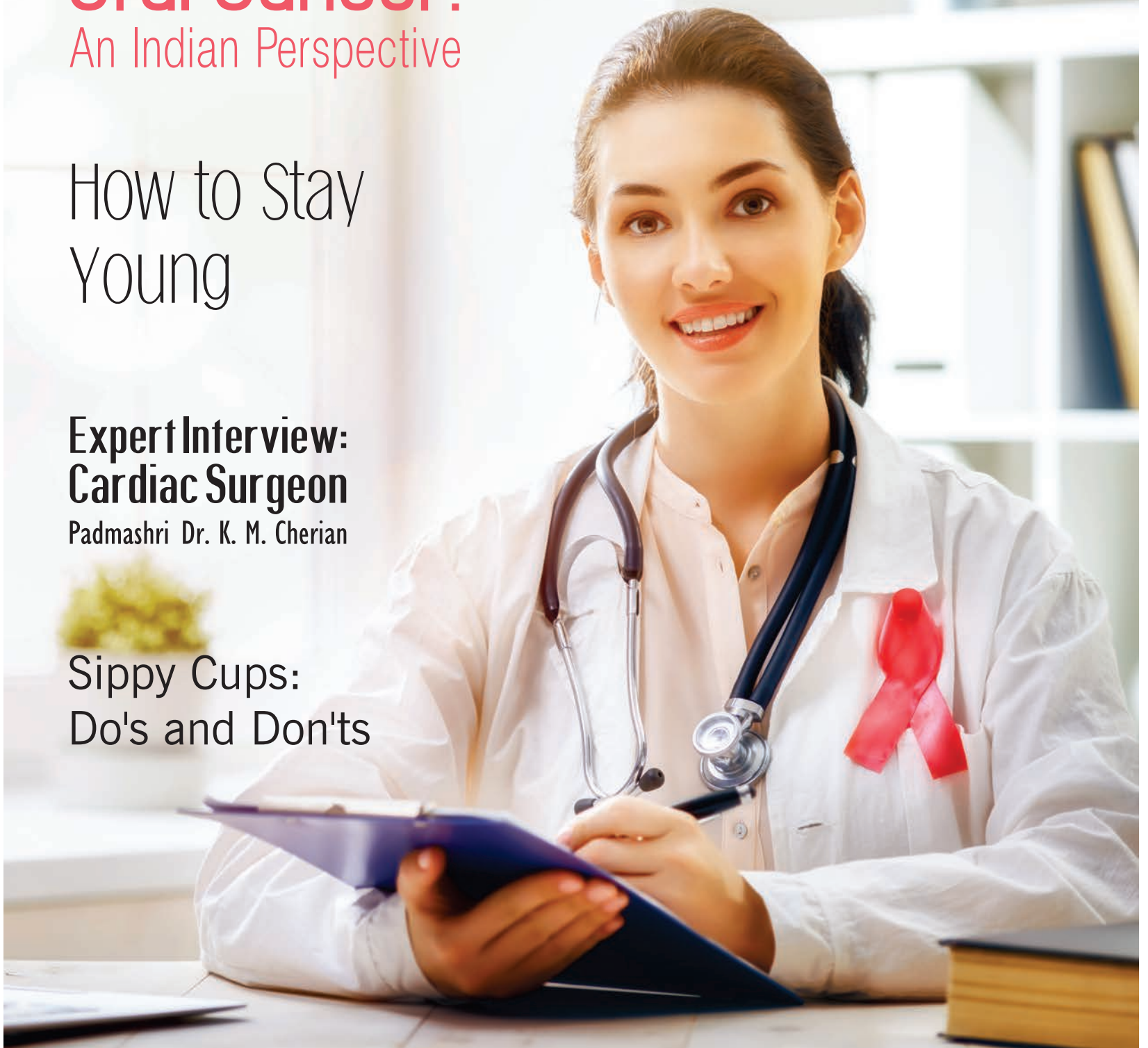
Brightening smile the world over

Oral Cancer: An Indian Perspective

How to Stay Young

Expert Interview: Cardiac Surgeon Padmashri Dr. K. M. Cherian

Sippy Cups: Do's and Don'ts





SMILE

Confidently with
DENTCARE ZIRCONIA



DentCare Dental Lab Pvt. Ltd.
Muvattupuzha, Kerala, India | www.dentcaredental.com

SIX QUALITY CERTIFICATIONS



Supported by



www.dentaledglobal.com



MASTER YOUR ENDODONTIC SKILLS

ZAHER AL - TAQI

DDS, Msc, Gold Member of Styleitaliano Endodontics

Free gift worth ₹. 3,900/- Hands on Participants | **₹. 400/- Lecture Participants**

REGISTRATION FEES

LECTURE AND DEMONSTRATION **₹. 4,999/-** + 18% GST

LECTURE, HANDS-ON AND DEMONSTRATION **₹. 15,555/-** + 18% GST

Further Details
Dr. Anand Mohatta
anand@dentaledglobal.com
+ 91 989 078 5456 / 845 204 7885

BASIC TO ADVANCED ENDODONTIC TECHNIQUES



7th - 8th April, 2018

**Venue :-
Hotel Sea Princess, Juhu,
Mumbai**

EDITORIAL BOARD

Mr. JOHN KURIAKOSE
PUBLISHER AND MANAGING EDITOR

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

Dr. LINEY JOHN
EDITOR

ASSISTANT EDITOR Ms. NISHA PHILIP XAVIER

FEATURE EDITOR Mr. PAULOSE E. K.

TECHNICAL CONSULTANT Mr. TAREK FRANK FEISSALI
(Germany)

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

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

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

PROCESS & SUPPORT Ms. ANU PRINCE

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

PUBLISHING CO – ORDINATOR Mr. BIJU MATHEW

BOARD OF DIRECTORS

MANAGING DIRECTOR Mr. JOHN KURIAKOSE

EXECUTIVE DIRECTOR Mrs. JESSY JOHN

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



Dear Reader,

Fabulous February has arrived.

The grounds that firm up this thought are galore.

Rest assured @ The Dentcare, not a moment spent on its pages would go wasted without adding new life to your existence.

Yes, you read us right like you always have, by giving us precious opportunity to enlighten your thoughts while we continue with burning passion, the pursuit of brightening smiles, world over.

Together we certainly CAN make a difference – whether it is by taking on Cancer with a fresh perspective, changing present life style trends, inculcating moral values in our next generation, or even through serious soul searching.

The benefit of our effort would bear rich fruit only if we act now, with purposeful intent, before it is too late to even try.

No harm done in giving personal attention to nurturing a healthy smile through regular visits to your dentist. It could turn out to be infectious.

An advice: Believe in staying young; Keep a watch on your tongue.

Let's Hope that Faith will change our mind sets through Love.

Fabulous may need to be redefined as we seek recognition beyond borders!!

Yours truly,

Prof. (Dr.) George P. John

Disclaimer

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

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

Owner, Publisher & Printer, Mr. John Kuriakose has printed at Fivestar offset Printers, Nettoor, Cochin-40. Published from DentCare Dental Lab Pvt. Ltd., Nas Road, 130 Junction, Muvattupuzha, Ernakulam, Kerala, India 686661. Edited by Prof. (Dr.) George P. John.

IN THIS ISSUE



CONTENTS

- 08 Oral Cancer: An Indian Perspective
- 12 Coping with Hair Problems
- 16 Regular Dental Visits: Why and When?
- 20 What is the Color of your Tongue?
- 22 How to Stay Young
- 24 Salivary Albumin and Dental Caries: A Review
- 28 A Revelation from the Heart Healer
- 32 Mobile Phone Addiction and Blindness
- 34 A Big Hurdle for a Beautiful Smile?
- 36 Management of Cancer in Siddha
- 40 A Smile is Infectious
- 42 Inculcate Moral Values in Children
- 48 DentCare Zirconia and CAD / CAM Dentures at a Glance
- 52 Spirulina: An Amazing Food Supplement
- 62 Sippy Cups: Do's and Don'ts



16



28



42



DentCare in my Experience

This is personally, a very great occasion in my professional life. I am very grateful to have been associated with DentCare, ever since my inception into dental practice. My experience with them has been almost sacrosanct.

DentCare has been rendering big support, all the time and I am really proud to send all my work to the lab. The precision and timely delivery makes the lab superior to others in the field. I have tried almost all kinds of prostheses possible in dentistry with DentCare and can proudly say that I have never been disappointed.

I strongly appreciate all the staff in the lab who work diligently and with dedication. They maintain noble etiquette and decorum along with perfect hygiene and an echo-friendly atmosphere.

Their ability to provide a plethora of prostheses under one umbrella has been advantageous to me and others. They provide top-class products to satisfy customers of all walks of life.

Last but not least, I cannot but help mentioning about Mr. John Kuriakose, the Managing Director. I fall short of words in speaking about this esteemed personality. He is really exemplary. It is ideal to have such a great leader in every organization.

I am really happy to write about DentCare Dental Lab that has revolutionized the dental industry. 



Dr. G. V. Siva Prasad
Dental Practitioner
Visakhapatnam, Andhra Pradesh, India

The Faith That Changes The Mind-Set



Mr. John Kuriakose

*Managing Director
DentCare Dental Lab Pvt. Ltd.*

Once upon a time, a severe drought hit an isolated hamlet. It was so prolonged that all the rivulets and ponds dried up, the earth became parched, trees and vegetation withered as well as became charred due to the scorching sun. The villagers were haunted by severe starvation. The lion's share of animals and birds also died of thirst. Everyone was in bewilderment that they could not find a way out of the predicament.

The priest in charge of the one and only church in the area invoked all devotees to assemble in the sanctuary early next morning for a religious service, to propitiate the Omnipotent God who showers rain.

Being rustic, everybody heeded to the words of the priest and gathered in the church. But a little boy, who was unlike others, got out of his cottage after taking a dusty umbrella from the attic. Seeing this, his parents got irritated.

"Why do you take the umbrella?" asked his parents, as there was not even a remote probability of a drizzle.

"I will certainly take it along," replied the boy stubbornly.

"What will be the response of the congregation? Would they not mock at him?" his parents spoke themselves.

None of this could deter the boy from what he had decided. Finally, his parents had to accede.


After the religious service, devotees got out of the church. All of them chuckled seeing the kid with an umbrella. His parents had to put up with the disgrace sheepishly.

But, things changed dramatically. A heavy storm roared in. And very soon, the sky became overcast and heavy downpour drenched all those who scoffed at the child, while he frolicked in the rain.

The boy had the strongest conviction that God will listen to his prayer. His faith in the Almighty had given him a positive mind-set that he took an umbrella along. He knew that God is the one who would pay heed to the noble desires of his heart.

Steadfast faith in God is the stepping stone to success. Those who have profound faith in God would foresee that the desires of their heart would be made a reality by the bountiful God. Hence, they would never discard their endeavor halfway through, even if they had to confront insurmountable obstacles and impediments.

Dr. A. P. J. Abdul Kalam, the former President of India, who inspired youngsters to dream, said **"Dream is not what you see in sleep, Dream is something that does not let you sleep."**

All of us should set noble goals and dreams and strive to scale new peaks. When we bequeath our plans and aspirations into the hands of God who makes the impossible possible, He will lead us to the pinnacle of success. 

ORAL CANCER: An Indian Perspective



Dr. Bhuvan Nagpal
Consultant Oral and
Maxillofacial Pathologist
Hisar, Haryana, India

Cancer is one of the most common causes of morbidity and mortality today. Oral Cancer is a significant component of the global burden of cancer. Oral Cancer is a heterogeneous group of cancers arising from different parts of the oral cavity, with different predisposing factors, prevalence and treatment outcomes.

It is the sixth most common cancer reported globally with an annual incidence of over 300,000 cases, of which 62% arise in developing countries. There is a significant difference in the incidence of Oral Cancer in different regions of the world.

The age-adjusted rates of Oral Cancer vary in different countries; it is over 20 per 100,000 of the population in India, 10 per 100,000 in the United States of America and less than 2 per 100,000 in the Middle East.

In the United States of America, Oral Cancer represents only about 3% of all malignancies, whereas in India, it accounts for over 30% of all cancers. The variation in the incidence and pattern of Oral Cancer is due to regional differences in the prevalence of risk factors.

