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Your Monthly Health Care Magazine

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Asthma: A Chronic Disease of the Airways



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God's own have been blessed to receive showers of grace; True respite from the searing heat. Our precious little ones have new ground for ecstasy. This apart from the sumptuous snacks you might serve them out of our delightful pages.

I assert. Milk teeth do matter; your child's teeth could hold a vital clue. Did you realize??

Discover, as well, the window to overall health embedded in our script. You would be surprised!!

Take a stand against Tobacco – it "May" be the Change, you would be enthralled to witness.

For the love of sport, the 12th edition of the ICC World Cup could be India's chance to redeem lost glory. Reason enough to #Make Me Move.

Yours truly,

Prof. (Dr.) George P. John

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Always Look for What is Best in Others



FROM MD'S DESK

People are often cynical in nature and hence, they tend to look more at the negative aspects of others rather than discerning and appreciating any positive aspects or noble virtues.

We should train our minds to look at what is positive in others. For that, we have to build a positive mindset to notice what is beautiful, endearing and inspiring in others.

Rather than finding fault in others, if we change ourselves and stay away from negative thoughts and feelings, we can remain peaceful and happy for long. Hence, we should make an earnest effort to identify and root out a nitpicking (fault-finding) attitude.

Let me take you through a story.

Once there lived a King who had only an eye and a leg. Though physically challenged, he was an efficient statesman renowned for his generosity and intelligence. The people of his kingdom lived a happy and prosperous life.

One day, while walking through the palace hallway, he saw the portraits of his forefathers. He thought that some day his children would walk through the same hallway and look at the portraits of their ancestors. Hence, he wanted to paint a beautiful portrait of himself soon.

The King summoned famous painters from all over his kingdom as well as from neighbouring kingdoms to the court. The King then announced that he wanted a nice portrait of himself made to be placed in the palace. The painting chosen as the best would be rewarded.

All the painters knew that the King had only a leg and an eye, and hence they were perplexed as to how they could paint a beautiful picture of the King. They thought that the King would get angry and punish them if the painting did not turn up nice. So, one by one, all of them made

excuses and politely declined to make a painting of the King.

All of a sudden, one painter came in and said that he would make a very beautiful portrait of the King that would surely be like those of his forefathers. Hearing this, the King became very happy while the other painters grew curious. The King permitted him to go ahead, and the painter started making a portrait. After a while, the painter managed to complete the portrait. When the painter presented the portrait, everyone in the court, including the King was spellbound.

The painter had made a portrait of the King sitting on a horse, with his one leg on the side of the horse, holding a bow and aiming an arrow with his one eye closed. The King was thrilled beyond words seeing the portrait, as the painter had indeed made an excellent portrait by cleverly masking his physical shortcomings. The painter was given a priceless reward!

Like this clever painter, let us paint pictures of others by overlooking their weaknesses and highlighting their noble qualities. Be optimistic as only an optimist can always be positive, choosing to see the best in all situations.

Let us nurture a positive attitude so that we can enrich the lives of those around us with words of encouragement.

May God Bless all of you!!![©]

Mr. John Kuriakose

Managing Director

DentCare Dental Lab Pvt. Ltd.

Factors Influencing Treatment Planning in Dentistry



A Treatment is most often carried out in phases. The emergency treatment is done first followed by a systematic approach to address the problem at hand. For achieving a successful treatment outcome, a Treatment Plan has to be meticulously planned after involving perspectives from all Specialties. There are some basic, yet crucial, factors that play a role in drawing a Treatment Plan.

The Dental Facility

A Dental Facility has a significant role in devising a Treatment Plan. Usually, all Dental Practices are equipped to provide a wide spectrum of basic and advanced dental care. However, not all Clinics may be equipped to provide the newly emerged treatment modalities.



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

There could be a lot of reasons for this. The demographics of a locality have a key role in determining the availability of various treatment facilities in a Dental Practice. For example, a Dental Laser, which is a widely used tool, may not be available in a Facility when almost all patients visiting the Clinic prefer to or opt for conventional methods.

Necessity and demand most often determine the availability of a newer treatment modality in a Practice. Space constraints, financial constraints, and/or patient flow can also play a role in determining the availability of newer treatment facilities in a Clinic.

Dental Personnel

Here, the focus is on the expertise of Dental Practitioners and their team rather than the perception of a patient. It is necessary for Dental Team to be updated with the latest advances in treatment protocols and procedures. This is of utmost importance, especially when the newer techniques or equipment are more efficient and better than the conventional ones.

Limited experience with different techniques can restrict the diversity of treatment options that can be offered by a Dental Practitioner. When a particular treatment option is not feasible for a patient, turning to alternative approaches may help modify a

Treatment Plan to better suit a patient's need.

The Patient

The preferences of a Patient visiting a Dental Practice can greatly influence the availability of various treatment facilities in a Clinic. Treatment Planning revolves entirely around the perspective of a Patient. Though a Dentist explains all the feasible treatment options to a Patient, it is up to the Patient to choose the one that suits him best based on his financial and practical feasibility.

However, in a Clinical Practice, a Customized Treatment Plan can be drawn only after considering the affordability of a treatment. Many financing options are available these days to help a Patient avail the best treatment without worrying about the burden of incurring the cost of a treatment.

High-quality treatment can be achieved with both conventional and advanced treatment protocols and procedures. Value for money and cost-efficiency are the important factors that influence a Patient in choosing a particular option. Ability to comply with the instructions of a Dental Practitioner, the presence of other systemic conditions, etc. can also influence a Patient in choosing a Treatment Plan.

Prognosis

Prognosis is a prediction of the course and the possible outcomes of an illness, along with the frequency with which it can be expected to occur. The Prognosis of a tooth can play a vital role in determining a Treatment Plan; that is whether to retain or extract a tooth. If the longevity of a tooth is compromised by Periodontal Disease, it would be more feasible to extract and replace the tooth with an Implant.

Awareness

On the whole, general awareness is important for both Dental Practitioners and Patients. There are many workshops and programs available to train both Dentists as well as the general public about health, welfare, and lifestyle. Specific queries about dental-related issues can always be obtained by reading dental magazines, newsletters, or reaching out to your Dentist. With the Internet becoming more popular nowadays, both Clinicians and the general population can educate themselves on anything and everything.

Conclusion

A patient should be educated about all proposed options, including advantages and disadvantages, complications, success rates, and financial costs, besides what happens if no treatment is carried out. After that, a Treatment Plan should be drawn after taking into consideration the preferences of a patient.®





ASTHMA:

A Chronic Disease of the Airways

Asthma is a chronic lung disease that inflames and narrows the airways. It is estimated that around 300 million people around the world have Asthma



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

World Asthma Day is observed on the first Tuesday of May every year to increase awareness about Asthma and its management. Asthma is a chronic lung disease that inflames and narrows the airways. It is estimated that around 300 million people around the world have Asthma.

The airways of the people with Asthma are more sensitive to irritants and allergens in the air that they breathe like Dust, Pollen, Viruses, Bacteria, etc., unlike other people. Their airways react by an inflammatory response; that is, the inner lining of their airways get inflamed while the muscles surrounding their airways tighten up. Besides, the mucous glands in the airways of people with Asthma produce thick mucus which further blocks the airways. All these lead to difficulty in breathing, coughing, and wheezing.

Being a chronic disease that can last a lifetime, Asthma cannot be cured completely. Even when there are no evident symptoms, it is still continues to persist in a patient and can flare up at any time. However, Asthma can be controlled by taking medications as prescribed by the Physician apart from avoiding the triggering causes of an Asthmatic episode. Asthma is thought to be caused by a combination of genetic and environmental factors.

Symptoms of Asthma

The early symptoms of Asthma are Coughing, Wheezing, Chest Tightness and Shortness of Breath. Symptoms of Asthma differ from person to person. The symptoms also vary in frequency; once a week or once in every few months and can be mild, moderate, or severe. If left uncontrolled, Asthma can lead to life-threatening conditions like Asthma Attacks.

Allergens are substances that can lead to an Allergic Reaction. In some people, the immune system sees the Allergens as 'foreign' or 'dangerous' substance and reacts in an exaggerated way to protect their body against them



What Triggers or Causes Asthma?

Some of the most common factors that trigger Asthma are Allergens, Irritants, Viral Infections, etc.

Allergens are substances that can lead to an Allergic Reaction. In some people, the immune system sees the Allergens as 'foreign' or 'dangerous' substance and reacts in an exaggerated way to protect their body against them.