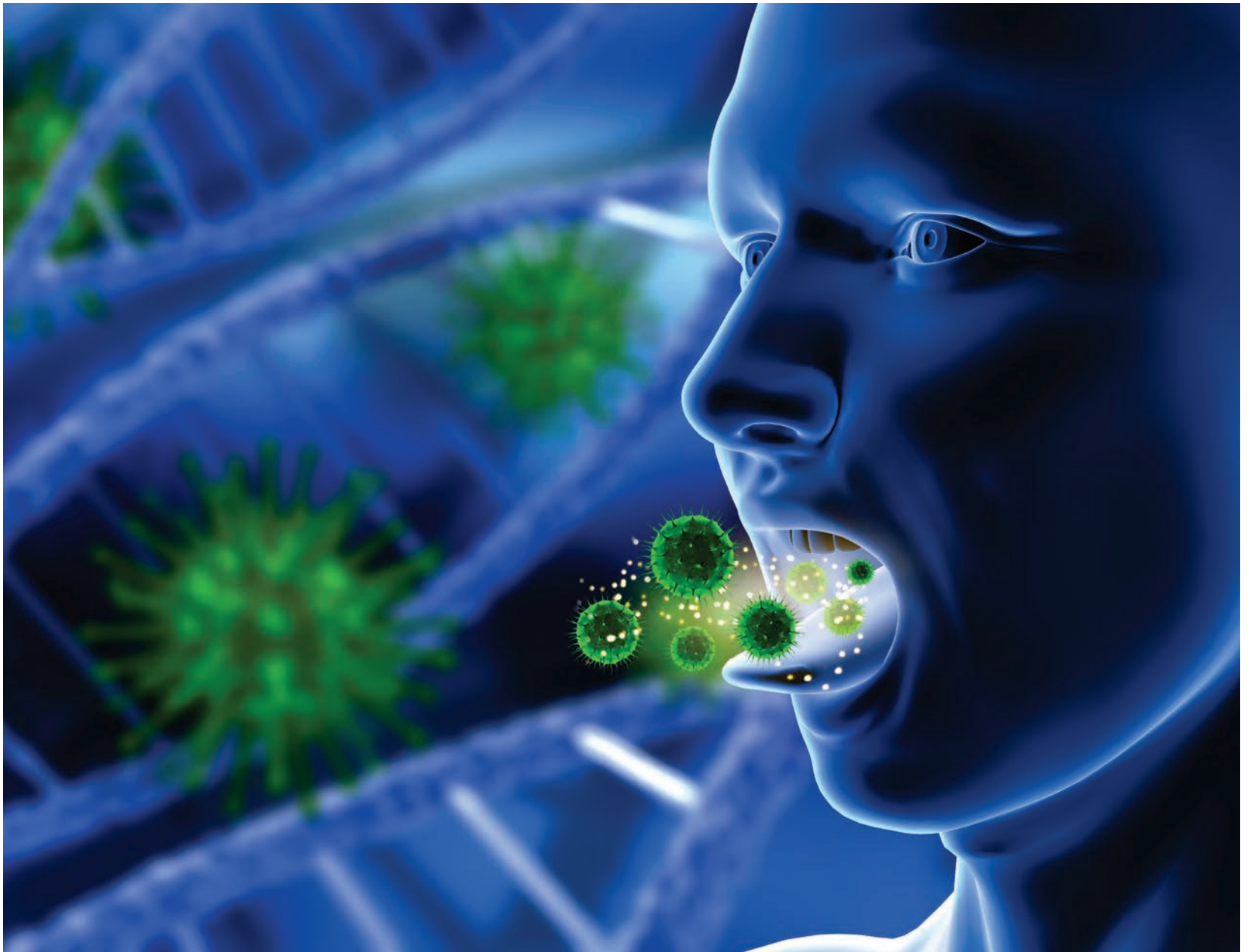
Tobacco use and alcohol consumption are the known risk factors for Oral Cancer. In

India, 57% of men and 11% of women between 15 and 65 years of age use some form of tobacco. Besides smoking, the use of smokeless tobacco is widely prevalent. The International Agency for Research on Cancer (IARC) has confirmed that smokeless tobacco also accounts for Oral Cancer.

Another causative factor is the use of betel quid (paan), which consists of pieces of areca nut, processed or unprocessed tobacco, aqueous calcium hydroxide (slaked lime) and some spices wrapped together in piper betel leaves. It is very common and is accepted socially and culturally in many parts of India.

Additionally, gutka, jarda, mawa and khaini are all dry mixtures of lime, areca nut flakes and powdered tobacco, custom mixed by vendors. Over the past few years, commercially available sachets of premixed areca nut, lime and catechu condiments with or without powdered tobacco have become very popular, particularly among young people in India.

Oral Cancer is a heterogeneous group of cancers arising from different parts of the oral cavity, with different predisposing factors, prevalence and treatment outcomes



Typically, paan / gutka is kept in the cheek and chewed / sucked for 10 - 15 minutes, with some users keeping it overnight. Acquisition of tobacco habit typically occurs early in life through the imitation of family members or peers.

Various studies carried out across the country reveal that at least a third of school students, less than 15 years of age, have used one or another form of tobacco, at least once in their life.

However, with improved public health education, the prevalence of these risk factors is decreasing around the globe. An analysis of Oral Cancer

incidence has revealed that there is a significant reduction in the incidence of Oral Cancer in India.

A comparison of the incidence of Oral Cancer in India and the United States of America has shown a similar downward trend in both countries. However, the rate of reduction is much less in India, where there is a much higher prevalence of Oral Cancer.

Some studies have shown that heavy intake of alcoholic beverages is associated with nutrient deficiency, which appears to contribute independently to oral carcinogenesis. Whereas,

other studies reveal that alcohol consumption alone does not contribute to oral carcinogenesis; but has an added effect along with tobacco use.

Low-income and disadvantaged groups are generally more exposed to avoidable risk factors, such as environmental carcinogens, alcohol, infectious agents and tobacco use. These groups also have less access to health services and education that would empower them to make decisions to protect and improve their own health.

Recently, a trend has been observed towards the increased incidence of Oral Cancer among

young adults. The increase in the incidence is observed only in patients with tongue cancer.

In an analysis of patients presenting with head and neck cancer in India, who opt for medical intervention, 47% patients did not have any known unhealthy habits, such as the use of tobacco or alcohol. The probable reason for the tremendous increase of Oral Cancer, without any known risk factors, is due to Human Papilloma Virus (HPV).

Oral Cancer is preventable through the intervention of risk factors. Prevention of HIV infection will also reduce the incidence of Human Immunodeficiency Virus (HIV) / Acquired Immunodeficiency Syndrome (AIDS) related cancers, such as Kaposi's sarcoma and lymphoma.

The Global Oral Health Program (ORH) of World Health Organization is committed to building the capacity of each country in the prevention of Oral Cancer, inter-country exchange of information and experiences from integrated approaches and the development of global surveillance system for Oral Cancer and risk factors.

The ORH has established a

global surveillance system of Oral Cancer in order to assess the risk factors and help the planning of effective national intervention programs. Epidemiological data on Oral Cancer incidence and mortality are stored in the Global Oral Health Data Bank.

In 2007, the World Health Assembly (WHA) passed a resolution on oral health, for the first time in 25 years, which also considers Oral Cancer prevention. Steps should be taken to include Oral Cancer prevention programs in the National Cancer Control Programs (NCCP) and to involve oral health or primary health care personnel with relevant training in the detection, diagnosis and treatment of Oral Cancer.

Despite the fact that the oral cavity is accessible for visual examination and that Oral Cancer and premalignant lesions have well-defined clinical diagnostic features, Oral Cancers are typically detected in their advanced stages.

In fact, 60 - 80% of patients present with advanced disease in India compared to 40% in developed countries. Besides, the survival rate of these patients is also very less compared to those in


developed countries.

Early detection would not only improve the cure rate, but also lower the cost and morbidity associated with the treatment. It is imperative that cost-effective Oral Cancer screening and awareness initiatives be introduced in high-risk populations, such as those found in India.

Several large population based Oral Cancer screening programs have been carried out, either as opportunistic screening or wide screening. Although, these studies have confirmed the effectiveness of screening in detecting Oral Cancer and precancerous lesions, a recent study conducted in India has demonstrated that Oral Cancer screening by trained health workers can lower the mortality of the disease, especially in individuals with a history of tobacco use.

Mouth self-examination is one of the effective measures, as screening can be done without incurring cost and that it helps increase awareness in high-risk communities.

In one study, a single round of health education through brochures containing information on mouth self-examination, has led to the identification of 28 cases with early stage oral premalignant and malignant lesions. Moreover, this simple and cost-effective strategy has a significant impact on Oral Cancer awareness in the broader community.

Oral Cancer still remains a major health problem in India and only with dedicated and sustained efforts along with proper awareness initiatives, it can be detected early and intervened properly. 

Oral Cancer is preventable through the intervention of risk factors. Prevention of HIV infection will also reduce the incidence of Human Immunodeficiency Virus (HIV) / Acquired Immunodeficiency Syndrome (AIDS) related cancers, such as Kaposi's sarcoma and lymphoma



For That Perfect X-Ray
www.alerio.in



IATOME

ALERIO[®]
DENTAL X-RAY



ALERIO DC PRIME Premium DC X-Ray



ALERIO XR
Portable Handheld X-Ray



ALERIO Optima
Economy DC X-Ray



ALERIO DIOR
Direct USB CMOS Intra-Oral Sensor

**AERB Approved
High Quality
DC & Portable X-Ray**

DC X-Ray are superior to normal x-ray. It produces very good images and is safer because of lower soft radiation. Normal x-rays are purchased only by those who cannot afford DC X-Ray. **ALERIO** brings to you DC X-Ray at affordable prices.

The best quality and most economical option in DC X-Rays is **ALERIO** X-Rays. We have the lowest cost of ownership among any DC X-Ray.

Avail attractive combo pricing for
ALERIO DC X-Ray
With
ALERIO DIOR sensors

Contacts

MOBILE: 8870011990
MOBILE: 9943475551
PHONE: 0422-4220264
EMAIL: sales@alerio.in

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

MADE IN INDIA

Coping with Hair Problems

Severe hair shedding is worrying and scary. Loss of up to 100 hairs a day is normal; but if the number increases further, it may result in anxiety, depression and other emotional issues.

Women may become anxious about the growth of coarse dark hairs in the wrong places, such as on the upper lips, chest etc. But, men usually do not complain too much about hair growth in wrong places.

Anatomy and Structure of Hair

The hair we see above the scalp is dead. The growing end of hair (hair bulb) is deeply embedded into the scalp. The core of hair contains a pigment called melanin which is absent in grey hair.





Dr. Rejula K. P.
Doctor in Homeopathy
Kannur, Kerala, India

The cuticle – the outermost layer of hair – is made up of overlapping scales. A typical scalp contains about 100000 hair follicles and from each follicle grows many hairs in a person's life time. Every hair grows for about thousand days and remains in the same condition for about 100 days before falling out. Subsequently, new hair will grow from the same root.

Types of Hair

Curly or Straight

This depends on the gene

inherited from a person's parents.

Greasy or Dry

The overactive grease glands result in greasy hair while underactive ones result in dry and brittle hair.

Long Hair

Hair grows a few millimetres per day. There is a maximum length to which hair can grow before shedding. Cutting will not make it grow faster or longer because the hair beyond the scalp is not alive. Hair starts growing from the root in the bottom of follicle.

Hair may become straggly with split ends, but the right haircut can make the good strands appear thicker.

Thick or Thin Hair

Thick or thin texture of hair is due to hormonal variations or age.

Causes of Hair Fall

Nutritional Cause

Protein rich diet is very essential; nutrients make hair



vibrant and strong. Excessive intake of sour and spicy foods like pickles may increase hair fall.

Food rich in proteins, antioxidants, vitamins and amino acids are necessary for the vibrant growth of hair. Vitamins A, D, E and K, which are soluble in water, are also necessary for the active growth of hair.

Hair oils are good stimulants, as they help improve blood circulation in the scalp, thereby encouraging thick and luscious hair growth.

Other Causes

Anaemia, thyroid problems



after child birth, excessive exposure to sunlight and pollutants are some of the common causes of hair loss.

Mental stress also plays an important role in hair fall.

Sleeping problems, frontal sinusitis and allergic rhinitis will adversely affect hair follicles. The heat produced during headache / migraine also makes the hair follicles open, resulting in hair fall.

Types of Hair Diseases

Weathering

Weathering is the progressive degeneration from the root to the tip of the hair due to daily brushing and combing.

Hair Singeing

This leads to hair breakage and split ends. So, cut off the split ends to prevent from further splitting.

Dandruff

The skin of the scalp is continuously growing and sheds the dead skin as scales. Excessive scaling of scalp is not a serious problem, as appropriate treatment options are now available.

Inflammation of the scalp, due to seborrheic dermatitis or psoriasis, may

increase scaling and dandruff.

Frequent washing with anti - dandruff shampoo will help control dandruff temporarily. Hot oil massage is also helpful. Drinking adequate amount of water also helps prevent dehydration of the scalp.

Premature Greying (Canities)

Low level of melanocytes and melanosomes will result in decreased melanin and thyroxine activities. Greying of hair is genetically determined and may start at any age; early greying, normally before thirties, is usually hereditary.

Stress also plays an important role in premature greying. It is also associated with certain medical conditions, such as Werner syndrome and Rothmund – Thomson syndrome.

Hypertrichosis

Hypertrichosis is an overgrowth of hair; not localized to the androgen – dependent areas of the body. It can develop all over the body. Acquired hypertrichosis may be “localized” to particular areas or “generalized” over all hair bearing areas of the body.

Greying of hair is genetically determined and may start at any age; early greying, normally before thirties, is usually hereditary



Homoeopathic treatment varies with the constitution of each individual. A healthy and balanced mind and body will promote vibrant and healthy growth of hair



Patchy Baldness (Alopecia Areata)

Evidence proves that it is a common autoimmune disease wherein the immune system attacks hair follicles which results in hair loss. Besides, the problem is aggravated by genetic factors as well as emotional stress.

Telogen Effluvium

It is a scalp disorder characterized by the thinning or shedding of hair, resulting from the early entry of hair into telogen phase – resting phase of hair follicles.

Anagen Effluvium

It is the pathological loss of Anagen – active growth phase of hair follicles – caused by the administration of cancer chemotherapeutic agents like antimetabolites, alkylating agents, mitotic inhibitors etc.

Hirsutism

It is the excessive growth of hair in men and women, on parts of the body where hair is normally absent or minimum, such as

face, chest, back and abdomen.

Hirsutism is due to the excessive secretion of androgen from adrenals or excessive stimulation by the pituitary tumours. The excessive secretion may be because of overstimulation of the adrenal glands or neoplastic processes.

All cases of severe or progressive hirsutism should be investigated for an endocrinopathy – a condition marked by the dysfunction of endocrine glands. The most common condition of endocrinopathy in women of reproductive age is Polycystic ovarian syndrome.

Homemade Remedies to prevent Hair fall

Alternate hot and cold oil massages with a mixture of coconut oil and castor oil in equal amount with white of egg is the best homemade remedy for hair fall.

Natural treatment is always good; mild shampoo with Pouvoir Hydrogene (pH) 4.5


to 5.5, natural Shikakai powder or Hibiscus leaves can be used, in place of shampoo.

Shampoo can be used, once in a week, to remove dust and dirt; egg white or aloe vera pulp can also be used as a conditioner.

It is good to do scalp massage in round motion with your fingertips for a while and then lie supine for five minutes, to increase blood circulation to the roots of hair follicles, so that the hair will become stronger.

Homoeopathic Treatment for Hair loss

Effective and successful homoeopathic therapy is available at the hands of an experienced doctor. It can cure hair fall associated with autoimmune, endocrine and psychosomatic diseases.

Homoeopathic treatment varies with the constitution of each individual. A healthy and balanced mind and body will promote vibrant and healthy growth of hair. 

Regular Dental Visits:

Why and When?

Visiting the dentist is not an entirely pleasant experience for everyone. Each person will have a different perspective about the same.