Common Causes of Asthma

Some of the most common causes of Asthma are

- **Dust Mites**
They are very tiny bugs that thrive in mattresses, carpets, upholstered furniture, stuffed animals, etc.
- **Pet Dander**
It is a microscopic particle of the skin shed by pet animals
- **Irritants**
They are factors in the environment that may irritate your lungs



Symptoms of Asthma differ from person to person. The symptoms also vary in frequency; once a week or once in every few months and can be mild, moderate, or severe

- ☞ **Droppings of cockroaches**
- ☞ **Pollen from trees and grass**
- ☞ **Air pollution**
- ☞ **Cold air or sudden change in weather**
- ☞ **Strong odor** from cooking fumes (especially from frying items), household cleaners, paints, varnishes, etc.
- ☞ **Aerosol sprays**, such as perfumes, deodorants etc.
- ☞ **Respiratory infections** like Common Cold, Viral Pneumonia, Sinusitis, Rhinitis, etc.
- ☞ **Gastroesophageal Reflux Disease (GERD)**
- ☞ **Expression of strong emotions** like crying or laughing

Medical Treatment

Most people with Asthma need Medical attention through two kinds of medications

1. Quick-relief medications to be taken when immediate relief from the symptoms is required.
2. Long-term medications which are meant to be taken daily to stop or control the inflammation in the airways and prevent the symptoms as well as Asthma Attacks.

Conclusion

Since there is no cure for Asthma, patients with Asthma need regular monitoring by a Medical Practitioner. They should take steps to avoid or eliminate the exposure to substances that can cause Asthma flare-ups, besides taking medications as prescribed by the Doctor to keep the disease under control.®

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Your Child's Teeth May Hold A Clue!

Over the years, crimes of different nature are rising unprecedentedly across the world and children, being the most innocent and among the vulnerable sections of society, become the first ones to easily fall prey to miscreants and pedophiles. A number of cases of human trafficking, kidnapping, murders, and child abuse are increasingly being reported from around the world.

In the years 2005 and 2006, a case of mass murder, the Nithari Serial Murders, which shook the nation, came into limelight. This involved the murder of several children in and around the villages in Nithari, Uttar Pradesh, India; out of which 11 cases remain officially unsolved till date.

The statistics made available by the **National Crime Records Bureau (NCRB) of India** reveals that the number of cases of child abuse, trafficking, and kidnapping registered in the country increased from 8904 in 2014 to 14913 in 2015. Apart from those cases that are reported, isolated events of child abuse or missing children, which are not registered, are also taking place in remote places of the country.

Forensic Identification

In this insecure world, it has become extremely difficult for parents to protect their children from lurking dangers. It might come as a surprise that a child's tooth may serve as an important clue for Forensic Identification (technology to identify specific objects from the trace evidence often at a crime scene or the scene of an accident).

The latest developments in Forensic Science reveal that dental evidence can serve as one of the most successful means of Forensic Identification. Cause of death or determination of sex may be refractory after catastrophic events, such as fire, high impact clashes, or explosions. Fragmentation or Skeletonization of a human body calls for extraordinary measures for the determination of the cause and / or manner of death.

Sex Chromatin (a small condensed mass of the inactivated X-chromosome in the cells of mammalian females) plays a major role in Forensic Identification, but



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it will be notoriously difficult to detect the sex when a body is fragmented or skeletonized.

A tooth is the toughest tissue in the body and sometimes, it might be the only preserved 'remains' available after a catastrophe for Forensic Identification. Hence, in such an event, a Forensic Odontologist may depend a lot on the comparison of antemortem and postmortem dental records for Forensic Identification.

The dental pulp, which is encased in hard tissues, serves as an important means of Forensic Identification, as it most often survives the detrimental effects of trauma or fire. The Deoxyribonucleic Acid (DNA) obtained from the pulpal / hard tissues of the teeth of a fragmented or mutilated body can be effectively used for age estimation or to determine the sex of an individual through molecular analysis.

Since a Pediatric Dentist usually encounters children on a regular basis in the clinic, he may play a crucial role in providing the requisite dental records for Forensic Identification, if it becomes necessary.

Newer biochemical techniques like Radiocarbon Dating or Carbon - 14 Dating, Amino Acid Racemization Dating, and Cementochronology, which are generally used for age estimation, can also be employed for Forensic Identification.

Tooth Prints

Tooth Prints / Dental Impressions can also be used efficaciously for Forensic Identification. Dental impressions are usually taken using thermoplastic wafers, which are softened in warm water before making impressions. These impressions can be preserved in a dental office for Forensic Identification, if it becomes necessary.

Serial Number Engraving on the Tooth of a Child

This has recently become popular in the United States



A Forensic Odontologist can help a lot in identifying the cause and manner of death or a dead body, especially when it is fragmented beyond recognition

of America, which involves engraving on the tooth of a child using a metallic or non-metallic material. This was first marketed by Trident Systems Incorporated, a company in the United States of America. These engravings have different codes assigned for each individual just like a car has a number plate. This is extremely helpful in obtaining antemortem records of a deceased person.

Conclusion

A tooth can be an extremely useful tool for Forensic Identification, as it might be the only preserved 'remains' available, after a holocaust or disaster. A Forensic Odontologist can help a lot in identifying a dead body, especially when it is fragmented beyond recognition. ®



An Inimitable Pulmonologist

Prof. (Dr.) Anant Mohan is a reputed Pulmonologist from India. Currently, he is the Professor and Head at the Department of Pulmonary Medicine and Sleep Disorders at All India Institute of Medical Sciences, New Delhi, India. He is a recipient of many awards and has authored many research articles / books related to Pulmonary Medicine and Sleep Disorders.

In an exclusive chat with 'The DentCare', Dr. Anant Mohan highlights the importance of quitting Smoking or Tobacco use and observing World No Tobacco Day.

1 What are the Therapies or Medications available to help a person quit Smoking / Tobacco Use?

Various effective therapies are now available to help a person quit Smoking or Tobacco use, including Behavioural Therapy and Pharmacotherapy. Behaviour Therapies include measures, such as advice from a health care worker, individual or group counselling, automated text messaging, phone apps, printed self-help materials, web resources, or interventions.

Effective utilization of Mass or Social Media may help facilitate the cessation of Smoking.

Evidence suggests that a person who receives a combination of Behavioural Therapy and Pharmacotherapy has a higher chance of quitting Smoking or Tobacco use than one who receives any one of them. Pharmacotherapy includes Nicotine Replacement Therapies, through Nicotine-Transdermal Patches / Gums / Lozenges / Sublingual Tablets / Nasal or Mouth Sprays and Inhalers. Nicotine Replacement Therapy helps relieve Nicotine Withdrawal Symptoms by providing Nicotine devoid of the harmful chemicals contained in Tobacco or its products.

More commonly used medications for Smoking cessation are Varenicline and Bupropion, which help reduce Nicotine Withdrawal Symptoms by inhibiting Nicotine from binding to the receptors that reinforce the effects of Nicotine, leading to Nicotine Dependence.

2 How can a person manage withdrawal symptoms after quitting Smoking, including Nicotine Cravings?

Common Withdrawal Symptoms after quitting Smoking or Tobacco use are Nicotine Cravings, Anger, Frustration, Anxiety, and Depression, along with an increased Appetite, which can lead to weight gain. Almost half of the smokers have at least four of these symptoms after quitting Smoking or Tobacco use. These symptoms are usually more prominent during the first week of quitting Smoking and will spontaneously subside over time. In most cases, these symptoms can be managed with proper behavioral modifications or by creating awareness; that is without using medications.

Nicotine Cravings, refer to an urge for smoking or using Tobacco, due to a reduction in Nicotine levels in the body, especially when a person sees others Smoking. Cravings can be successfully managed by avoiding situations that can trigger the urge for Tobacco use or using chewing gums; taking a simple breathing exercise, and / or with a relaxation technique.

It is better to limit one's contact with smokers, especially in the first few weeks of quitting. Engaging in physical activities, such as taking a walk, reducing the intake of caffeine by limiting or avoiding coffee, soda, or tea may also help reduce the cravings. If the cravings cannot be effectively managed by behavioral measures, Nicotine Replacement Therapy may become necessary.

A person who habitually uses Tobacco has a risk of developing Coronary Heart Disease, 2 to 4 times more than nonsmokers; Stroke by 2 to 4 times; Lung Cancer by 25 times; Chronic Obstructive Pulmonary Disease (COPD) by 12 to 13 times; Diabetes by 30 – 40%. Tobacco Smoke can also trigger Asthma symptoms or worsen the condition of a person suffering from Asthma. Even an individual who smokes less than five cigarettes a day for years may exhibit the early signs of Cardiovascular Disease.

Secondhand Smoke or inhalation of smoke breathed out by a smoker or from the burning end of a cigarette can also be harmful to health. It may increase the risk of developing Stroke, Cardiovascular Disease, and Lung Cancer by 30%, in addition to triggering Asthma, especially in young children suffering from Asthma.

3 What changes are seen in the body of a person who has quit Smoking?

After quitting Smoking, carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal within 8 hours. Nicotine in the body will be completely eliminated by 48 hours. Within a month, withdrawal symptoms will often subside almost completely. Quitting Smoking reduces the risk of developing Cardiovascular Disease significantly.

4 What are the notable achievements of observing World No Tobacco Day?

World No Tobacco Day is celebrated on 31 May. The annual campaign is an opportunity to raise awareness on the harmful and deadly effect of Tobacco use and exposure to Secondhand Smoke, along with dissuading people from using Tobacco in any form. The focus of World No Tobacco Day 2019 is 'Tobacco and Lung Health'.

The campaign will focus on increasing awareness on the negative impact of Tobacco on Lung health and the fundamental role the lung plays for the health and well-being of a person. The campaign also serves as a call to action, advocating for effective policies to reduce Tobacco consumption and engaging stakeholders across multiple sectors in the fight for Tobacco Control.

5 How does Tobacco impact the vital organs and what advice would you like to give to people at large on World No Tobacco Day?

Nicotine is a highly addictive substance in Tobacco that induces smokers to continue Smoking. A smoker inhales nearly 7000 chemicals, including Nicotine from cigarette smoke. The highly damaging components in Tobacco smoke include tar, carbon monoxide, oxidizing chemicals, metals, and radioactive compounds.

Smoking harms nearly every organ in the body, causing several life-threatening diseases and compromising the health of the body. Smoking can cause conditions, such as irritation of the airways, Cancers, Interstitial lung disease (ILD), and / or Chronic Respiratory Conditions like Chronic Obstructive Pulmonary Disease (COPD). It also has a detrimental effect on other organs, notably the cardiovascular system, with an increased risk for Myocardial Infarction (Heart Attack), and Stroke.

On the occasion of World No Tobacco Day, everyone is urged to completely abstain from using Tobacco in any form, as it can lead to life-threatening conditions.

'Live a healthy and tobacco-free life' is the message, I wish to convey to people at large on the occasion of World No Tobacco Day. Let us all together take an earnest effort to fight against the use of Tobacco and make the Planet free of Tobacco.©

For The [DentCare](#)

Interviewed by **Ms. Nisha Philip Xavier**

Why Do Milk Teeth Matter?

The most common questions which are frequently asked by the parents of infants / toddlers to Dental practitioners are

- Do Milk Teeth really matter?
- Will they not fall out soon?

Most people think that Milk Teeth do not matter as they will fall out after a few years. In fact, Milk Teeth do matter as they are very important for a child's health and overall development.

Healthy Milk Teeth are important as they

- Help in the proper grinding of food which makes it easy to digest and absorb necessary nutrients
- Help in the development of correct speech
- Boost self-esteem by presenting a pretty smile
- Provide support for the developing facial muscles and give shape to a child's face
- Maintain the space for Permanent Teeth (Adult Teeth) and help guide them into their proper position

Even before the appearance of Milk Teeth, a baby's mouth should be taken care of so as to avoid bacterial growth. Following breastfeeding, a baby's toothless gums will be colonized by bacteria. Hence, start cleaning your baby's gums a few days after birth by wiping it with a clean, moist gauze pad, or washcloth.



Dr. Vinitha Alex
Consultant Pediatric Dentist
Tinsukia, Assam, India



When a Baby Tooth is lost too early, the Teeth beside it can drift into the empty space, making it difficult for the Adult Teeth to find room when they come in. This can result in crowding of the teeth

A baby's 20 Milk Teeth are already present in the jaws at birth and usually begin to appear between 6 months and 1 year of age. As each baby is different, there may be slight changes in the timing of eruption of Milk Teeth. Generally, the first teeth to come in are the front teeth of both upper and lower jaws.

Most children have a full set of Milk Teeth by the time they are 3 years of age. During teething, some babies may have Sore or Tender Gums. Gently rubbing a baby's gums with a clean finger or a wet clean cloth can be soothing. Also, a baby can be given a clean teething ring to chew on. If your child still experiences irritation or pain, consult a Pediatric Dentist.

Tooth Decay usually starts as White Spots on the enamel and may proceed into the deeper layers of the teeth, if left untreated. A dental visit as soon the first tooth comes in and no later than the first birthday is a well-baby checkup for Milk Teeth. Besides checking for Cavities, a Pediatric Dentist will show you how to clean a baby's teeth properly or handle abnormal habits like thumb sucking.

Start cleaning your child's Milk Teeth as soon as they start erupting into the oral cavity. A Finger Toothbrush can be used for cleaning a baby's teeth. You can introduce toothpaste when your child is 18 months old. For children younger than 3 years, use fluoride toothpaste equivalent to the size of a rice grain and for children between 3 and 6 years of age, use a pea-sized amount of fluoride toothpaste.

Start cleaning your baby's gums a few days after birth by wiping it with a clean, moist gauze pad, or washcloth



Encourage your child to brush his / her teeth twice a day (morning and evening). Supervise your child's brushing to ensure that they brush properly and do not swallow toothpaste.

If a Cavity is detected early, a tooth can be restored with simple fillings. If it has proceeded into the deeper layers of a tooth, simple fillings will not be sufficient to save this tooth. Complicated interventions like Root Canal Treatment may become necessary.

When a Baby Tooth is lost too early, the Teeth beside it can drift into the empty space, making it difficult for the Adult Teeth to find room when they come in. This can result in crowding of the teeth. Hence, introduce good oral habits in your child so as to keep Milk Teeth healthy.

Conclusion

It is important to keep Primary Teeth healthy as they hold space for their permanent successors, besides helping in providing good nutrition through proper chewing; boosting self-esteem, supporting the development of the facial muscles, and giving shape to your child's face. Therefore, take proper care of your baby's Milk Teeth just as you take care of your Permanent Teeth.©



Does Mouth Breathing Send A Red Signal?

Mouth Breathing becomes abnormal when a person breathes through the mouth even during rest or sleep

Healthy human beings generally breathe through their nose, mouth, or both. At rest, a normal person usually breathes through the nose. During exercise, it is normal to breathe through both the nose and the mouth to increase the amount of air intake as more oxygen is needed to burn calories efficiently. Mouth Breathing becomes abnormal when a person breathes through the mouth even during rest or sleep.

What causes Mouth Breathing?

A person has no choice but to breathe through his mouth when enough oxygen, which is required to meet his body needs, cannot enter the upper airway through the nose. This could be due to partial or complete Nasal Obstruction, Nasal Septal Deviation, Nasal Polyps, Allergic Rhinitis, Enlarged Adenoids and Tonsils, etc.



Dr. Divya Maheshwari
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Mumbai, Maharashtra, India

Sequelae of Mouth Breathing

Mouth Breathing can cause dryness in the mouth, which can gradually lead to Halitosis, Gingivitis / Gingival Enlargement, especially in the maxillary anterior teeth, or increased levels of Dental Plaque.

Role of a Dentist

A Dentist can often be the first one to identify a person with Mouth Breathing. The Breathing pattern can be identified while a patient is at rest on a dental chair. Simple exercises like holding water in the mouth or a Mirror / Butterfly Test will help find out if an individual is breathing through the mouth. An individual should be evaluated for Hypertrophy of Adenoids and Tonsils by radiographic and clinical examination respectively.

Examination of the Ear, Nose, and Throat (ENT) will help evaluate if there is an obstruction in the nasal cavity, or enlarged Adenoids and Tonsils



Management of Mouth Breathing

1 Examination of the Ear, Nose, and Throat (ENT)

This will help evaluate if there is an obstruction in the nasal cavity, or enlarged Adenoids and Tonsils. Enlarged Adenoids can be examined on a Lateral Cephalogram or Cavum Radiograph and Enlarged Adenoids and Tonsils can be evaluated clinically with a Brodsky Grading Scale (a tool for tonsil size evaluation).

2 Orthodontic Treatment

This treatment helps expand the constricted maxilla and the dentoalveolar process. Studies have shown that expanding the upper jaw can increase the size of the nasal cavity, helping improve oxygenation and air flow through the nose.

3 Orofacial Myofunctional Therapy (OMT)

OMT helps eliminate many of the causes of improper rest posture of the tongue and swallowing abnormalities, which may help reduce Mouth Breathing.

A Word of Caution for Parents

Parents should keep a close watch on the symptoms in their children like

1. Frequent Colds, Coughs, or Sore Throat
2. Hoarseness or unclear speech
3. Snoring
4. Sleepwalking / talking or Bed-wetting
5. Day time inactiveness

These problems may be the early signs of Mouth Breathing.