Listed below are a few expectations / apprehensions of patients about dental visits:

- Treatment should be completed in a single visit.
- Preferred appointments are at post-office hours.
- Almost all issues should be handled with medications.
- The environment in the dental office is very frightening.
- Busy schedules make it hard to comply with appointments and / or regular visits properly.

Skipping of Dental visit

Patients hesitate to visit the dentist due to many reasons:

- Financial constraints.
- Fear / anxiety.
- Busy work schedule.
- Lack of awareness of the risks involved if regular check-ups are overlooked.
- Ignorant about oral health being a critical aspect of general health.

- Poorly motivated.
- Lack of access to dental care.
- Misguided notions about dental treatment.
- Unwilling to quit bad habits like smoking / drinking / chewing tobacco.

Healthcare and Dentistry

One should understand that Dentistry is a part of healthcare and is very similar to other fields of medicine, where doctors treat diseases and cure illnesses relating to the mouth.

Advice and instruction, including prescriptions / medications should be adhered to cautiously and stringently. Studies reveal that patients who listened to and complied with the prescriptions of the doctors, showed better treatment results than non-compliant patients.

Even after treatment procedures, the patient is asked to adhere to certain protocols and instructions that would help achieve positive results. One of the most important instructions that is given pertains to dental check-ups and recall visits.

Dental Visits

Dental visits are of two types:

1. Follow-up Visits

These are visits scheduled subsequent to the initial procedure / treatment. It is scheduled to:

- Assess the outcome of the treatment already done.
- Assess the progression / relapse of an existing disease / condition.
- Carry out further treatment which could be part of a previous one or sequential in the existing treatment plan. Certain procedures mandatorily require frequent multiple sittings.

The number of follow-up visits can vary in different cases, depending on how many stages / sittings the current treatment procedure requires for completion and the risk for recurrence or relapse of a particular disease / condition.

On completion of treatment, a high-risk patient may be scheduled for more frequent recall visits than a low-risk one.

Though various textbooks and literature talks of protocols and standards to schedule



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

follow-up visits, every patient is unique with unique requirements and needs.

Therefore, it is the expertise and reasoning of the clinician that helps decide when and why the follow-up appointments should be scheduled.

2. Regular Check-up Visits

This is the most understated aspect of dental healthcare.

Why is it important to have regular dental check-ups?

Detection of Oral Cancers

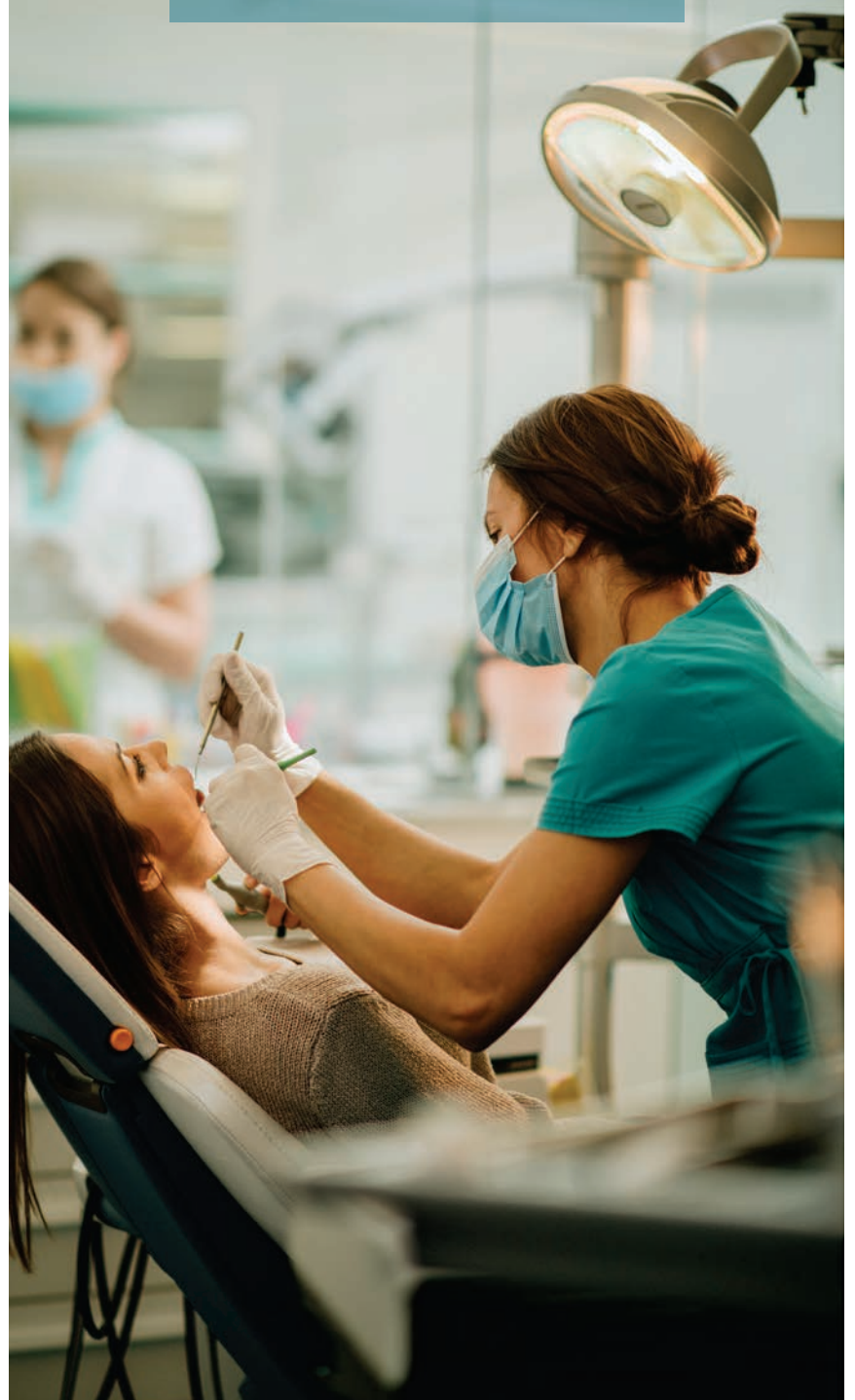
Oral cancers are increasingly more common these days and are associated with a lot of factors. It is hard to diagnose cancer in the early stages and in many cases, it is detected only during the advanced stages and as a result, it will be very difficult to bring the disease under control.

With regular dental check-ups, even the slightest changes can be detected at an early stage, so that the disease can be managed more effectively.

Diagnosing Underlying Systemic Conditions

It has been stated that the mouth is the mirror of the body. Most often than not, many systemic diseases tend to manifest with oral symptoms, which can be detected by the dentist, during a regular check-up.

Advice and instruction, including prescriptions / medications should be adhered to cautiously and stringently. Studies reveal that patients who listened to and complied with the prescriptions of the doctors, showed better treatment results than non-compliant patients



Vitamin deficiencies, Diabetes, gastric problems and immunodeficiency disorders are a few diseases which can be detected early, with regular follow-up visits.

Keeps Gum Diseases at bay

Most often patients present with bad breath and bleeding gums. Oral deposits, such as plaque and tartar are one of the main and most common causes of gum diseases.

Despite best efforts, it is not possible to remove all deposits with domestic aids. Regular dental check-ups help detect and remove the deposits immediately and as a result, the swelling and bleeding in the gums and the bad breath can be get reduced.

Keeps a Check on Tooth Decay

If detected early, tooth decay

can be managed with just a filling. However, if left unattended to, it may spread deeper into the tooth, involving the pulp. It can be very uncomfortable and painful and may require root canal treatment or even removal of the tooth itself.

Keeps Track of Patient Adherence

Regular check-ups can help the clinician assess the efficacy of the patient's brushing and oral maintenance and also the efficiency at which the patient has adhered to instructions.

It may also help the clinician judge if there is a need of modification in brushing habits or cleaning aids.

Keeps a Check on Bad Habits

Patient's who smoke / chew tobacco or have detrimental

habits should be motivated to keep off from such habits. The clinician can help them minimize and eventually quit the habit, with frequent motivation, education and monitoring.

When to Visit the Dentist for Regular Check-ups?

- Ideally regular check-ups with the dentist should be scheduled once in six months.
- If the patient is prone to a high incidence of dental caries or has a poor maintenance of oral hygiene, visits should be scheduled 3 to 4 times a year.
- Children usually require more frequent check-ups, as they are more prone to caries and infections.



Conclusion

Dental check-ups on a regular basis should be made an integral part of dental practice as well as general healthcare regime / program.

Patients and the mass population should be motivated and educated to visit the dentist regularly. Every individual can advise his / her near and dear ones about the importance of oral health and can thus help promote a healthier lifestyle.

Since all diseases start from the mouth, everyone, especially patients, should take time out of their busy schedule, for regular dental check-ups. ^{DC}



Brightening Smiles
the World Over



AN ARRAY OF OVER 150 PRIME PRODUCTS

DentCare Dental Lab Pvt. Ltd.

Muvattupuzha, Kerala, India | www.dentcaredental.com

SIX QUALITY CERTIFICATIONS



What is the Color of Your Tongue?



The tongue is an important muscular organ of our body that is pink in color and covered with tiny buds called papillae.

The papillae are covered with thousands of taste buds, which help us get one of the most pleasurable experiences of life i.e., tasting food. These buds are a collection of nerve cells which not only help detect the common tastes but also reject toxins / harmful substances.

What can your Tongue tell about your Health?

Besides being an amazing sense organ, tongue can tell a lot about your general health. A normal healthy tongue is

light red, moist and supple with a little glint, besides being free of cracks.

Bright red smooth Tongue

This indicates deficiency of Iron, Vitamin B₁₂ and Folate. Besides, allergy to gluten can also cause similar changes.

White Tongue

Thin white coating of the tongue is normal, but thick cotton like deposition can indicate a fungal infection. This condition is commonly referred to as oral candidiasis and is more common among immunocompromised patients.

Feeling of heaviness in the

abdomen, bloating, difficulty in waking up in the morning and digestive issues are often associated with the presence of oral candidiasis.

Pain or Sensitivity in Tongue

This condition indicates allergy, injury or infection.

Texture of Tongue

Slight roughness or minor irregularities on the tongue surface can be normal, but extreme cracks and depressions can indicate an associated chronic emotional or a psychological disorder. Teeth indentations on the side of tongue can indicate malabsorption of nutrient and cracks in the center can signal back problems.

Pigmentation of Tongue

Color changes in the tongue and deposits of pigments can have a multifactorial etiology. These can be either idiopathic or governed by a number of extrinsic / intrinsic factors. Comprehensive medical and dental history with detailed extraoral and intraoral examination is necessary for proper diagnosis and a complete resolution of the problem.



Dr. Mugdha Motani
General and Cosmetic Dentist
Safdarjung, New Delhi, India

Common Causes of Tongue Pigmentation

1. Pigmented Fungiform Papillae

Fungiform papillae are found on the upper surface of the tongue, majorly distributed on the tip and sides of the tongue. Pigmentation of these papillae can lead to diffuse dark brown or even black patches on the dorsal / anterolateral surface / tip of the tongue. This is the most common cause of pigmentation of the tongue without any underlying pathologic cause or associated skin, nail or cutaneous changes.

2. Lingua Villosa Nigra or Black hairy Tongue

The term may sound scary, but it is a harmless condition. This is a benign condition where tongue appears to be black and hairy.

A black hairy tongue is caused due to the defective debridement and / or accumulation of bacteria / fungi. The bacteria build up around the papillae and start growing in length, giving hair-like projections.

Besides poor oral hygiene, certain lifestyle factors like consumption of alcohol and tobacco, dehydration, uses of broad-spectrum antibiotics, antidepressants, Benzodiazapines and Peroxide mouthwashes including radiation therapy to head and

neck are a few common associated factors.

People with a black hairy tongue usually do not experience any symptoms, unless there is too much growth of fungi. They usually experience burning sensation, tickling feeling on the palate, metallic taste and bad breath.

Increased hydration, effective oral hygiene, cessation of tobacco and alcohol consumption can help reduce the discoloration. Topical application of Tretinoin (Retin-A) is also sometimes prescribed, but aesthetic improvement can be achieved only through surgical excision (laser/ electrosurgery) of filiform papillae.

3. Chemotherapy induced Hyperpigmentation

Hyperpigmentation of the tongue following chemotherapy is reported in patients. But this condition is usually self-limiting and improves after the discontinuation of the treatment. Reports show that Doxorubicin and Cyclophosphamide are the causative agents in majority of cases. Increased production of Melanocyte Stimulating Hormone (MSH) by

chemotherapeutic agents triggers the pathophysiology of hyperpigmentation.

4. Addison's Disease


Increased plasma Adrenocorticotrophic hormone (ACTH) and Melanocyte stimulating hormone due to adrenal insufficiency and compensatory activation of hypothalamic-pituitary axis can lead to hyperpigmentation on the tongue.

Hyperpigmentation is also prominently seen in interphalangeal joints, oral mucosa and palmar creases.

5. Tongue Piercings

This may sound rather an unusual cause for discoloration of the tongue, but the pierced area promotes fungal infections, which affect normal pigmentation and ultimately lead to dark spots.

Conclusion

The tongue reflects the systemic condition of an individual and should be monitored closely for any unusual changes. Any suspicious appearance or discoloration should not be disregarded and must be brought to the notice of a medical professional forthwith. 



The tongue reflects the systemic condition of an individual and should be monitored closely for any unusual changes

HOW TO STAY YOUNG

If you can keep your mind agile, your body active and stay socially active, you can remain young and energetic for longer.

Throw out the non-essential numbers like your age, weight as well as height and let the doctors worry about them. That is why we pay them.

Keep only cheerful friends. The grouches may often pull you down; hence, stay away from them. Learning makes you smarter and brighter. Therefore, keep learning something new or that which makes you happy and active. Never let the brain idle. An idle mind is a devil's workshop. The devil's name is Alzheimer's.

Enjoy simple things. Laugh often, long and loud. Laugh until you gasp for breath. Dancing, laughing, listening to music etc. increase the dopamine levels in the brain and energize your body.

Learn to be mindful. Live in the present moment. Focus on something greater than yourself. When untoward incidents happen in life, face them boldly and move on with all your might. The only person, who is with you all thorough your life, is yourself. Always be alive and active.