Since Mouth Breathing can cause Dry Mouth, Halitosis, Hoarseness, Chronic Fatigue, and more, early diagnosis and timely intervention are imperative to keep Mouth Breathing at bay. ©

Kid-friendly Summer Snacks



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

Rainbow Fruit Pizza

Ingredients for the Dough

All-purpose Flour	100 grams
Butter	200 grams
Icing Sugar	100 grams
Milk	½ cup

Other Ingredients

Cream Cheese, Soft	200 grams
Sugar	50 grams
Vanilla Essence	½ teaspoon
Kiwifruit, Peeled and Sliced	2 – 3 numbers
Strawberries, Fresh	5 – 6 numbers
Oranges, Small, Peeled	1 number
Grapes, Black and Green	4 – 5 numbers

Preparation

Preheat the oven to 170° Celsius (C). Add Flour, Butter, and Icing Sugar in a small bowl and blend well till it becomes smooth and then add Milk to make the mix into soft dough. Press dough evenly at the bottom of a Round Cake Tin to form a Pizza Crust. Bake the mix for 15 to 20 minutes or until it becomes golden brown. Allow it to cool completely.

In a small bowl, beat Cream Cheese, Sugar, and Vanilla Essence with an Electric Mixer until it becomes whitish and fluffy. Spread the mix over cooled Crust and arrange Fruits over it. Refrigerate it for at least one hour. Cut it into wedges before serving.





Mango Lemonade Muffins

Ingredients

Egg, Large, Slightly Beaten	1 number
Cream, Sour	100 milliliters
Lemon Zest	½ tablespoon
Lemon Juice, Fresh	4 tablespoons
Butter	50 milliliters
Flour	100 grams
Sugar	50 grams
Mango, Fresh, Diced	3 – 4 numbers

Preparation

Preheat the oven to 170° Celsius (C). Melt Butter and keep it aside. In a medium-sized bowl, add Egg, Sour Cream, Lemon Zest, Lemon Juice, and melted Butter and mix them well. In a large bowl, mix Flour and Sugar. Add softly Beaten Egg into the mix to make it a smooth batter. Fold (process of combining ingredients together gently without stirring, beating or otherwise agitating the mixture) the batter into Diced Mangoes. Spoon the batter into a lined Muffin Mold; filling it three-fourths only. Bake for 16 to 18 minutes or until it becomes golden brown and a Skewer inserted in the middle comes out clean.

Cookies and Cream Truffles

Ingredients

Cheese, Softened	50 grams
Cookies, Oreo	8-10 numbers
Chocolate, Dark, Melted	100 grams

Preparation

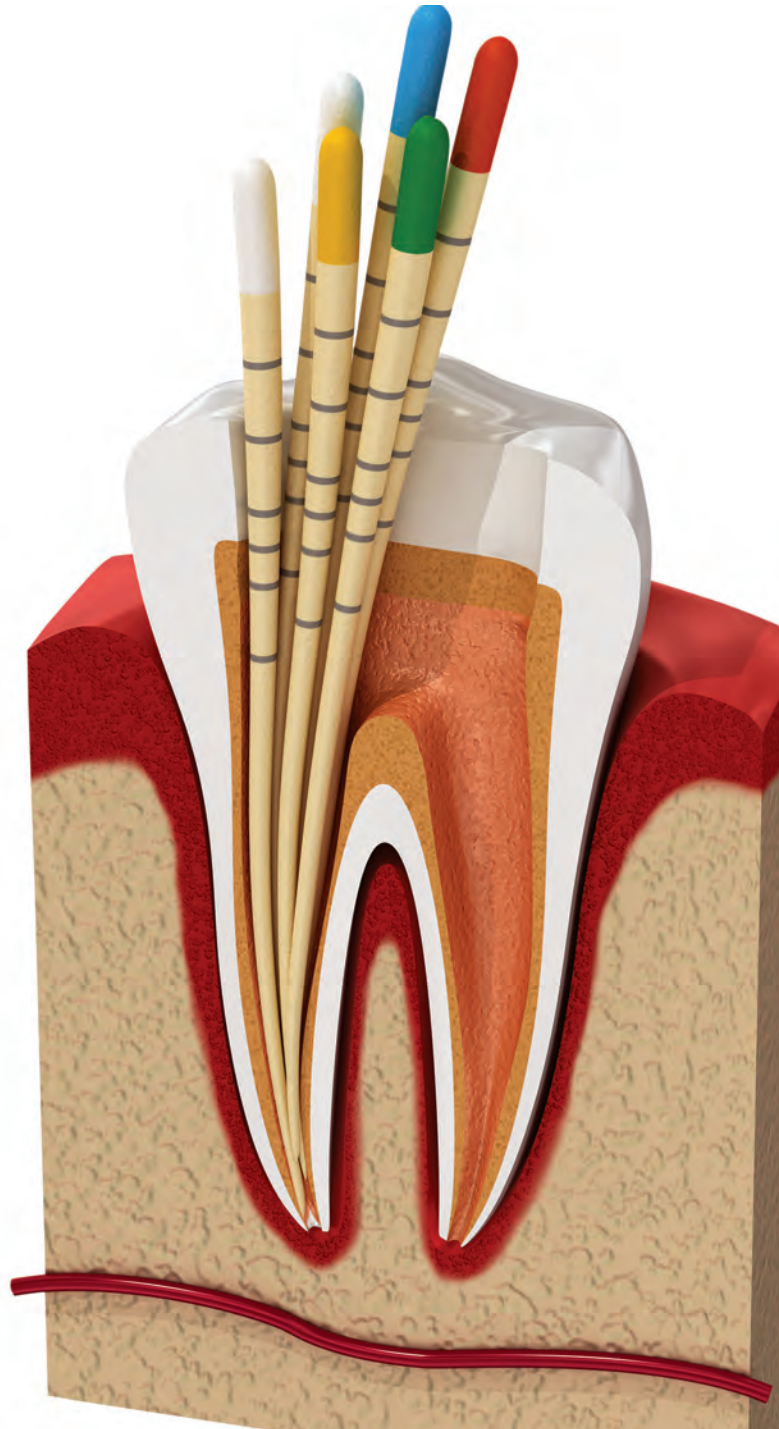
Crush Oreo Cookies into crumbs using a Rolling Pin. Mash Cream Cheese and Cookie Crumbs together in a bowl with a Fork until they are blended well. Shape the mix into a small ball and keep it on a Parchment Paper so as to avoid sticking to the hands. If the batter is very sticky, put it in a Freezer for 10 – 15 minutes to harden up. Then, dip it in melted Chocolate using a Fork. Sprinkle it with additional Crushed Oreos and place it on a Parchment Sheet. Allow it to cool until it becomes firm. Then, put in a tightly covered container and store in a Refrigerator. Serve it cold.®



A tooth is composed of four tissues: Enamel, Dentin, and Cementum, which are hard or calcified, as well as Pulp, which is soft or noncalcified. When the Pulp, which contains nerves, blood vessels, and connective tissues, is severely infected, it may cause mild to intense pain.

A tooth does not heal by itself. Unless immediate treatment is sought, the infection will exacerbate and spread to the surrounding areas, leading to the destruction of the supporting tissues and the bone. In such an event, a Root Canal Treatment is the only option to save the tooth.

Root Canal Treatment: What you need to know?



Root Canal Treatment (RCT) is a dental procedure to completely remove and clean (debride) the inflamed / infected pulp from the root canal system of the tooth and fill (obturate) it with a rubber-like material called Gutta-Percha, thus helping to prevent its recontamination.



Dr. Anseena V. V.
Dental Practitioner
Kannur, Kerala, India

Steps involved in Root Canal Treatment

Step 1

Most often, a Root Canal Treatment (Endodontic Therapy) is recommended when medications cannot cure an infected tooth. In the first visit, the infected tooth to be treated is made numb by injecting a local anesthetic solution. The tooth is then isolated well by placing a rubber dam (a sheet of rubber).

Step 2

The Dentist will make an access cavity or a small opening on the crown of the tooth using a Rotary Instrument and remove the infected pulp from the pulp chamber and the root canal. This is done using instruments called Endodontic Files and then, the pulp chamber is irrigated with Root Canal Irrigants.

Step 3

After cleaning and shaping a root canal, a three-dimensional filling of the entire root canal system (obturation) is done using an obturating material, such as Gutta Percha to achieve a fluid-tight seal at the apical foramen and complete obliteration of the root canal.

After obturation, in some cases, an additional post is inserted for extra support. The tooth is then restored with a proper restorative material and a prosthetic crown is subsequently placed over it.



Root Canal Treatment may fail. In such a situation, the tooth may need to be extracted.

Post RCT Care

To avoid further complications after a Root Canal treatment, it is vital to

1. Have regular dental checkups
2. Follow the instructions of the Dentist
3. Maintain good oral hygiene
4. Clean the interdental areas of your teeth with Dental Floss
5. Use a soft-bristled toothbrush and fluoride toothpaste
6. Avoid chewing or biting on hard foods with a Root Canal Treated tooth

Number of Visits

Nowadays, a Root Canal Treatment can be completed in a single visit. But it may take two or more visits, depending on the extent of infection of the tooth and supporting tissues.