Dr. Lisamma Joseph
Consultant Gynaecologist
Kochi, Kerala, India

Surround yourself with things or people you love; whether it is your family, pets, music, plants, hobbies or whatever. Cherish your health. If it is good, preserve it; if not, improve it or if it is beyond improvement, seek the help of a doctor / health practitioner.

To get relaxation from stressful situations, take a trip to a mall, serene village, neighbouring country or anywhere you like. Never fail to express your love to your dear and near ones, as it imparts a feeling of closeness and happiness to them and you as well.

Always remember, life is measured not by the number of breaths you take, but by the moments that take your breath away.

Life's journey is not to arrive at the grave safely in a well preserved body, but rather to face the trials and tribulations boldly and proclaim that life's journey was wonderful !

Role of Toastmasters Club

If you prefer the vision, mission and value of a toastmaster, you can acquire skills in this area.

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment, where every member gets an opportunity to develop oral

communication and leadership skills, which in turn, boost self-confidence and personal growth.


Have a Vision in Life

In life, communication and leadership skills are very important. These qualities are to be gained / developed through experiences. As technologies are evolving beyond our imagination, we can adapt to the changes, only with our effective communication skills. So, we need to improve our capabilities, all through life.

Uphold Core Values

The core values of Toastmasters International are integrity, dedication to excellence, service to the member, and respect for the individual. These are the values worthy of a great organization.

We should incorporate these values as anchor points in our life. Our core values provide us with a means of guiding and evaluating our operations, planning, and vision for the future.

If you imbibe these things in your life, you can stay young, energetic and enthusiastic, which will in turn, keep away age-related problems and help you live longer. 

**In life,
communication
and leadership
skills are very
important. These
qualities are to
be gained /
developed
through
experiences**



Salivary Albumin and Dental Caries: A Review



Saliva is one of the intraoral host factors that influence caries development. Among the various protective functions of saliva, including diluting and cleaning the oral cavity, serving as a host defense, and buffering and enabling ion exchange, certain salivary characteristics outside the normal range of values may contribute to the caries process.

Salivary Albumin, one of the salivary proteins, is considered as a serum ultrafiltrate to the mouth, which is selectively adsorbed by different materials in the oral cavity, and alters the composition of dental plaque.

Let us see the effects of Salivary Albumin on dental caries.



Dr. Rosa Rakesh Narayan
Public Health Dentist



Dr. Vanishree N.
Professor and Head
Department of Public Health Dentistry
Bangalore Institute of Dental Sciences



Dr. Naveen N.
Professor and Head
Department of Public
Health Dentistry
Rungta College of Dental
Sciences and Research
Bilai, Chhattisgarh, India

Bengaluru, Karnataka, India

Saliva is a unique biological fluid having an important role in oral physiology, secreted by the three major and many minor salivary glands. It is a dilute aqueous fluid containing both electrolytes and proteins with an osmolality less than or equal to that of plasma.

It has been recognized as a mirror of body health, as it contains proteins, hormones, antibodies and other constituent molecules that are frequently measured to monitor the physical condition of patients. It plays a major role in the maintenance of oral and general health, as the salivary changes that induce local and systemic disorders may disturb and / or interrupt the complex balanced functions which, in turn, can lead to mucosal and tooth damage.

The salivary proteins, especially Albumin, vary from 100-700 milligrams per decilitre (mg/dl). Albumin, the most abundant serum protein, is often used as a marker for the degree of mucositis, inflammation in the salivary glands and also root caries.

Studies have shown that enamel is mainly protected from demineralization by the inhibitory effects of the protein penetrated into the pores, in addition to the possible protection by the pellicle on the surface. A shift in median concentration may be observed prior to the eruption of the first teeth. In infants, Albumin concentration will start rising, about one month before the eruption of the first tooth.

Various methods are employed

to measure Salivary Albumin levels. Biochemical procedures like Biuret and Bromocresol green methods are employed to measure Albumin levels. In Bromocresol green method, the reaction between Bromocresol green dye and Albumin in saliva produces a colour change which is proportional to the concentration of Albumin. It is measured using a photoelectric colorimeter at a wavelength of 630 nanometres (nm).

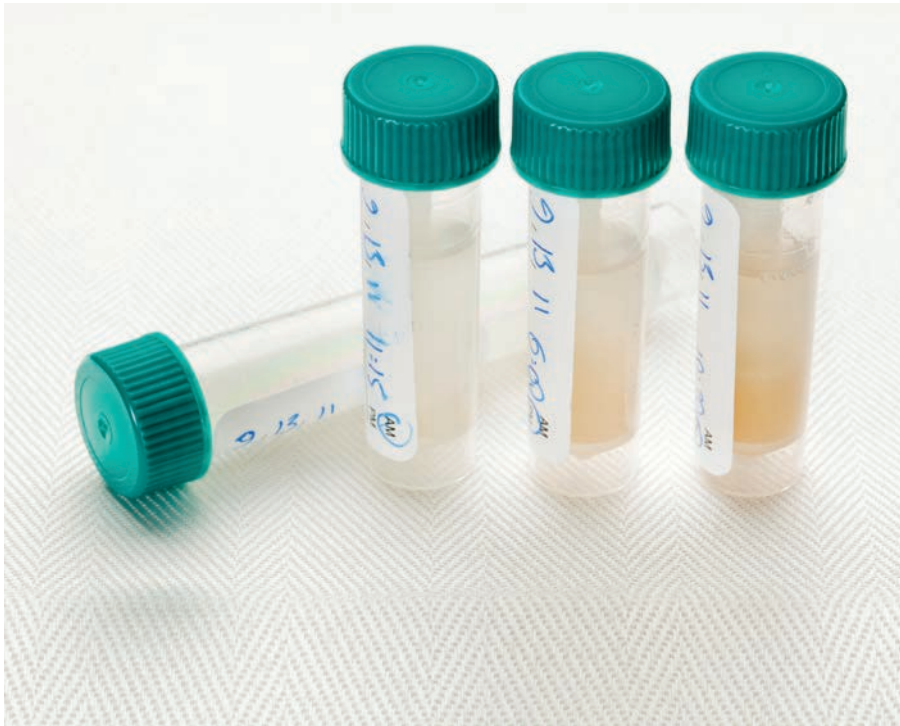
Various Albumin kits like Agappe, Cayman, Abcam etc. are available in the market that are better than biochemical methods. Enzyme-linked immunosorbent assay (Elisa) kits are also available.

Salivary Albumin and Dental Caries

One of the most important factors which influence the development of dental caries is saliva. The physicochemical properties of saliva, such as pH, buffering capacity, salivary flow rate and concentration of various components like proteins, calcium and antioxidant defence system play a major role in the development of caries.

A group of salivary proteins namely, statherin, the acidic platelet-rich plasma (PRP), Albumin, histatins and cystatins are, in a way, described as multifunctional proteins and are partly responsible for the mineralization of saliva. These proteins differ from other salivary host defence proteins by having a specific function only for the oral environment

Saliva is a unique biological fluid having an important role in oral physiology, secreted by the three major and many minor salivary glands



Saliva sampling is often preferred as an alternative diagnostic approach for various oral health diseases

i.e. maintenance of the homeostasis of the supersaturated state of saliva.

The salivary proteins in the protective pellicle, such as statherins, histatins, cystatins and proline-rich proteins are too large to penetrate the enamel pores. Therefore, they remain on the surface, bound to hydroxyapatite, to help control the crystalline growth of enamel by allowing penetration of minerals into the enamel for remineralization by limiting mineral egress.

This enhances the stability of the hydroxyapatite in the outer surface of tooth structure and reinforces the importance of peptides in the maintenance of tooth integrity. As Albumin has a molecular weight, compared to the other proteins found in the protective pellicle, it may remain on the surface, bound to hydroxyapatite, helping protect the tooth from caries.

The inhibitory effects of proteins penetrated into pores, due to the interaction of enamel and Albumin, by means of calcium bridging between protein – carboxyl group and mineral phosphates may have a

restrictive effect on dental caries, in addition to the possible protection by pellicle on the surface.


As per the study conducted by Hedge et al, there was a significant relationship between Salivary Albumin and dental caries. The study result was in accordance with that of Mungia et al, wherein they found a significant association between caries and the salivary proteins namely Albumin, lactoferrin, lysozyme and mucin.

A study done by Preethi et al concluded that enamel is mainly protected from demineralization by the inhibitory effects of Albumin penetrated into the pores, in addition to the possible protection by the pellicle on the surface.

A recent study by Rui et al revealed that a large amount of phosphopeptides, namely proline-rich proteins and statherin saliva have an inhibitory effect on dental caries. Yoshihara et al conducted a cross sectional study wherein they found an association between oral health status and serum Albumin levels.

Conclusion

In the last few years, saliva has gained an increased scientific interest not only due to the detection of excretion of various compounds like drugs, pollutants and hormones into saliva but also due to its well documented relation with local and systemic diseases.

Saliva sampling is often preferred as an alternative diagnostic approach for various oral health diseases. The need of the hour is in defining and evaluating a value range for Salivary Albumin as abnormal to have a better idea in patients with dental caries and hence indicative of disease occurrence, progression or regression in the oral tissues. 



World's Best Choice Aligner



Head Office:
DentCare Dental Lab Pvt. Ltd.
130 Junction, NAS Road, Muvattupuzha, Ernakulam Dist.
Kerala, India - 686 661. Ph: +91 485 2835112, 113
www.dentcaredental.com, info@dentcaredental.com

SIX QUALITY CERTIFICATIONS



DentCare Dental Lab USA Inc.
3915 Rose Bud Road,
Loganville GA-30052, USA
www.dentcaredental.us
info@dentcaredental.us

دانت كير ميدل ايست تجارة الادوات والمستلزمات الطبية ش. ذ. م. م.

**DENTCARE MIDDLE EAST MEDICAL
ARTICLES & REQUISITES TRADING L.L.C**
France Cluster P-20, International City, P.O. Box-430921
Ph: +971 42 408248, +971 54 3210276, Fax: +971 42 408257
www.dentcaredental.com, uaeoperations@dentcaredental.com

DentCare Dental Lab New Zealand Ltd.
Auckland, New Zealand
Email ID: info@dentcaredental.co.nz

A Revelation from the Heart Healer



Padmashri Dr. K. M. Cherian (Dr. Kotturathu Mammen Cherian), an out-standing heart surgeon of India, was born on 8 March, 1942 to Mr. Mammen K. Cherian and Mrs. Mariamma Cherian.

He did his scholastic education at Asram School, Perumbavoor, in the State of Kerala and earned his MBBS and MS Degrees from Kasturba Medical College, Mangalore, Karnataka.

Dr. K.M. Cherian, a pioneer in Pediatric and Adult Cardiac Surgery in India, has held many prestigious positions in India and abroad and authored more than 250 National and International publications.

Now, he runs a world-class Cardiac Hospital – Frontier Lifeline Hospital – in Chennai,

Tamil Nadu. He is also the Founder Chairman of Frontier Mediville, the first Medical Special Economic Zone (SEZ) and Medical Science Park in India.

Dr. Cherian has been an Honorary Surgeon to the President of India from 1990 to 1993 and has performed more than 45,000 surgeries.

With innate talent and a passion to save lives, Dr. Cherian has a long list of "first ever" to his credit:

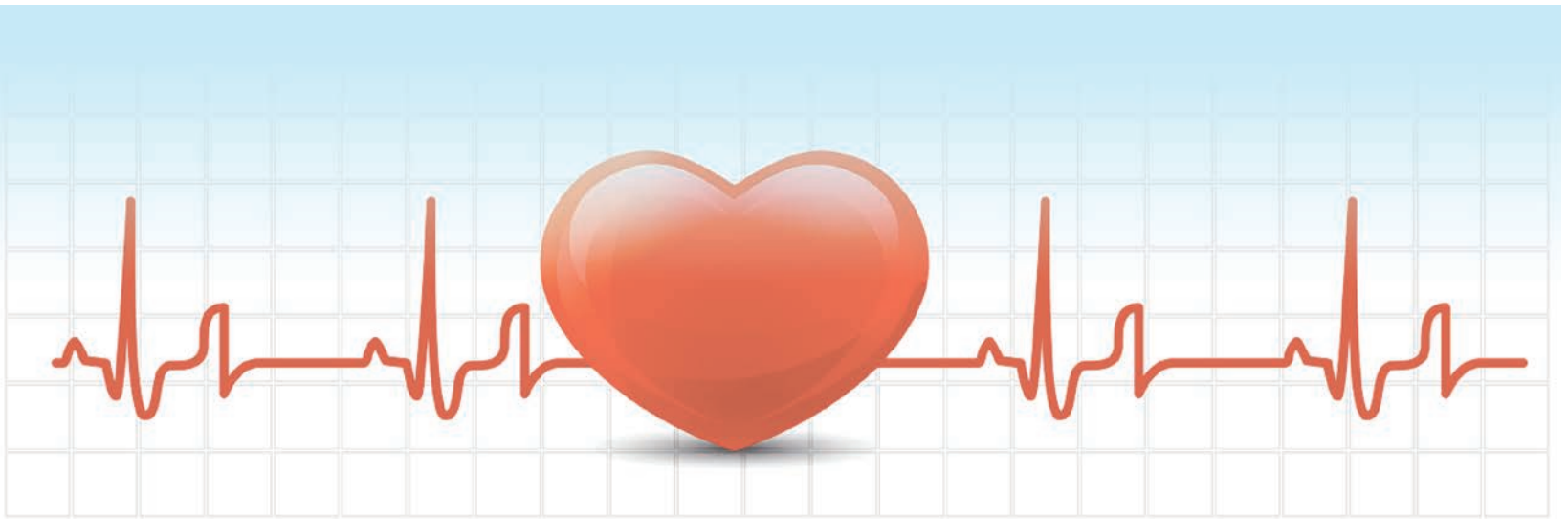
- First Successful Coronary Artery Bypass surgery in June 1975
- Pioneering heart transplant in India, after the legislation of Brain Death

- Bilateral lung transplant
- Pediatric Heart transplant
- Autotransplant
- Heart – lung transplant

With phenomenal experience and farsightedness, Dr. Cherian is the first Indian to become a member of the American Association for Thoracic Surgery.