Alternatives

The success rate of Endodontic Treatment is 95%. When a tooth is severely damaged or when there is insufficient bone support, a

Conclusion

Compliance with the instructions of the Dentist, taking medications in the manner prescribed, and ensuring regular dental checkups will help keep the complications, which may arise after a Root Canal Treatment, at bay.®



Ayurveda in Dentistry



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“**A**yurveda” means living in tune with Nature. Ayurveda, a Holistic System of Medicine, has emerged in India centuries ago; but now it is practiced as Alternative Medicine in other parts of the world.

This is an Ancient System of Medicine having a rich repository of resources even for Dentistry. Shalaky Tantra, one of the eight classical branches of Ayurveda, deals with the description and treatment of the organs seated above the neck, including the teeth. In Ayurveda, dental health is called as ‘Danta Swasthya’.

According to Ayurveda, an imbalance in the Three Doshas (Vata, Pitta, and Kapha) or substances that are present in a person’s body causes various diseases. Vata is the subtle energy of movement; Pitta, the energy of digestion or metabolism, and Kapha, the energy of lubrication and structure. The predicament with Kapha Doshha can lead to dental problems.

In Ayurveda, various herbal plants are used as health care products. The Dental Fraternity has witnessed the positive effects of these herbal products in the

People are now more inclined to using Ayurvedic oral care products in the form of Toothpastes, Gum Paints, Mouthwashes, Root Canal Irrigants, etc., as they have only few side effects

form of Toothpaste, Gum Paints, Mouthwashes, Root Canal Irrigants, Tooth Whiteners etc.

The commonly used herbs in Dentistry like Amala (Gooseberry), Lemon Solution, Triphala, Haritaki, (Tea Tree Oil), Aloe Vera, Azadirachta indica (Neem), Piper Betel, Osmium sanctum (Basil, Tulsi), Curcuma longa (Turmeric powder) possess Antibacterial and Antiplaque properties.

As a ‘substitute’ to the conventionally available oral care products, most individuals use herbal Mouth Rinses that promote holistic health and wellness. Regular use of herbal oral care products containing Antibacterial and Antiplaque properties helps control the formation of Supragingival Plaque and prevents the development of Periodontal Disease. Herbal extracts, which have been used since ancient times, have now received special attention because they are nonchemical and non-synthetic.

Tooth Brushing

Ayurveda emphasizes using Herbal Toothbrushes twice a day to keep the oral cavity hygienic and healthy. This procedure consists of chewing and slowly eating a Herbal Twig / Stick. A stick of Neem is the most commonly used Herbal Chewing Stick. The Twigs and Oil of Neem, which contain substances that have a broad-spectrum of Antimicrobial activity, when used with Toothpaste helps reduce Gingival Irritation. Herbal Toothpastes made up of Chamomile, Echinacea, Sage, Myrrh, Rhatany, and Peppermint Oil has been found to be as effective as Conventional Toothpaste.



Tongue Cleaning

According to Ayurveda, each part of the Tongue is related to different Organ Systems in the body, such as the Lungs, Heart, Stomach, Liver, Spleen, Kidneys, Thyroid, Spine, and the Intestines. A Tongue can tell much about the health of your internal organs and their functions. Hence, it is important to keep the Tongue hygienic and healthy.

Tongue Cleaning should be done in the morning on an empty stomach. A Tongue Scraper is placed on the rearmost part of a Tongue after sticking it out as far as possible. The Scraper is gently pulled forward towards the tip of the Tongue. The Scraper is then rinsed and the procedure is repeated 5 – 7 times.

Oral Cleansing

The concept of Oil Pulling has been mentioned in Charaka Samhita, a comprehensive text on Ayurveda, where it is referred to as Kavala Graha and Gandusha. They are the two traditional methods of Oral Cleansing or a Specialized Therapy to treat as well as to preclude Oral Diseases.

The difference between the two therapies lies in the composition of drugs, dosage, and procedure of using the drugs. In Gandusha, a medicated fluid is held mouthful for a few minutes and then spat out whereas, in Kavala Graha, the fluid is held three-fourths of your mouth and is swished before spitting it out.

Triphala Mouthwash is cost-effective when compared to commercially available Chlorhexidine Mouthwashes; besides, it has no side effects and can be used for a long period of time. Oil Pulling also helps promote systemic health and is practiced extensively as Traditional Folk Medicine. In this therapy, edible oils like Sunflower or Sesame Oil are used, helping strengthen the teeth, gums, jaws, and Cracked Lips. Oil Pulling is clinically very effective against Plaque-induced Gingivitis.



“Ayurveda” means living in tune with Nature. Ayurveda, a Holistic System of Medicine, has emerged in India centuries ago; but now it is practiced as Alternative Medicine in other parts of the world

Tissue Regeneration Therapy

In Ayurveda, Amla, a well-known herb, is considered as a general builder of oral health. Amla works well as a Mouth Rinse. One to two grams of Amla can be taken every day for the long-term benefit of the teeth and gums, as it will help enhance the healing and development of the connective tissue.

Regular use of Bilberry and Hawthorn Berries helps stabilize Collagen and enhance the gum tissue. Herbs, such as Yellow Dock Root, Alfalfa Leaf, Cinnamon Bark, and Turmeric Root can be taken internally to facilitate the proper growth of the skeleton and the joints.

Conclusion

People are now more inclined to using Ayurvedic oral care products in the form of Toothpastes, Gum Paints, Mouthwashes, Root Canal Irrigants, etc., as they have only few side effects and exhibit Anti-bacterial, Anti-inflammatory, Astringent, Anesthetic, and Anti-cariogenic properties. ©



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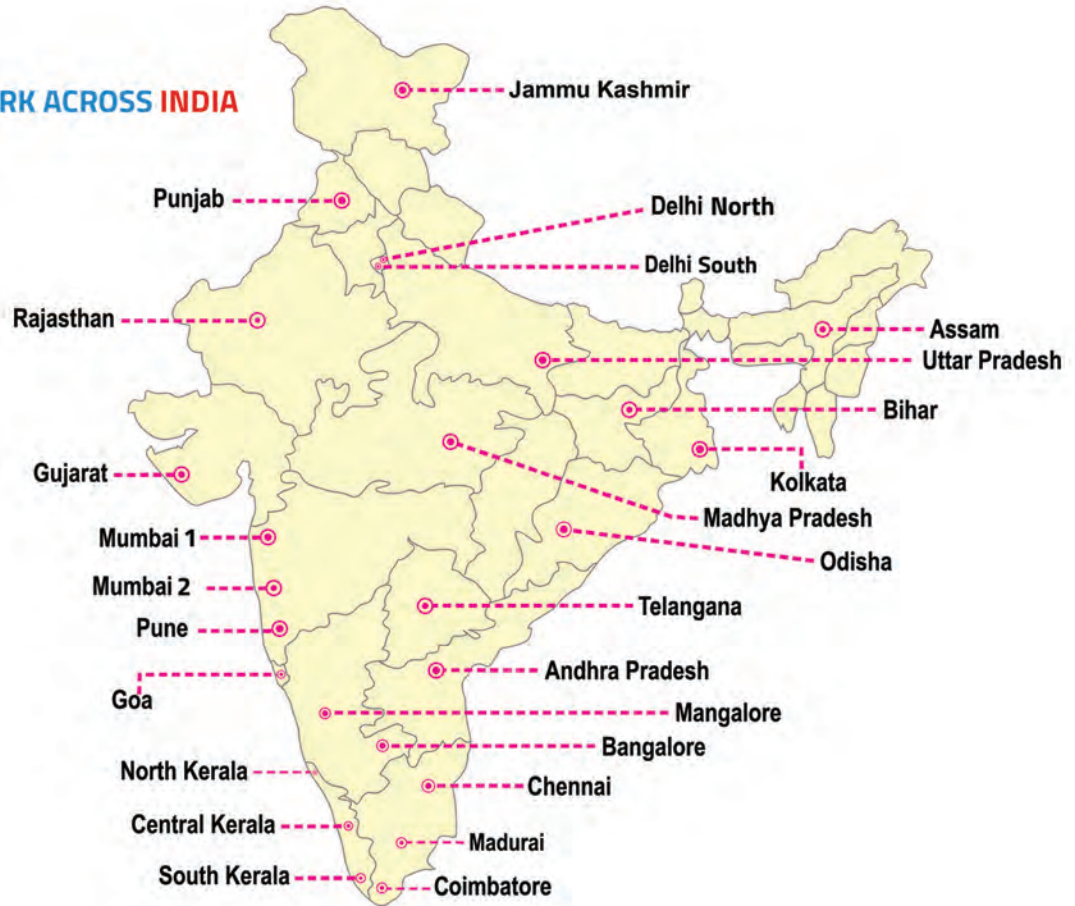
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Inaugural Address by Mr. John Kuriakose (Managing Director, DentCare Dental Lab Pvt. Ltd.)

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Is Folic Acid Needed During Pregnancy?