He is the first Indian to get his name engraved on the commemorative stone, in the island of Kos, Greece – birthplace of Hippocrates – on the occasion of the 18th World Congress of the World Society of Cardio Thoracic Surgeons.

Government of India honored him with Padma Shri, the



fourth highest civilian award, in 1991.

Dr. K.M. Cherian, in a conclave with 'The DentCare' opens his heart.

1) What are the essential Qualities of a Surgeon?

If you want to become a Surgeon, even as a student, whether in schools or colleges / medical colleges, you should feel that you are capable of using your hands better than others. You should also realize your inherent physical qualities which make you distinctive from others.

In my case, when I was a 6-year-old boy, I was good with my hands and used to make pots and pans with clay. When I was 10, I made a bust of Mahatma Gandhi. I also had a mechanical bent of mind.

I used to repair all the old timepieces in my house and those of my neighbors. This has greatly helped me become a good paediatric cardiac surgeon because in the early stages of my professional life, diagnostic facilities were very scarce.

Another thing is that you have certain latent qualities which make you distinguishable from others. Almost all carpenters are very good at their work. But, a few of them may not be able to make even a small item precisely.

However, they are all carpenters.

Similarly, competencies of all the surgeons are not the same and hence, all of them cannot do things requiring dexterity. Surgical field is very vast and consequently, nobody is consummate in this profession. Motivation, commitment, hard work and of course, something known as fate is that which makes each person exceptional.

Nobody can take away your destiny. Dr. K. J. Yesudas, the renowned musician and playback singer knows that he is a good singer as he is endowed with the talent. Likewise, it is important for you to realize that fate is a vital factor governing your life. If fate is in your favor, no one can change it.

2) What does it feel like knowing you hold a patient's life, the symbol of life being the heart, in your hands?

To be honest, I do not think that way at all because I am a professional. I got qualified in my field; I always think that what I do in the field should be the best. At the same time, it is very important for you to make sure that you have concern for patients.

Every doctor has concern for his patients. At the same time, each patient should realize that the

doctor has concern for them, which builds their confidence and not the number of degrees the doctor holds, as it does not make anything.

Albert Einstein, the world famous physicist said knowledge is very important. It helps take you from point A to point B but is equally important to have dreams also. Knowledge plus dreams is the best combination. Unfortunately, it does not happen always and is seen only in less than 5% people. They are the people who make history.

3) Are People in India more vulnerable to Heart Disease than those in Europe and America and if so, what are the reasons?

The first reason is lack of Exercise.

In India, how many people are going for jogging? How many are going for badminton / tennis / shuttle? Hardly anyone. To avoid going for exercise, people will say lame excuses that it is raining, roads are full of potholes etc.

The second is Diet.

In India, 40% of people are diabetic; out of which 60% have coronary diseases. More than that, we have genetic factors that predispose us to the condition. You cannot change

your parents; if your father has coronary disease, your chance of getting the same is 50% and if the mother has it, the chance is 40% and if both have it, the chance is 80%.

The third is Smoking.

During the World Heart Day in 2017, the World Heart Foundation emphasized four things: know your heart, move your heart, love your heart and fuel your heart.

If you stop smoking for 2 years, the chance of a heart attack gets reduced to almost 50%. If you stop smoking for 15 years, the chance is like that of someone who has never smoked in life.

4) What are the things to be taken care of, after a Heart Surgery?

Pre-operative and post-operative dental hygiene is an important factor. So, it should be ensured that there is no dental caries. Once you have a valve replacement, the chances of bacterial endocarditis is high. You can reduce the risk by maintaining good oral hygiene.

Eat a healthy and balanced diet; cut back on sugar, salt, and fats; avoid alcohol and

quit smoking for speedy recovery.

Take precaution from the infection of the Ear, Nose and Throat. Dental care is a very important factor before and after a surgery.

5) Do Men and Women experience the same Symptoms associated with Heart Disease?

The incidence of heart disease in both men and women are almost same, especially when women are in post-menopause phase. Incidence in men can be easily detected while women suppress and attribute it to something else.

The problem is that women may think of it as due to indigestion. While cooking, women taste the food; as a result, they will ingest everything. So, when they have a pain / gastric problem, they may tend to neglect it.

6) Are there any Female-specific Disorders that increase a Woman's risk of developing Heart Disease?

Very few women are doing exercise and hence, they are

more prone to diseases.

Hormonal problems can be linked to heart diseases, thyrotoxic crisis or hypothyroidism. Menopause also tends to increase the risk of developing heart disease.

7) What are your Suggestions for increasing the number of Organ Donations in India?

If anybody is trying to propagate organ donation, it has to come from the family members. Say, in the United State of America, when you get a driving license, on the rear side, there is a column, 'are you an organ donor?'. If you are a donor and your brain is dead, there is no need of permission from anybody. Such measures should be incorporated in India also.

Whether it is a driving license, Aadhaar card or whatsoever, organ donation should be done voluntarily; do not force anyone. Steps should be taken to propagate the importance of organ donation.

As India is predominantly a superstitious country with many religions and cultural backgrounds, there are a lot of difficulties. Tamil Nadu

Once, Dr. A. P. J. Abdul Kalam, the former President of India saw me and said, Cherian you did a good thing. You should tell all the politicians that there is no difference between the heart of a Muslim and that of a Brahmin. It is the best example of interreligious harmony

has taken a lead in that. Nonetheless, we are getting maximum transplants done here.

However, we should be cautious against commercialism. Of course, we have started the practice of organ donation cards being carried along with driving licenses; ultimately, it all depends on the people, their family and society. It is optimistic to note that more and more people are willingly coming forward to donate organs.

8) What is your Mission and Vision for Heart Transplant in India?

I had the opportunity to do the first successful transplant in India, after the legalization of Brain Death. We have done maximum number of heart and heart-lung transplants. I have even done two transplants in one night. We have also done pediatric heart transplants.

India is a large country with a large population, which is slowly shaking off its superstitions and learning the significance of organ donations. There is a central registry for organ donation now; transport and infrastructure facilities in the country are picking up and the media is doing a commendable job in promoting public awareness on organ donation.

With more cooperation among medical professionals, I am sure the vision will soon become a reality.

9) Would you share the most moving Experience in Heart Transplant Surgery you have ever had?

The first transplant:

It was on a Muslim lady by name Maimoon Beevi and the donor was a Brahmin lady, Hema Saundar Rajan and the surgeon was me, a Christian.

Once, Dr. A. P. J. Abdul Kalam, the former President of India saw me and said, Cherian you did a good thing. You should tell all the politicians that there is no difference between the heart of a Muslim and that of a Brahmin. It is the best example of interreligious harmony.


It was on 23 September 1995. I finished the surgery at 3 o'clock in the morning and rang up and told my mother, unmindful of the late hour.

My mother picked up the receiver anxiously and asked "What happened, my dear son?"

"I have good news for you. I just did my first heart transplant," I said excitedly.

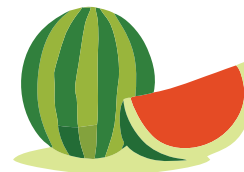
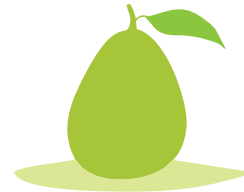
For my mother, it was a momentous occasion, as it was her birthday. "It is the best present I can have from my eldest son, on my birthday," she remarked ecstatically.

By morning, the news of the first heart transplant conducted in a private hospital in the country spread far and wide. It does not happen like that. It is your fate. God has given me an opportunity to do it and my mother had the chance to become a part of history.

If you are destined to do something, do it promptly. Wherever you are, whatever you do, do it at the right time, right place and with the right people. 

For The **DentCare**
Interviewed by : Ms. Nisha Philip Xavier

Follow a diet to keep your heart in good state so that it is able to function well



Follow a regimen that is absolutely heart -smart that includes a heart healthy diet and heart friendly exercises



Mobile Phone Addiction and Blindness

Newer technologies are setting newer trends all over the world nowadays. We have reached a stage where we cannot live without smartphones and other electronic gadgets.

The latest versions of android with trendy applications are binding users to their mobile phones. People have started socializing more on the internet than in reality.

This sophisticated technology has enslaved majority of people, especially children and the youth. It adversely affects not only their daily routine but their physical and mental health as well.

There are a lot of risks with the continuous use of mobile phones, including exposure to radio waves, which are the predisposing factors to deadly problems, such as Cancer. Not only adults but also children are prone to a high risk of radiation from mobile phones, as their body is still in the developing stage.

The major impact of mobile phones is on your eyes. We continuously use our eyes to stare at the device which will cause strain and discomfort to the eyes. Other deleterious effect on eyes includes dryness, irritability, blurred vision and temporary blindness.

Most of us have the habit of using our mobile phones before going to or while in bed, especially after switching off the





Dr. Betina Chandolia
Assistant Professor
Department of Oral and Maxillofacial Pathology
National Institute of Medical Sciences Dental College
Jaipur, Rajasthan, India

lights. It is darkness that affects the eyes more, as staring at the mobile phones in the dark is very dangerous. The blue light emitted by mobile phones can be a big risk factor that can harm our eyes permanently.

Continuous use of mobile phones in the dark may result in temporary blindness as well. Some people have reported that their eyelids stick to each other in the morning and require to be forcefully opened. This is another side effect of using mobile phones in the dark.

Often, we forget to maintain a particular distance while using our mobile phones or working on laptops / desktops. If we stare at mobile phone / laptop screens, for more than 30 minutes, it may cause macular degeneration and finally reduce visibility.

Therefore, it is important to take some precautionary

measures to avoid straining of the eyes. Some of them are:

- Always maintain a comfortable distance from the screens of mobile phones, laptops, desktops and televisions.
- Font size of the text should be made large enough to read from a comfortable distance.
- Doctors recommend people to follow the '20-20' Rule for eyes, which means that if a person is looking at the screen continuously for 20 Minutes, he / she should take a break and look at a distance of 20 feet away, for at least 20 seconds. This respite helps relax the muscles of the eyes and reduce fatigue or strain.
- Take foods that are a rich source of Vitamin A.
- Wash your eyes properly, to




Continuous use of mobile phones in the dark may result in temporary blindness

avoid infection. Besides, washing helps relax the muscles of the eyes. So, whenever you feel tired, wash your eyes.

- If you are working late into the night, wash your eyes every half an hour and keep drinking water as well.

The eyes are the most important organ of human body. Proper care and precaution help protect and prevent them from getting damaged.

Make sure to keep the screens of mobile phones and other electronic gadgets at a comfortable distance, to avoid straining of the eyes. Take breaks at fixed intervals and step out of the house, rather than staying inside. 

A Big Hurdle for a Beautiful Smile?



Smile mirrors our personae. A dazzling and beautiful smile is more than a method of communication and a means of socialization. Harmony of smile depends on the color of both teeth and gingiva.

A healthy coral pink gum helps accentuate your smile and improve your overall personality. Hyperpigmentation can also be an aesthetic issue, especially when it gets diffused in the anterior labial gingiva.

Areas of Hyperpigmentation in the Oral cavity

Hyperpigmentation becomes an aesthetic problem when it diffuses on the gingiva, palate, labial mucosa and ventral surface of the tongue or floor of the mouth.

Clinical Presentation

Discoloration of gums varies from light to dark brown or may present as black patches / bands. The skin tone, texture and colour differ among various races and ethnic groups.



Dr. Garima Sharma
Senior Lecturer
Department of Periodontics
Surendera Dental College and
Research Institute
Sri Ganganagar, Rajasthan, India



Clinically, it can range from just a physiological change to oral manifestations of systemic diseases and malignancies. It can also be an indication of any other serious disease.

The colour of our skin / lips is due to pigmentation. However, gingival melanin pigmentation is not always beautiful, particularly if it is on the facial aspect of gingiva, which is visible during speech and smile (gummy smile).

Causes	with Syndromes
1. Internal causes of Pigmentation (Endogenous) It can be due to the presence of Melanin, Haemoglobin, Carotene and Haemosiderin.	Peutz-Jeghers Syndrome (PJS) is an autosomal dominant genetic disorder characterized by the development of benign hamartomatous polyps in the gastrointestinal tract and hyperpigmented macules on the lips and oral mucosa.
2. External causes Pigmentation (Exogenous) It can be due to the deposition of Amalgam, Graphite, Lead etc.	Addison's disease is a long-term endocrine disorder, in which the adrenal glands do not produce enough steroid hormones and result in darkening of skin.
3. Drug related Pigmentation It can be due to the long-term use of medicines, such as Antimalarial / Antimicrobial (Minocycline) drugs, Chlorpromazine, Oral contraceptives etc.	5. Diseases associated with Pigmentation Human Immunodeficiency Virus (HIV), Thalassemia, Tuberculosis, Candidiasis etc. are some of the diseases that are associated with Pigmentation.
4. Pigmentation associated	

Treatment Options

Various treatment modalities are available, such as surgical blade technique, cryosurgery, electro surgery, free gingival grafts and laser therapy.


Depigmentation of the Gingiva

It is the removal or excision of gingival melanin hyperpigmentation in the gingiva.

Nowadays, laser therapy has become an excellent painless, bloodless and less time-consuming procedure for treating hyperpigmented gingiva, but this requires sophisticated equipments.

Everyone wants a beautiful smile; so visit a Periodontist to preserve your beautiful smile.

Though the treatment for black gums is a simple procedure, it depends on individual preferences, patient's affordability and clinical experiences.

So, do not bother about black gums; go for appropriate intervention without further delay. 



Management of Cancer in Siddha

Anti - Cancer drugs in Siddha modulates immunity to fight against Cancer cells, as such they possess alterative, kaya kalpa or rejuvenating effects. Moreover, all such Siddha medicines provide micronutrients and trace elements which revitalise the system and improve the quality of life



Dr. K. Jagannathan
Professor and Head
Department of Maruthuvam (General Medicine)
Santhigiri Siddha Medical College and Hospital
Thiruvananthapuram, Kerala, India

The growing incidence of Cancer is really making people anxious and panicky and has become a major challenge to the medical systems.