Dr. Mumtaz Khalid Ismail
Consultant Clinical Nutritionist
Kochi, Kerala, India

Pregnancy is a period of great physiological as well as psychological stress for a woman. She has to maintain her health at an optimum level to provide Nutrition for fetal-development, in addition to preparing her for delivery and lactation. Adequate Nutrition before and during pregnancy is very important for the long-term health of both the pregnant mother and her developing fetus.

A woman who has been well nourished before conception begins her pregnancy with the reserves of several Nutrients so that the needs of the growing fetus can be met without affecting her health. Infants, who are well nourished in the womb, have an enhanced chance of entering life in good health. A Mother's diet should produce adequate Nutrients so that maternal stores do not get depleted and produce sufficient milk to nourish her child after birth.

Intrauterine Nutrition is highly important for the growth of the central nervous system and kidneys of a fetus that mature during the latter part of Pregnancy.

Folate and Folic Acid

Folate and Folic Acid are the two different forms of Vitamin B. Folate is found naturally in food, such as green leafy vegetables. Folic Acid is a synthetic form of Vitamin B. Folate plays an important role in the production of red blood cells and helps in the development of the brain and spinal cord of a baby. Folic Acid (Vitamin B9) works with Vitamin B12 and Vitamin C to help the body break down, use and make new Proteins.

Role of Folic Acid in Pregnancy

It plays a role in the creation of Deoxyribonucleic Acid (DNA) and the formation of red blood cells. In the first few weeks of Pregnancy, Folic Acid helps prevent birth defects of the brain and spinal cord. It also assists in the formation of the heart and circulatory system of

A Mother's diet should produce adequate Nutrients so that maternal stores do not get depleted and produce sufficient milk to nourish her child after birth



a fetus, besides helping lower the chance of a baby to have birth defects.

Being water-soluble, an excess amount of Folic Acid does not build up in the body; instead, it gets passed through the urine. That is why; a woman must regularly incorporate enough Folic Acid into the diet to avoid a deficiency of the Vitamin during Pregnancy. Since most birth defects develop in the first 3 – 4 weeks of Pregnancy, it is important to have enough Folic Acid in the initial stage of pregnancy.

Deficiency of Folic Acid and Zinc has been implicated as a preventable cause of a congenital central nervous system (CNS) anomaly like Meningomyelocele (protrusion of brain tissue and its covering to outside). Taking Folic Acid supplementation six weeks before conception will help prevent birth defects in a fetus.

The Centres for Disease Control and Prevention (CDC) of United States of America recommends that all women of childbearing age, who are capable of becoming pregnant, should consume 0.4 milligrams of Folic Acid daily to prevent neural tube / birth defects.

Foods rich in Folic Acid

The best food sources of Folic Acid are fortified cereals like wheat, millet etc. Folate is found naturally in dark green vegetables and citrus fruits, such as spinach, broccoli, lettuce, ladies finger, and asparagus; fruits, such as banana, melon, orange, and tomato, along with lemon, bean, yeast, and mushroom are good sources of Folic acid.

Conclusion

A well-balanced diet that is high in Fiber, Carbohydrates, Proteins, Vitamins, and Minerals and low in Saturated Fats will help a mother to stay healthy, besides helping provide good nutrition for the development of the fetus.®

SALTWATER: A Natural Mouth Rinse

A Saltwater Mouth Rinse can be used after minor oral surgery to help heal the wound more quickly



Rinsing your mouth with warm saltwater has numerous healing benefits as it is an isotonic solution, which means it contains salts and minerals in the same concentration as is seen in the human body. Hence, it will not irritate mucous membranes of the oral cavity, unlike Over-the-counter Mouthwashes.

Many Dentists recommend Saltwater Mouth Rinse as a soothing agent, as Salt promotes healing; reduces inflammation by killing bacteria and sending more white blood cells to the infected area.

It is an ideal choice for anyone suffering from Oral Infections, Mouth Ulcers, Sore Throat, a Cold, or Tonsillitis. The Egyptians, the Greeks, and the Chinese have been using Saltwater to treat Gum disease since time immemorial.

Preparation

The process of preparing Saltwater Mouth Rinse is very simple. Just add a half teaspoon of Salt to a cup of warm water. You can increase the amount up to a teaspoon, once you get used to it. Once the Salt dissolves in warm water, you can take a sip, hold it in your mouth, and then swish gently around the gums. After about 30 seconds, you can spit it out and repeat it once or twice.

A Saltwater Mouth Rinse can be used after minor oral surgery to help heal the wound more quickly. You can use the rinse, 24 hours after surgery, 3 or 4 times a day, especially after eating.

Use of Saltwater Mouth Rinse can temporarily increase the level of Pouvoir Hydrogene (pH) in your mouth, making the environment more alkaline. Saltwater helps reduce the breeding of bacteria in the oral cavity since



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

they can thrive only in an acidic environment.

Advantages of using Saltwater Rinses

- Cost-effective and environmentally friendly
- Convenient to make and use
- Can be made anytime or anywhere, including in emergency situations where you might not have access to oral hygiene aids
- People with Sensitive teeth can often tolerate Saltwater Rinses when they cannot use Alcohol-containing Mouthwashes because of Sensitivity or Allergic Reactions

Conclusion

Despite the great benefits of Saltwater Mouth Rinse, it cannot be used as an alternative to modern oral care products but rather as an adjunct to them, for both adults and children. ©

EXPERIENCE DENTCARE



Meeting Expectations



I have been interacting with DentCare Dental Lab for the past 7 years. I was carried away by visualizing their vast spectrum of equipment and highest standards of professionalism. I was also truly impressed by their commitment to quality, excellence in the fabrication of prostheses, and outstanding customer service.

Kudos to Mr. John Kuriakose and the entire DentCare team! Wishing them all success in the years to come.®



Dr. Mathew P. Sunny
Consultant Orthodontist
Ernakulam, Kerala, India

Journey to Excellence



I had a wonderful experience visiting DentCare Dental Lab. The workmanship and systematic workflow of each Department is purely professional and methodical, which reflects the utmost importance they extend to all their customers.

The working environment is truly placid and is embedded with sophisticated equipment. Unequivocally, the Lab has created a benchmark in work ethics and business standards.

May DentCare scale the pinnacle of success in the years to come.®



Dr. Paul Kariyatty
Consultant Prosthodontist
and Implantologist
Kalady, Kerala, India



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

Over the past 31 years, we have dedicated ourselves to contributing to healthy, confident smiles for over 40 million satisfied patients and to the delight of more than 40 thousand dentists around the globe.

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

DentCare Zirconia – “One Product for Diverse Options”

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

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

DentCare:

A House of Exceptional Dental Prostheses



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

DentCare Zirconia Variants

DentCare Zirconia Platinum Plus

DentCare Zirconia Premium Plus

DentCare BruxCare

DentCare Zirconia Classic

DentCare Zirconia Superlucent

DentCare Zirconia Basic

DentCare Zirconia Ultra

DentCare Zirconia Ultra Plus

DentCare Zirconia Solid Plus

Why Medical Grade DentCare Zirconia?

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

DentCare Clear Aligners

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

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

With DentCare Clear Aligners, the final outcome of the treatment can be visualized with the help of 3D virtual simulation and a treatment plan can be formulated accordingly. The treatment consists of a revolutionary system which integrates the latest software and 3D Computer Aided Design / Computer Aided Manufacturing (CAD / CAM) technology.

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



Conclusion

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

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

Smile confidently, go for DentCare Prostheses.®



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After

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 Easily removable; so limited dietary restrictions. No metal brackets or wires which may cause irritation inside the mouth ensuring hassle-free speech and smile
- Cost-Effective**
 Time-saving correction of malaligned teeth
- German Product**
 Made out of German material involving German technology
- Clear**
 Invisible and transparent splints
- Highly Biocompatible**
 No allergic reactions inside the mouth
- Hygienic**
 It can be taken out easily to permit brushing and flossing; so good oral hygiene can be maintained
- Precise Planning**
 Final result can be visualized through 3D images before treatment begins

DentCare Dental Lab Pvt. Ltd.

Muvattupuzha, Kerala, India - 686 661





A BIRD'S EYE VIEW

Dr. **Jossy Varghese** is a Consultant Endodontist to various Dental Clinics in Kottayam and Ernakulam districts of Kerala, India. He is also an avid Nature lover and Wildlife Photographer who has traveled across the State to capture the pictures of birds and animals in their natural habitat.