The most common types of malignancies among men are:

- ▲ Lung Cancer
- ▲ Prostate Cancer
- ▲ Colorectal Cancer
- ▲ Stomach Cancer

The most common types of malignancies among women are:

- ▲ Breast Cancer
- ▲ Colorectal Cancer
- ▲ Cervical Cancer

Cancer may manifest almost anywhere in the human body. And it is a group of diseases characterized by out-of-control growth of the cell.

In all types of Cancer, some of the body cells start dividing without stopping and spread into the surrounding tissues. As the Cancer cells grow, some of them may break off and travel to the regional or distal places in the body, through the blood or lymphatic system and form new tumours, far from the original ones.

Many types of Cancer form solid tumours whereas Cancers of blood, such as leukaemia generally do not form solid tumours.

Risk Factors

Many factors contribute to

Cancer and some of them are:

1. Age is a major factor in the incidence of Cancer. 25.4% of Cancer patients fall in the age group between 65 and 74; 24.1% in the age group between 55 and 64; 19.6% in the age group between 45 and 54 and 19.6% in the age group between 75 and 84.
2. Incidence of malignancies is high among people with a positive family history of Cancer.
3. Drinking alcohol can increase the risk of Cancer of the gastrointestinal tract and liver.
4. The risk of Cancer is much higher among those who drink alcohol and use tobacco.
5. At present, most of the edible items like vegetables, fruits, sea foods, meat, tin foods, beverages, drinking water etc. are chemically contaminated and as a result, their long-term consumption will increase the risk for Cancer.
6. Long – term hormonal therapy also increases the risk.
7. Patients receiving immunosuppressive drugs for autoimmune disorders have higher risk of Cancer.
8. Certain infections, such as Hepatitis B and C viruses, Epstein-Barr Virus (EBV), Human Papilloma Virus (HPV), Kaposi's Sarcoma-associated Herpes

Virus (KSHV), Cytomegalovirus (CMV), Human Immunodeficiency Virus (HIV) increase the risk for Cancer.

9. Over exposure to sunlight and irradiation increases the risk.
10. Obesity and physical inactivity also contribute to the development of Cancer.

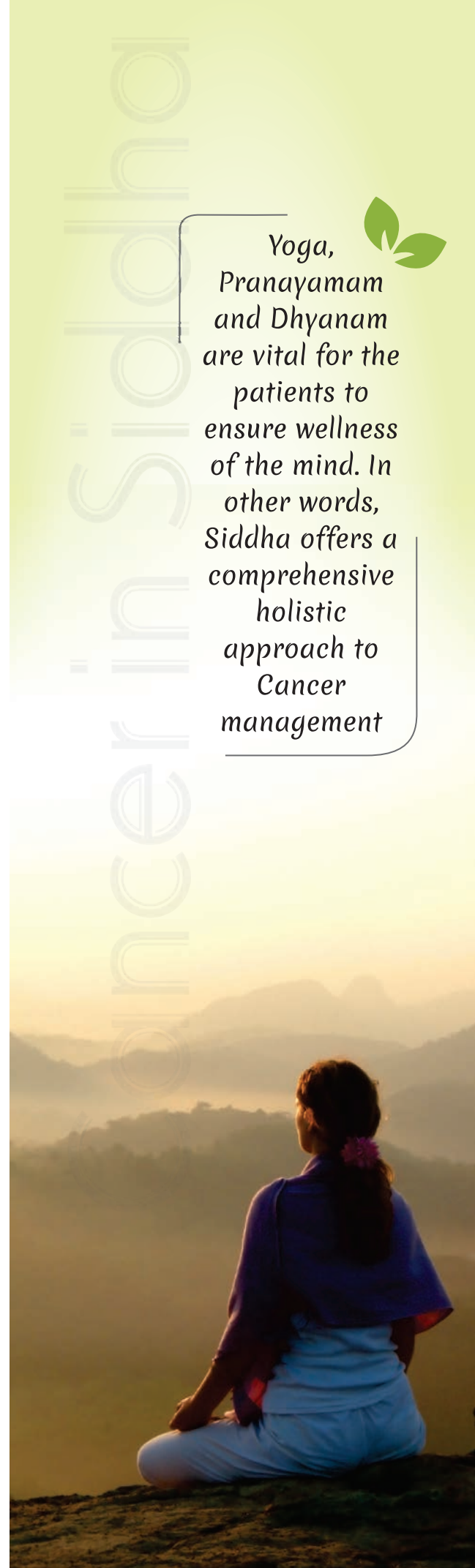
There are more than 100 types of Cancer. The most common among them are:

- ▲ Carcinoma
- ▲ Sarcoma
- ▲ Leukaemia
- ▲ Lymphoma
- ▲ Myeloma
- ▲ Melanoma

Cancer is usually named based on the organ, tissue or cell from which it originates.

A person shall consult a doctor and undergo the prescribed tests if he / she notices the following signs and symptoms:





Yoga,
Pranayamam
and Dhyanam
are vital for the
patients to
ensure wellness
of the mind. In
other words,
Siddha offers a
comprehensive
holistic
approach to
Cancer
management

- 1) A new mole / an increase in the size of an existing mole.
- 2) An ulcer that will not heal.
- 3) Changes in the size and shape of the breast and nipples.
- 4) Changes in the texture of the breast skin.
- 5) A lump on or under the skin.
- 6) Hoarseness of voice.
- 7) Chronic cough.
- 8) Changes in bowel habits.
- 9) Painful or difficult urination.
- 10) Difficulty in swallowing.
- 11) Vomiting after eating.
- 12) Sudden weight loss.
- 13) Chronic fever.
- 14) Abdominal pain.
- 15) Excessive sweating at night.
- 16) Blood in the stool or urine and vaginal bleeding unrelated to normal menstruation.
- 17) Increase in abdomen size.
- 18) Gradual neurological deficit.
- 19) Feeling weak and tired all the time.

However, it is important to consult a doctor to confirm the underlying causes.

Different Stages of Cancer

The TNM Classification of Malignant Tumours (TNM) – a system that denotes the stages of Cancer – is followed to understand the status of Cancer.

For the confirmation of the different stages of Cancer and their diagnosis, investigations like physical, systemic and laboratory examinations including histopathological and imaging studies, such as X-rays, Ultrasound, Computed Tomography (CT), Magnetic Resonance Imaging (MRI), Nuclear and Positron Emission Tomography (PET) scans as well as genetic tests are also carried out.

Types of Cancer Treatments

In modern system of medicine, treatments like surgery, radiation therapy, chemotherapy, hormone therapy, immunotherapy, targeted therapy and stem cell transplant therapy are advised for Cancer patients, considering the type of lesion, affected area, severity, age factor, affected diseases, prognostic nature, patient's tolerance etc.

Cancer would not be a life threatening disease, if it is detected early and treated properly with appropriate and effective interventions. Otherwise, it may lead to various complications.

Siddha System of Medicine views Cancer in terms of Thurmangisa valarchi, Putru noi and Nachu maravai katti. (Tamil terms used in Siddha literature for Cancer).

Cancer will affect all Saptha Dhatus (seven body tissues), similar to Megha (uncontrolled Diabetes / venereal diseases) and Kshayarogams (Tuberculosis). 'Kapha Vata Nadi' (as per pulse reading) is the nadi commonly seen in the terminal stages of the disease.



Nowadays, many Cancer patients have started resorting to alternative medical systems, especially Siddha system, as they are scared of the deleterious nature / side effects of modern medicine.

Siddha drugs can be taken as a supportive medicine to bring the disease under control and increase lifespan.

A number of herbal, herbo - mineral and mineral drugs have been documented by ancient Siddhars in Siddha literature against Cancer.

Sufficient numbers of higher form of medicines are available in the market to manage Cancer. In addition to anti - Cancer effects, they have antioxidant properties to check the growth and prevent complications.

Anti - Cancer drugs in Siddha modulates immunity to fight against Cancer cells, as such they possess alterative, kaya kalpa or rejuvenating effects.

Moreover, all such Siddha medicines provide micronutrients and trace elements which revitalise the system and improve the quality of life.

Yoga, Pranayamam and Dhyanam are vital for the patients to ensure wellness of the mind. In other words, Siddha offers a comprehensive holistic approach to Cancer management.

Mineral preparations like Rasagandhi Mezhugu, Nandhi Mezhugu, Vaan Mezhugu, Rasa Chenduram, Rasa Parpam, Sandarasa Parpam, Linga Chenduram, Navapashana Chenduram, Thamirakattu Chenduram, Aya Chenduram, Ayakantha Chenduram, Chandamarutha Chenduram, Ayaveera Chenduram etc. are found to be effective against Cancer.

Herbal medications like Amukkara, Manjal, Nellikai, Chithiramoolam, Serankottai, Thripala etc. also are effective

in the management of Cancer.

Selection of medications in Siddha is purely based on body temperaments, pulse reading, type of Cancer, area of lesion, chronicity, severity of malignancies and the nature of the treatment being provided.


Diet is an important factor. Patients shall avoid sour substances in addition to restricting salt. They may take plenty of fruit juices and boiled vegetables.

Avoidance of stress is an important factor. Patient has to avoid the consumption of / exposure to substances mentioned under subheading 'risk factors'.

Prevention of Cancer will become very simple if the patient adheres to these instructions:



- 1) Be aware of and keep away from the risk factors of Cancer.
- 2) Periodical health check-ups and proper as well as timely medical care.
- 3) If diagnosed with a precancerous condition, take appropriate treatment modalities.
- 4) Regulation of diet and development of healthy habits are necessary.
- 5) Get immunized against viral infections.
- 6) Protect yourself from the ultraviolet rays of the sun.
- 7) Maintain healthy weight and be physically active.
- 8) Avoid the use of tobacco and alcohol.

Though Cancer is a chronic disease, it can be cured or brought under control, if diagnosed early and treated properly with appropriate and effective interventions. 

A SMILE IS INFECTIOUS



Dr. Saket Gaurav
Private Dental Practitioner
Ghaziabad, Uttar Pradesh, India

When you look at a beautiful dazzling smile, it spreads like an infection and paints a ray of sunshine all over your face.

The Smile is so universal that even a new born knows it by heart and when a captivating smile is shared, it can melt the wall. But, it is possible only when you have healthy and white teeth.

Cosmetic Dentistry

It is a branch of dentistry dealing with the appearance of your teeth. It handles the modification of your smile and anything having to do with the look of your teeth and gums, in terms of length, shape, color, alignment and proportion.

But for a dentist, it lies in obtaining the most beautiful and lasting improvement in the appearance of someone's smile with minimum amount of treatment.

The primary aim of cosmetic dentistry is to improve the aesthetics of a person's teeth, gums or bite. A variety of cosmetic procedures are now available which appeal to many people.

The most popular procedure is tooth whitening, wherein teeth are bleached to remove stains and make them appear brighter.

Other cosmetic dental procedures that help you achieve a perfect smile are:

- Custom – made and natural – looking dental implants / replacements for missing teeth.
- Crowns / caps and dental bridges that give you a whiter, brighter smile and also help in closing missing spaces.
- Dental veneers that hide smile flaws.
- Tooth – colored restorations.
- Dental bonding, to repair damage / flaws, that looks and feels like tooth enamel.
- Natural – looking inlays and onlays (or indirect fillings) that are used to treat tooth decay or similar structural damage.


A smile makeover typically involves one or more cosmetic dentistry procedures, such as dental veneers, dental implants, gingival sculpting and teeth whitening that give you the look you have always wanted.

Full mouth reconstruction offers natural-looking and clinically sound treatment to correct functional problems associated with your bite, muscles, teeth and bone structures.

First impression is the last impression and everyone is becoming more conscious of their teeth when they have become chipped, discolored, deformed, crooked or are missing. They may feel the need to cover their mouth, every time they laugh and smile for photos.

Apart from affecting a person's self-confidence, it can also affect a person's oral health, particularly when chipped or missing teeth are left untreated. The good thing is that most of these issues can be resolved / treated or at least worked out to improve the situation. Also as a dentist, I believe, there are always one or more treatment options available for any dental issues at an affordable cost.

Depending on the complexity and severity of the problem, referral to dental specialists may become necessary. Ask your dentist or oral health professional for further details.

Always remember to get dental health check-ups and oral prophylaxis (scaling) done every six months, to keep your teeth and oral cavity in good shape and also to check the outcome / condition of the treatment already undertaken. 



Inculcate Moral Values in Children

Children are a parent's most-valued asset. Raising a moral child in this complex world takes so much effort, but it is never in vain, no matter how intricate, abstract and difficult for children to grasp.

Childhood is filled with fun and will give us beautiful nostalgic memories to cherish. Good habits make a child do good things which will fetch good results sooner or later.

Often children tend to be rebellious, if they are not taught good moral values and manners at the crucial phase. Acquiring good values or manners should be made a part of learning process and the values learnt in early years will stay all through life.

But the question is how can we really make an impact or help our children feel paramount about moral values? I shall sum up a few points which can make a profound and enduring impact on children.

1. Spend Quality Time

It is very important to spend enough time, quality time with children. The time we spend with them has a very profound effect on what and how they grow up into. The simplest way is to talk with them, ask about their personal interests, likes etc.

Being available, when they are in need of advice, suggestions, opinions etc. makes them feel

comfortable to rely and approach us at any moment without hesitation. More than that, there is also a plus point. We can also make sweet and cherishing memories for them so that when they grow up, they will have profound memories of their childhood spent with their parents.

2. Teach them noble Etiquettes and Manners

It all starts right from infancy to make children treat others fairly with appropriate corrections, when they talk to or treat others impolitely / unfairly. This will help them overcome all negative social influences and help lay a good foundation for becoming a good citizen.

3. Inculcate a Sense of Responsibility

The simplest way to instill

moral values is to let them take care of their own toys or gadgets and bring them back to respective places when they have done with their games or help them keep books neat and tidy etc.

4. Be a Role Model / Living Example

The saying "Practice what you preach" has a very good relevance. If there is any discrepancy between what we say and what we do, our children may ignore our moral lessons, as children are great imitators. They are very quick in learning from what they see. Our actions should never be inconsistent with our words.