Photography Gear: Nikon D5300 camera and lens 70-300 millimeters (mm)



Purple-rumped Sunbird

*Kumarakom Bird Sanctuary
Kerala, India*



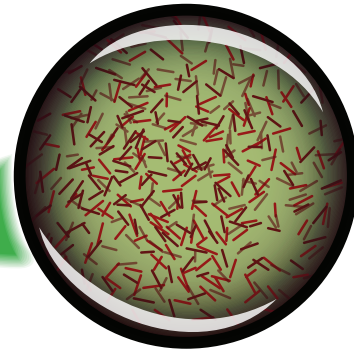
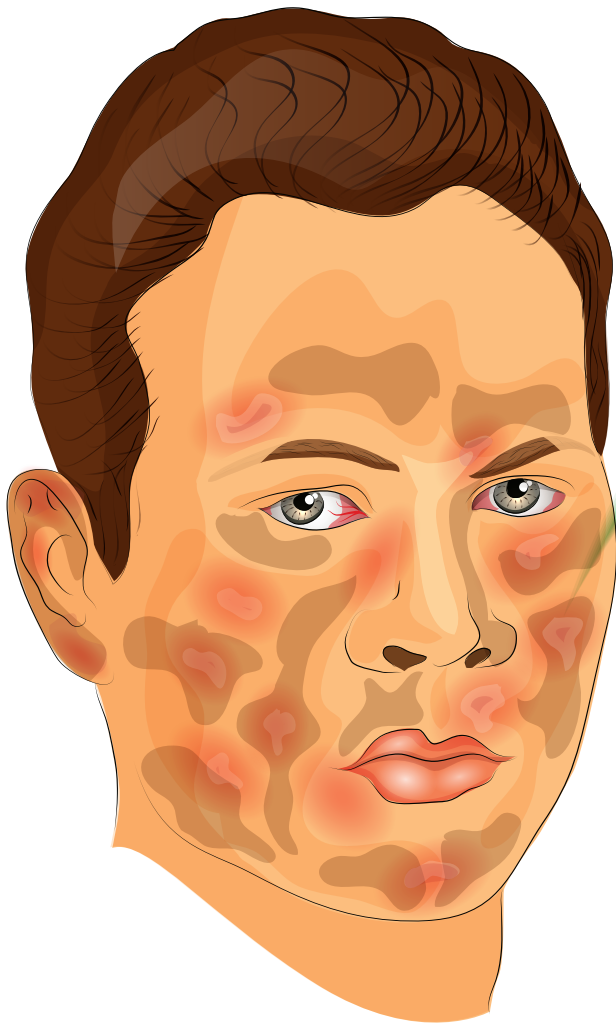
Ashy Drongo

*Kumarakom Bird Sanctuary
Kerala, India*



Great Cormorant

*Periyar Tiger Reserve
Kerala, India*



Eliminating the Stigma Associated with Leprosy



Dr. Jacob Kuruvilla
Reader



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Leprosy is a chronic infectious disease which still strikes fear into the hearts of people as it is a mutilating, disfiguring, contagious, and incurable condition. Due to the horrifying nature of the enigmatic physical disfigurement and since no cure was discovered until the 20th century, Leprosy had been considered as a highly stigmatizing disease.

Even to this day, when Leprosy is completely curable, in some parts of India, people still hold the belief that Leprosy is due to a divine curse; a punishment inflicted upon people for their past sins.

What is Leprosy?

Leprosy is a chronic, progressive bacterial infection caused by a bacterium; **Mycobacterium leprae**. It is also known as Hansen's Disease, named after the Norwegian Physician Gerhard Henrik Armauer Hansen, who discovered the bacterium. It is one of the oldest diseases in human history; the first known written reference to this disease is from around 600 Before Christ (B.C.).

Leprosy cannot be transmitted through touch; instead, it is transmitted through the droplets expelled during a sneeze or cough or by coming into contact with the nasal fluids of an infected person. Initially, an infected individual will not exhibit symptoms for 3 to 20 years.

Epidemiology

As per the statistical reports available, the number of chronic cases of Leprosy reported in the 1980s was 5.2 million, but this number came down to 189,000 in 2012. During the past 20 years, 16 million people across the world have been cured of Leprosy. Currently, about 200 new cases are reported per year in the United States of America.

Symptoms

The common symptoms on the skin are

- ⦿ Discolored patches on the skin
- ⦿ Nodules or Growth on the skin
- ⦿ Thick, stiff, or dry skin
- ⦿ Painless Ulcers on the soles of feet
- ⦿ Painless Swelling or Lumps on the face or earlobes
- ⦿ Loss of eyebrows or eyelashes

The symptoms caused by damage to the nerves are

- ⦿ Muscle Weakness or Paralysis, especially

in the hands and feet

- ⦿ Enlarged Nerves, especially those around the elbow and knee and in the sides of the neck
- ⦿ Eye Problems that may lead to Blindness, especially when facial nerves are affected

The symptoms caused in the mucous membranes are

- ⦿ A stuffy nose
- ⦿ Nosebleeds

Diagnosis

Diagnosis of Leprosy is most commonly based on clinical signs and symptoms. If an individual shows the signs like skin lesion consistent with Leprosy and with definite Sensory



Leprosy is one of the oldest diseases in human history; the first known written reference to this disease is from around 600 Before Christ (B.C.)



Loss, with or without thickened nerves or is found to be positive in Skin smear (a smear taken from the affected skin when examined under a microscope after appropriate staining shows a rod-shaped, red-stained Leprosy Bacilli, which is diagnostic of the disease), the person may be diagnosed as having the signs of Leprosy.

Treatment

Leprosy can be cured with Multidrug Therapy (MDT). Taking medications like Dapsone and Rifampicin for six months is effective for managing Paucibacillary Leprosy. Administration of medications like Rifampicin, Dapsone, and Clofazimine for 12 months will be helpful in managing Multibacillary Leprosy.

As a preventive measure, a single dose of Rifampicin can be given to the people who are in regular contact with Leprosy patients.

Complications

Delayed diagnosis and treatment can lead to serious complications, including Loss of Sensation, Disfigurement, Hair Loss, Permanent Nerve Damage, Chronic Nasal Congestion, Iritis, Glaucoma, Blindness, Erectile Dysfunction, Infertility, and Kidney Failure.

Leprosy Eradication Programs in India

National Leprosy Eradication Program

National Leprosy Eradication Program (NLEP), a

Health Scheme of the Ministry of Health and Family Welfare, Government of India, envisages establishing an integrated service, which helps ensure that Leprosy is detected early and treated properly.

Objectives of NLEP

- Early detection through active surveillance by trained health workers
- Regular monitoring of cases by providing Multidrug Therapy
- Intensified health education and public awareness campaigns to remove the social stigma associated with this disease
- Appropriate medical rehabilitation and Leprosy Ulcer care services

Conclusion

For millennia, Leprosy had been considered as an incurable infectious disease, inflicting debilitating damage to the sufferer. But this situation has considerably changed with the emergence of effective treatment for Leprosy.

However, in many parts of the world, Lepers are segregated and sheltered in Leper Colonies. Though the incidence of Leprosy has declined drastically, the social stigma associated with this disease still continues to serve as a barrier for self-reporting and taking early treatment. People should be aware of the fact that this deadly ancient disease can be prevented, treated and cured completely.®



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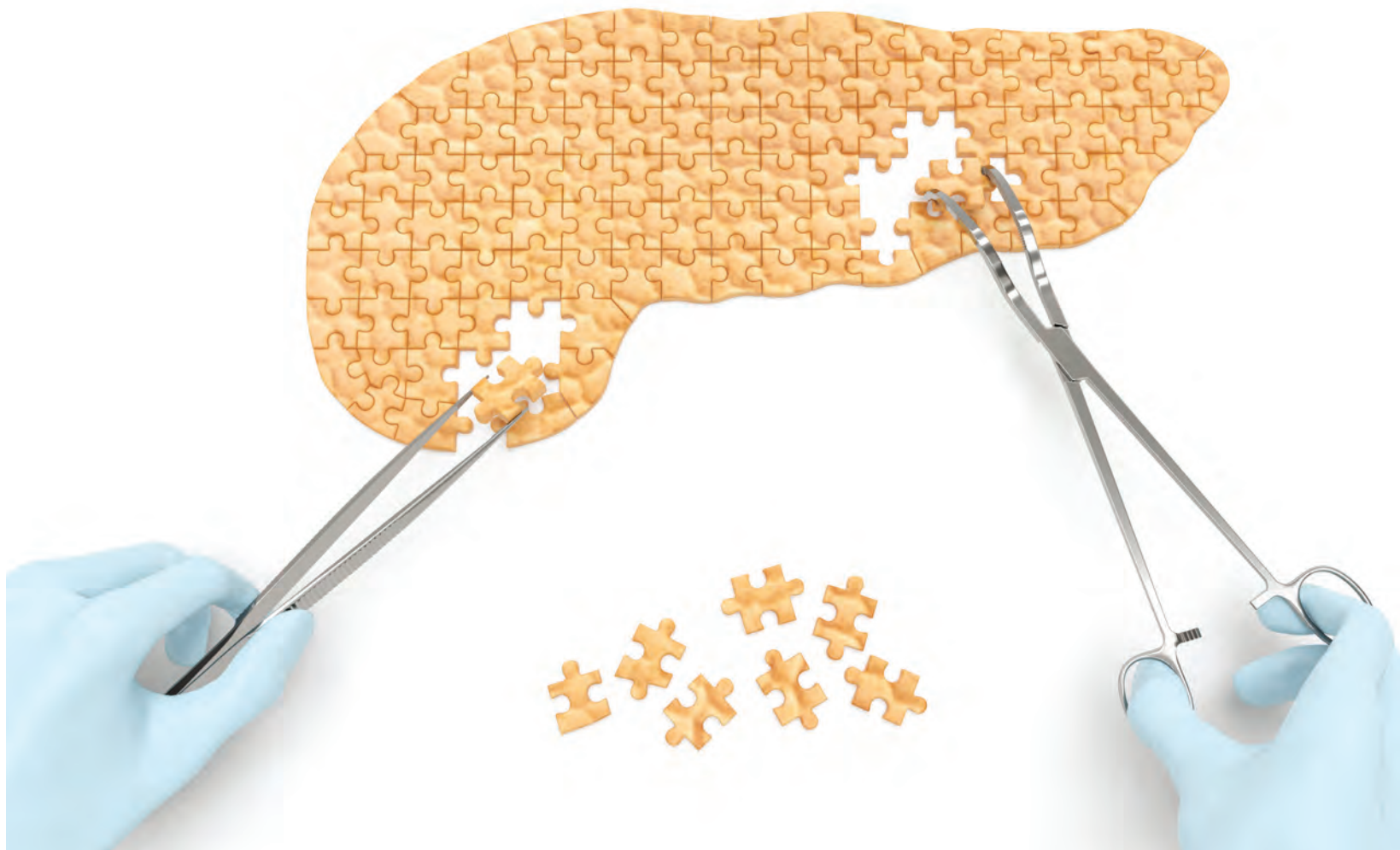
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Conquering Pancreatic Cancer