5. Let Children know the Importance of Spiritual Life

When we pray together as a family, children will learn the





Ms. Yongmei Yalem
Language Instructor
De Paul Higher Secondary School
Kottayam, Kerala, India

importance of prayer in daily life. A saying is that a family stays together if it prays together. To enhance our family bonding, let children know the importance of prayer and spiritual life. Tell them that God is a Comforter in times of our despair, dejection and troubles.

6. Make Children own up to their Mistakes

Children are known for their pure mindset and thoughts which, in one way or the other, will get them into trouble. But we need to let them realize that bad actions will result in unpleasant consequences and situations. They should be taught to be truthful and make them admit their mistakes / wrongdoings and feel remorseful.

If parents or elders always come to their rescue or take their sides in situations where they do mistakes, they will not take the responsibility for their actions. We need to teach them to "Own up" to their own mistakes and faults.

7. Applaud their good Deeds

We need to applaud when our children do some good things with small rewards, such as sweets, favorite toys, stationery items etc. When children do something good, it is always wise to let them know that we are pleased with their actions

and reward them so that they may continue cultivating such habits. Sincere praises will make children very happy.

8. Teach the Values of Forgiveness

Teach our children the values and importance of forgiveness, as it has a number of benefits,



To enhance our family bonding, let children know the importance of prayer and spiritual life. Tell them that God is a Comforter in times of our despair, dejection and troubles

including improved relationships, decreased anxiety and stress, lower blood pressure, a lowered risk of depression etc.

9. Be a good Listener


Pay close attention and be a good listener when children share their views, doubts and ideas and correct them wherever necessary.

10. Communication with Children

Communication with children is an effective way in developing good moral values, which help them identify virtues over vice in this modern world. So, keep communicating with them to convey our intentions and objectives and also to instill good manners and habits, which in turn, reinforce parent-child bonding

Talk to them explicitly about values and their importance and also about their circle of friends, studies, school life and hobbies. Help them clear their doubts, dilemmas and issues being faced in life. Let children feel connected and filled with a sense of security to discuss, share and talk freely and get proper guidance and support.

Lastly, Children learn by observation, by observing what we do. Therefore, as adults it is important for us to articulate our own values and make a warm environment for children at home and in family life. Good values can be nurtured and fostered in children, not by what we say but by what we do.

Remember that morals are taught over time and reinforced throughout a lifetime. All children will make mistakes and behave poorly at times, but let us be there to tremendously influence their behaviors and encourage, support and hold their tiny hands to walk hand to hand to mold and shape them to be a better individual. 



50th

Kerala State
Dental Conference

SUVARNOLSAVAM-18

Bolgatty Palace Kochi - January - 26, 27, 28 - 2018

Suvarna Sponsor: DentCare Dental Lab Pvt. Ltd.
Muvattupuzha, Kerala, India



Suvarnolsavam 2018 : 'Through The DentCare Lens'



**VISIT
& WIN**



50th Kerala State
Dental Conference
SUVARNOLSAVAM-18
Bolgatty Palace Kochi - January - 26, 27, 28 - 2020
Suvama Sponsor: DentCare Dental Lab Pvt. Ltd.
Muvattupuzha, Kerala, India





DentCare Zirconia and CAD / CAM Dentures at a Glance

DentCare Dental Lab is one of the leading manufacturers of dental prostheses of proven quality, fabricated with sophisticated machines and materials imported directly from the manufacturers, especially from Germany.

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

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

DentCare offers unique and comprehensive dental prostheses like individual Crowns and Bridges, Implant restorations and Partial / Full dentures. The company strongly believes that technology, hand in hand with art as well as latest know-how, results in dental restorations of greater precision, aesthetics and functionality.





DentCare Zirconia - Highly Aesthetic and Natural-like

DentCare has introduced an epochal masterpiece – DentCare Zirconia – manufactured with biomedical grade material from Germany, used for the fabrication of Crowns, Bridges, Customized Implant Abutments, Inlays and Onlays and Primary Telescopes.

State-of-the-art technology from Germany along with highly skilled technicians makes DentCare Zirconia Premium, the optimum solution for perfect dental prostheses, unique with high aesthetics and perfect functionality.

DentCare Zirconia is an innovative all-ceramic prosthesis made using the latest CAD / CAM technology. Unlike Porcelain Fused to Metal (PFM) or normal opaque zirconia restorations, the tooth-colored substructure makes DentCare Zirconia highly aesthetic and natural.

Substructures are available in fluorescent-effect shades, 7-effect shades and more than 40 vivid, warm and natural shades (all VITA shades are available). As a novum, all DentCare Zirconia Full Contour solutions are indicated for Bruxism.

DentCare Zirconia

“One Product for Diverse Options”

DentCare Zirconia Variants are:

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

Why Medical Grade DentCare Zirconia?

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

Common Indications

- ▲ Crowns, Bridges
- ▲ Inlay and Onlay, Inlay Bridges
- ▲ Implant prostheses
- ▲ Primary telescopic crowns
- ▲ In bridges with up to 8 units, 4 and 2 continuous pontics may be given in both anterior and posterior regions
- ▲ In bridges with more than 8 units, 2 continuous pontics may be given in both anterior as well as posterior regions
- ▲ In bridges with at least 2 continuous abutments, 1 cantilever is possible. (However, distal cantilever is not advisable; avoid cantilever in canine and molar regions)



CAD/CAM DENTURE



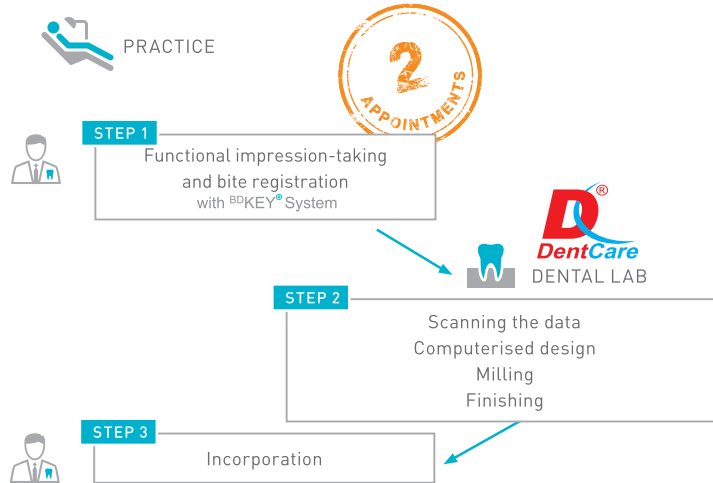
DentCare, Introducing the
Groundbreaking Baltic Denture
System from Merz Dental Germany



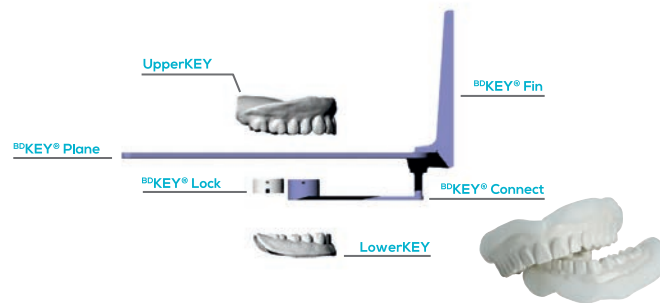
A Quick Guide on :

Digital solution for dentures

Shortened process due to optimised workflow



Ideas become reality!



CAD / CAM Dentures: An Excellent Digital Solution for Dentures

DentCare has come up with a future-oriented mechanism – CAD / CAM technology - for the design and fabrication of complete dentures, which ensures good accuracy of fit and high patient satisfaction.

The most fascinating fact about CAD / CAM technology is that it allows patients to experience aesthetics and function of their future dentures in the first appointment itself. Dentures manufactured from a milling block features high material safety and predictable result.

The advantages of this innovative concept include:

- 1) Predictable results
- 2) High-quality materials and reproducibility
- 3) Reduced allergenic potential

Benefits

- ▲ Only 2 dentist appointments
- ▲ Perfect fit and perfect bite
- ▲ Predictable masticatory function
- ▲ Lowest allergy potential
- ▲ Plaque-free surface
- ▲ Dentures of highest quality
- ▲ Made in Germany

It is the digital workflow that ensures high accuracy and a perfect fit!

Conclusion

DentCare Zirconia and CAD / CAM Dentures are dental prostheses of optimum precision and excellent quality; synonymous with Best-in-class technology and State-of-the-art manufacturing, catering the needs of all classes of customers . ^{DC}

SPIRULINA:

AN AMAZING FOOD SUPPLEMENT





Mr. Prem Vijayan
Agronomist
Thuthipet, Puducherry, India

Spirulina is a 100% natural and highly nutritious Alga. It was discovered in the natural alkaline lakes in South America and Africa.

The spiral shaped alga is a rich food source. For centuries, algae have constituted a significant part of the diet of many communities. Since 1970's, Spirulina has become well-known and widely used as a dietary supplement in many countries.

For World Health Organization (WHO), Spirulina represents an interesting food for many reasons, rich in Iron as well as Protein, and is able to be administered to children without any risk.

Spirulina was declared the best food for future in the first World Food Conference held in 1974 by the United Nations World Food Conference.

A rich food source

Spirulina is a good source of:

- ↳ Vegetable Protein (about 30 - 60 %) which is 3 - 4 times higher than in fish or beef.
- ↳ Multivitamins (like Vitamin B₁₂) which are 3 - 4 times higher than in animal liver.

Spirulina is very essential for vegetarians, as they may suffer from nutritional deficiencies.

It contains a wide range of

minerals (including Iron, Potassium, Magnesium, Sodium, Phosphorus, Calcium etc.), a high volume of Beta-carotene which protects body cells (five times more than in carrots and forty times more than in spinach) and a high volume of Gamma-linolenic acid (which can reduce Cholesterol and prevent heart disease). Further, Spirulina also contains Phycocyanin, a pigment – protein complex.

Spirulina: A complete food supplement

With over 100 nutrients, Spirulina is often described the most complete food source in the world.

The American National Aeronautical and Space Agency has included Spirulina in the diet of their astronauts and planned to grow it in their space station.

Who should take Spirulina?

1. Children who do not like / get adequate amount of vegetables and / have an imbalanced diet.
2. Ideal for teenagers, as they need sufficient amount of nutrients, during their rapid growing phase.
3. Good during pregnancy, as women need extra nutrients.



4. Seniors who have difficulty in taking three full meals a day.
5. Sportspersons or athletes who need extra nutrients, to keep their energy levels up.
6. Good for people with hectic schedules who have little time to take meals at regular intervals.
7. Good for patients / people who need high volumes of nutrients for fast recovery, after a medical intervention.
8. Good for vegetarians who require extra nutrient sources.

How much Spirulina should be taken?

As dietary supplement, it is recommended to take 5 - 10 Spirulina tablets a day for adults and 3 - 5 tablets for children. However, if you are in need of extra nutrients, consult your dietician or health practitioner.

Medicinal Properties of Spirulina

As we all know, some of our illnesses are caused by poor intake of essential nutrients and minerals. These illnesses are just the symptoms which show that we have nutritional deficiencies.

If we replenish the deficiencies in time, the symptoms will usually disappear; if not, they will compromise our immune system leading to further complications.

Is Spirulina harmful?

Certain literature indicates the possible adverse effects of Spirulina, on the ground that it gets contaminated with toxic substances, such as heavy metals and cyanotoxins. But, this happens only if Spirulina is

cultivated in an unhygienic environment. Therefore, it is better to buy Spirulina from a reliable / known source.

Who should not take Spirulina?

↳ People who are allergic to Sea Foods

People with a metabolic condition called Phenylketonuria (PKU) should avoid taking Spirulina, as they cannot metabolize the amino acid, Phenylalanine.

Spirulina contains a full range of essential amino acids, including Phenylalanine.

The occurrence of PKU varies among different ethnic groups and is found more among people whose ancestors were born in the same region. PKU occurs in 1 of 10000 to 15000 live births.


↳ People with Hyperthyroidism

Since Spirulina contains a lot of iodine, it can be harmful for those with Hyperthyroidism.

Spirulina for Beauty Treatment

Spirulina is a wonderful anti-ageing “living food”, as it contains a lot of Antioxidants, Vitamin E, Beta-carotene and Chlorophyll.

Application of Spirulina powder onto the body can give you strong nails, shining eyes and radiant skin. Consumption of Spirulina powder / flakes / tablets can cure all menstrual problems and add an extra glow to the skin as well as give you a good healthy hair.

Spirulina, due to its high nutritional value, is considered as an ideal food supplement, good for people of all ages with fewer side effects. 

Spirulina contains a full range of essential amino acids, including Phenylalanine

People with a metabolic condition called Phenylketonuria (PKU) should avoid taking Spirulina, as they cannot metabolize the amino acid, Phenylalanine

Spirulina is a wonderful anti-ageing “living food”, as it contains a lot of Antioxidants, Vitamin E, Beta-carotene and Chlorophyll

YOUR SUBSCRIPTION

The DentCare

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

Subscription term:

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

Mailing Information for Subscription:

Name : Mr./Ms./Dr. :

Address :

Pin Code : Email : Phone :

USE CAPITAL LETTERS

Payment Details

Cash / Cheque / DD No :

Date : for ₹ :

Name of Bank :

Bank Details

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

Bank Name : HDFC Bank

A/c No. : 14862320000161

Branch : Muvattupuzha

IFSC Code : HDFC0001486

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

DentCare Connect

Letters to Editor

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

Subscriptions & Advertising Inquiries

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

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

SUBSCRIBE TO THE DENTCARE

For Just ₹ 540 For 12 Issues

Great Reasons to Subscribe!

DentCare Magazine is a novel platform for sharing knowledge and information related to the medical world. Its focus is on dentistry, as dental health is an area of concern the world over, nowadays. This magazine carries articles on latest research findings and innovations in the field so that both professionals and the public at large will stay well-informed.

In comparison to others in the same field, DentCare is keen to sensitize its readers from a comprehensive perspective. It has already brought in a new idiom in professional publication which fights for a genuine and ethical style of practice in the medical sphere.

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.

We will continue to strive towards achieving newer frontiers in professional literature.



Enjoy the New Version of the Dentcare Magazine

Subscribe Today



5th Global American Academy of Implant Dentistry Conference

& 1st Asian Hard and Soft Tissue Symposium

FRI SAT SUN 2019
1 2 3 MARCH

Venue: The Leela Ambience
Convention Hotel,
New Delhi -110032

Co-Hosted by:



NEW DELHI

"Rejuvenation and Regeneration - Advanced Concepts in Hard and Soft Tissue Grafts"

CONFERENCE ORGANISING COMMITTEE



Prof. (Dr.) Mahesh Verma
Chairman



Dr. Shankar Iyer
President



Dr. Brij Sabherwal
Organising Secretary



Dr. David G. Hochberg
President



Dr. Natalie Wong
President-Elect



Dr. Bernee Dunson
Vice President



Dr. Adam S. Foleck
Treasurer



Dr. Brian J. Jackson
Secretary



Dr. Shankar Iyer
Imm. Past President



Dr. John Da Silva
Past Presidents'
Representative

AMERICAN ACADEMY OF IMPLANT DENTISTRY (AAID) OFFICE BEARERS

PROPOSED KEYNOTE SPEAKERS

Dr. Paulo Malo (Portugal)	Dr. Joseph Massad (USA)	Dr. Craig Misch (USA)	Dr. Alejandro Urdaneta (USA)
Dr. Jihad Abdallah (Lebanon)	Dr. Christian Coachman (USA)	Dr. Manuel Chanavaz (France)	Dr. Munir Silwadi (UAE)
Dr. Ziv Mazor (Israel)	Dr. Natalie Wong (Canada)	Dr. Hilt Tatum (France)	Dr. Eric Van Dooren (Belgium)
Dr. Jun Shimada (Japan)	Dr. Gerald Niznick (USA)	Dr. Michael Pikos (USA)	Dr. Paolo Trisi (Italy)
Dr. Bernee Dunson (USA)		Dr. Stuart Orton Jones (USA)	

REGISTRATION DETAILS

PERSONAL DETAILS

TITLE: _____

NAME: _____

ORGANIZATION: _____

POSITION/DESIGNATION: _____

ADDRESS: _____

CITY: _____

STATE: _____

PIN CODE: _____ FAX: _____

MOBILE PHONE: _____

EMAIL ID: _____

Please affix
Passport size
(2.5 x 3.5)
Photograph.

REGISTRATION DETAILS

Categories	Up to 31 st March 2018	From 1 st April to 31 st October 2018	After 1 st November 2018
Indian Delegate	₹ 11,800*	₹ 15,340*	₹ 20,060**
Student Delegate*	₹ 10,620*	₹ 14,160*	NOT ALLOWED
Accompanying Person Indian	₹ 11,800*	₹ 15,340*	₹ 17,700*
AAID Maxicourse Aluminous (India)	₹ 10,620*	₹ 14,160*	NOT ALLOWED
International Delegate WCOI/AAID Member	\$ 350*	\$ 400*	\$ 450*
International Delegate ICOI/AO/EAO/JAO/JSOI/JAMI/JAAI Member	\$ 400*	\$ 450*	\$ 500*
International Delegate Non-Member	\$ 450*	\$ 500*	\$ 550*
Accompanying Person Overseas	\$ 350*	\$ 400*	\$ 500*

*GST Inclusive. **Subject to availability.

PRE-CONFERENCE COURSES

IN-CONFERENCE WORKSHOPS

KEYNOTE LECTURES

FREE - PAPERS

TABLE CLINICS

E - POSTERS

SYMPOSIUMS

Payment Details:

All DD & Cheques to be drawn in favour of "5th Global AAID Conference 2019"
Payable at New Delhi.

DD/Chq. No.: _____ Dated: _____

Amount: _____ Drawn on Bank: _____

- Please add 100INR for outstation Cheques

- All INR are Inclusive of 18% GST

CONFERENCE SECRETARIAT

Prof. (Dr.) Mahesh Verma | Dr. Brij Sabherwal

Maulana Azad Institute of Dental Sciences, MAMC Complex, Bahadur Shah Zafar Marg, New Delhi - 110 002 (India)

Tel.: +91-11-2323-3925 Fax: +91-11-2321-7081 E-mail: dpmids@gmail.com

Soup for the Soul

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



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.

COCONUT, GINGER AND TURMERIC SOUP

The soup is prepared with the goodness of coconut milk, coconut cream and turmeric flavored with ginger, seasoned with salt as well as freshly ground pepper and drizzled with coconut oil.

Preparation Time: 05 minutes

Cooking Time: 10 to 15 minutes

Ingredients and Quantity:

Coconut Milk	– 1½ cups
Coconut Cream	– ½ cup



Finely sliced Ginger	– 1 small piece
Turmeric	– 1 teaspoon
Vegetable broth	– 4 cups
Salt	– to taste
Freshly ground black Peppercorn	– to taste
Coconut Oil	– 2 teaspoons

Method:

In a heavy bottomed non-stick pan spoon all the ingredients i.e. Coconut Milk, Coconut Cream, Ginger, Turmeric and Vegetable broth.

Simmer for 10 minutes.

Add salt and pepper to taste.


Heat the coconut oil and drizzle it over the soup.

Sprinkle a little more pepper.

Serve very hot in soup a bowl.

Chef's Tip:

1. Do not boil the soup, only simmer (just below boiling point while bubbling gently) to avoid the coconut milk from curdling.

2. Use a heavy bottomed non-stick pan, to avoid the soup from burning and sticking to the pan. 



IMPLANT & REMOVABLE PROSTHESES



DentCare Dental Lab Pvt. Ltd.

www.dentcaredental.com

facebook.com/dentcareindia

Six Quality Certifications



DENTAL CALENDAR – 2018

02

9 - 11 | **Bhubaneswar, India**

Indian Dental Conference

Hotel Swosti Premium and Janata Maidan

☎ +91 9439916535

☎ +91 9861099237

🌐 www.idc2018.org.in

15 - 17 | **San Diego, USA**

**7th International Academy of Ceramic
Implantology**

Hilton Resort and Spa

☎ +1 240 670 1072

🌐 www.iaoci.com

16 - 18 | **Navi Mumbai, India**

India International Dental Congress

DY Patil Medical College

☎ +91 981 955 4889

🌐 www.dentistfriend.com

22 - 24 | **Chicago, USA**

153rd Midwinter Meeting

McCormick Place West Building

☎ +1 312 836 7300

☎ +1 312 836 7329

🌐 www.cds.org

03

08 - 10 | **Vancouver, Canada**

Pacific Dental Conference

Vancouver Convention Centre

☎ +1 604 736 3781

🌐 www.pdconf.com

16 - 17 | **Chennai, India**

International Dental Conference

Hilton Chennai

☎ +91 735 873 7843

🌐 www.idadentalcongress.com

17 - 20 | **Orlando, USA**

ADEA Annual Session and Exhibition

Gaylord Palms Resort and Convention Centre

☎ +1 202 289 7201

☎ +1 202 289 7204

🌐 www.adea.org

22 - 23 | **New York, USA**

29th Annual American Dentistry Congress

Hilton New York JFK Airport Hotel

☎ +1 888 843 8169

🌐 www.conferenceseries.com

23 - 25 | **Sydney, Australia**

Australia's Premier Dental Event

International Convention Centre

☎ +61 1300 943 094

☎ +61 1300 943 794

🌐 www.adx.org.au



FOCUS - The Future Dentistry
THRISSUR, CALICUT - KERALA



MDS NEET 
PREPARATIONS
FOR 2019.....

**LIBRARY
FACILITY**

**CRASH COURSE
COMMENCES IN
OCTOBER**

**SUNDAY BATCH
COMMENCES IN
FEBRUARY**



Call: 9895 021 337

REGULAR SUNDAY BATCH

LIMITED NUMBER OF SEATS

HOSTEL FACILITY AVAILABLE

www.thefuturedentistry.com [/focusmds](https://www.facebook.com/focusmds) [FOCUS DENTISTRY](https://www.instagram.com/focusdentistry)

Sippy Cups: Do's and Don'ts

Sippy cup should be avoided at bedtime, unless it contains water

What is a Sippy Cup? How could it lead to Tooth decay?

A Sippy cup, also called a training cup, is a spill – proof drinking cup designed for toddlers. It works by way of surface tension that prevents liquid from being spilled out, even when it is upended.

Parents often let their children drink from sippy cups for an extended period unintentionally, as they prevent spillage. The real purpose of training cups, as the name suggests, is to help kids during transition from baby bottles to regular cups.

When kids drink sugared beverages like milk and juices for a long time, they will be mostly at risk of developing tooth decay. Hence, sippy cups should only be filled with water, unless it is meal time.

A report was released by the Centers for Disease Control and Prevention (CDC), the United State of America, comparing the dental





Dr. Ammar Rushdi Abdelfatah
Consultant Pediatric Dentist
Kingdom of Saudi Arabia

health of children between 1988-1994 and 1999-2002. It shows that the prevalence of tooth decay increased by 15.2 percent among children aged 2 to 5 years, while it decreased among older children.

Recent reports reveal that the proportion has further worsened and as a result, the cavities in young children are on the rise.

Importance of a Child's First Dental Visit

In fact, many parents wait too long, before taking their children to the dentist for the first time. The American Academy of Pediatric Dentistry (AAPD) generally recommends that a child's first dental visit should occur after the first tooth comes in and not later than the first birthday.

But, according to medical statistics published in the United State of America during 2005, only 10

percent of one – year old children visited the dentist with their parents.

At the first visit, the pediatric dentist will check the child's mouth and his sprouting teeth for decay and make sure that they grow in a natural way. In addition, he provides information about how sippy cups should and should not be used, to prevent the child from having tooth decay.

The AAPD offers the following guidelines on using sippy cups, to help parents reduce the risk of cavities in children.

Guidelines for the proper use of Sippy cups

Firstly: Sippy cup is meant to be a stepping stone from a milk bottle to a regular cup. It should not be used for a long time; it is neither a bottle nor a pacifier.

Secondly: Sippy cup should only contain water, unless it is meal time.

Thirdly: Sippy cup should be avoided at bedtime, unless it contains water. 

World class Light cure Composites

NanoHybrid
High Fluoride Release
Superb aesthetics

AHL

Advanced Healthcare Ltd

Chiddingstone Causeway, Tonbridge, Kent, TN11 8JU, UK
Web: www.ahl.uk.com



Exclusive Importer :



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

The Strength Behind Your Smile



Recognition Beyond Borders!



Dr. Madhu Mathews
Consultant Endodontist and Implantologist
Mankhool Dental Clinic
Dubai, United Arab Emirates

Fresh out of dental college in 1992, I had the opportunity to work at Muvattupuzha, Kerala, India, next to a small lab, DentCare, run by a few ever energetic youngsters under the leadership of Mr. John Kuriakose.

Now, it has become the number one lab in Asia. My happiness has grown ever since DentCare started their operations in Dubai.

Since then, I have started giving my dental work to DentCare. The quality of their work speaks volumes and that is why, they have now become one of the best labs in the world. DentCare Zirconia Crowns and Overlays are especially commendable.

I wish them more and more success.




Dr. Rajula Sajan
Medical Director
Dental Care Clinic
Dubai, United Arab Emirates

DentCare lab has helped me provide quality prostheses to my patients in Dubai which give value for money.

The team at the lab is dedicated and knowledgeable, besides their work being immaculate and flawless.

Precision and Novelty are their hallmark which reflects years of experience as well as hard work of a reputed team. It puts me at ease to take up any case with confidence, as the lab always gives me the best.

It is an honor to have an association with such a prestigious organization. 



Now in India

Worlds Strongest Glassionomer

with compressive strength up to 423 MPa

- * For class I and class II permanent restorations
- * Designed to match the strength and durability of amalgam
- * Sustained High Level of fluoride release
- * Exceptionally Low Wear. * Unmached compressive strength
- * Universal Tooth Shade . * Radiopaque
- * Natural Adhesion to tooth structure

Exclusive Importer :



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

AHL

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

AMALGOMERTM CR Technology

IMPROVED



Introductory Price
₹ 2,500/-
Incl GST

The Strength Behind Your Smile



Dragon Fruit:

An Astounding Superfood

Dragon fruit gets its name from the way its peel looks; yellow or red with green scales.

It has a white or red flesh with small black edible seeds. Its flavor is mildly sweet, like a blend of kiwi as well as pear fruits and has a crunchy texture.


Eat only the white part with seeds, removing the residual pink portion, which will help keep your body fortified.

Though low in calories, the fruit offers numerous nutrients, such as Vitamin C and B, Phosphorus, Protein, Calcium, Fiber and Antioxidants.

Dragon fruit also contains Lycopene, a powerful antioxidant that helps protect your body from the damage caused by a number of diseases.

To clean up your digestive system, eat a dragon fruit every day. It has a high fiber content that can help with poor digestion and constipation.

Although its availability is pretty limited, its popularity is gaining momentum.

Dragon fruit offers a multitude of benefits for your skin, hair and health. So start enjoying it! 



fascinatingly natural.



*„THE PEARL IS THE EPITOME OF NATURAL BEAUTY.
IT DEVELOPS INSIDE AN OYSTER AND REQUIRES
TIME TO MATURE TO PERFECTION.“*

Over a three-year development period discovery® pearl – the new, highly esthetic bracket from Dentaaurum – has evolved into the new standard in esthetic tooth correction: manufactured using the ceramic injection moulding procedure from highly pure, polycrystalline aluminium oxide, discovery® pearl adapts almost imperceptibly to the natural tooth surroundings thanks to its shade, high translucency and ideal size. discovery® pearl ensures fascinatingly discreet and highly efficient tooth correction, offering all the advantages of the discovery® bracket family.

BRACKETWORKS

D
DENTAURUM

Turnstr. 31 | 75228 Ispringen | Germany | Phone +4972 31/803-0 | Fax +4972 31/803-295
www.dentaaurum.de | info@dentaaurum.de



**Highly Aesthetic
Zirconia Crowns Specially
for Anterior Teeth**

DENTCARE ZIRCONIA SUPERLUCENT

Medical Grade Zirconia

MADE IN GERMANY

Manufactured Using German Technology

DentCare Dental Lab Pvt. Ltd.

Muvattupuzha, Kerala, India | www.dentcaredental.com

SIX QUALITY CERTIFICATIONS