Pancreatic Cancer is one of the most aggressive Cancers affecting the human body. At least 350000 people all over the world are detected with Pancreatic Cancer every year and it is the 12th most common Malignancy worldwide. Compared to western countries, Pancreatic Cancer is less common in India but its incidence appears to be increasing in the country over the last two decades.

The Pancreas, a flat pear-shaped organ lying behind the stomach, is divided into four parts; head, neck,

body, and tail. It consists of an exocrine portion that secretes digestive enzymes and an endocrine portion that secretes hormones, such as Insulin that helps control blood sugar levels.

The most common type of Pancreatic Cancer is Exocrine Cancers, also called Pancreatic Adenocarcinoma, which constitutes 90% of Pancreatic Cancers. Endocrine Pancreatic Cancers constitute approximately 10% of Pancreatic Cancers and arise from the pancreatic cells that secrete hormones. The



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Cancers arising from these cells are called Pancreatic Neuroendocrine Tumors or Islet Cell Tumors.

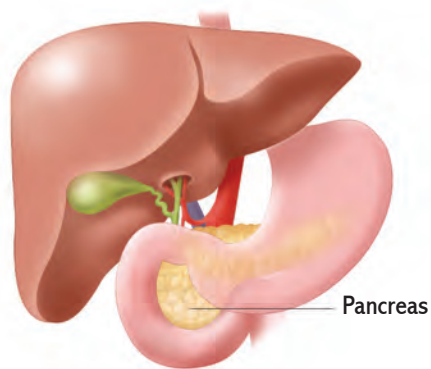
Risk Factors

Age is the strongest risk factor that predisposes a person to Pancreatic Cancer; the risk of developing Pancreatic Cancer will go up with age. This disease is common in people over 50 years of age. Individuals with a family history of Pancreatic Cancer are also at an increased risk of developing Pancreatic Cancer.

Smoking is another important risk factor for Pancreatic Cancer. The risk of developing this condition is about twice as high among smokers when compared to those who do not smoke. Increased consumption of barbecued meat and deep fried vegetables can also aggregate the risk.

Diabetes Mellitus has an important association with Pancreatic Cancer. The risk of developing Pancreatic Cancer increases by 50% in individuals with long-term illnesses or Type 2 Diabetes Mellitus. Recent studies suggest that New-onset Diabetes in individuals over 50 may be an early symptom of Pancreatic Cancer.

Obesity is an important risk factor for certain types of Cancers, including Pancreatic Cancer. Chronic Pancreatitis, a long-term progressive inflammatory disease of the Pancreas, leading to the permanent breakdown of the structure and function of the organ, has a significant association with Pancreatic Cancer. Individuals with Hereditary Pancreatitis may have a 40% lifetime risk of developing Pancreatic Cancer.



Symptoms

The most common symptoms of Pancreatic Cancer include

- Yellowing of the skin, eyes, and urine. Most Pancreatic Cancers arise in the head of the Pancreas, obstructing the flow of bile and pancreatic juice, which result in Jaundice
- Loss of appetite and weight loss
- Sudden onset of Diabetes or loss of control of blood sugar levels
- Upper abdominal pain spreading to the back, due to the involvement of the nerves close to the Pancreas
- Nausea or vomiting
- Hypoglycemia (low level of sugar in the blood), excess sweating, and palpitation

Smoking is another important risk factor for Pancreatic Cancer. The risk of developing this condition is about twice as high among smokers when compared to those who do not smoke

Diagnosis

The typical presentation of Jaundice, Itching, and Pale Stool, often gives a clue to the possibility of Pancreatic Cancer. A Blood Test will help reveal if there is a rise in Bilirubin, Liver Enzymes, and Carbohydrate Antigen 19 - 9 (CA 19 - 9), a type of Antigen released by the Pancreatic Tumor cells and can also be referred to as a Tumor Marker, in the blood.

A Computed Tomography (CT) of the abdomen will help give more accurate information about a Pancreatic Tumor, its location, size, and relation to adjacent structures as well as the stage of the disease. Early Pancreatic Tumors, which are not visible on a CT scan may be detected with advanced tests, such as Endoscopic Ultrasound.

The treatment of Pancreatic Cancer depends on the location of the Tumor and the stage of the disease. The Tumors arising from the head of the Pancreas would need a complex surgery that entails resection of the head of the Pancreas, duodenum, and adjacent lymph nodes whereas the Tumors located in the body and tail of the Pancreas require resection of the body and tail while leaving the head undisturbed.

A good number of relatively early Tumors are most often removed by a Laparoscopic Surgery, helping shorten both the recovery period and the stay at the hospital.

After Surgery

Once a Tumor is removed, patients might require Chemotherapy or Radiation Therapy, based on the stage of the Tumor. Patients may require Pancreatic Enzyme Replacement Therapy (PERT) for a few months or years after surgery, depending on the amount of functional pancreatic tissue left behind. They may also undertake regular follow-ups and periodic Blood Tests as well as Radiographs to detect further problems if any.

Conclusion

Pancreatic Cancer is most often diagnosed only in advanced stages. Surgical management coupled with Chemotherapy or Radiation Therapy offers a reasonable opportunity to cure Pancreatic Cancer.®



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Importance of Facial Aesthetics



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The face is the index of the mind and the mirror of our eternal beauty. Facial Soft Tissue injuries, which are commonly seen in children and the elderly, will impair the beauty of a face. Besides, it can devastate the self-confidence of a person when it comes to compromising the facial aesthetics.

Beauty and Aesthetics line into the same compartment of literature but they have a minor difference as Beauty is subjective while Aesthetics is objective. Each and every part of the facial region has its own importance and dynamism in forming the aesthetics and beauty of a face. Everyone in this world is concerned about the aesthetic appearance of their face and most of them want to be more attractive than what they really are.

When it comes to Soft Tissue injuries of a face, a Surgeon must be extremely cautious so as to ensure that the aesthetics and facial features of his patient are enhanced optimally. Even a minor compromise in the facial aesthetics or the function of a facial region can make a bigger difference in the beauty of a face. The self-confidence, work efficiency, personality, social interaction, etc. of a person will get compromised if he is not happy with his facial appearance.

A Surgeon should be trained in a highly skillful way to perform such complex / delicate surgeries. Correct diagnosis, a high degree of manual dexterity, and thinking out of the box are vital in making a face aesthetically pleasing.®



ORAL HEALTH: A Window to your Overall Health

It is important to carry out good oral hygiene practices on a regular basis so as to prevent dental diseases and bad breath. Make sure that your teeth are clean and free of stains, besides ensuring your gums are healthy and do not bleed while you brush or floss



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Though people are aware of the importance of maintaining oral hygiene, they often shirk from taking treatment for their dental problems. An unhealthy mouth, especially when you have Gum Disease, may increase your risk of serious health problems, such as Heart Attack, Stroke, Diabetes, and Preterm Labor.

Your mouth often serves as a helpful vantage point for detecting the early signs and symptoms of Systemic Diseases like Diabetes or Acquired Immune Deficiency Syndrome (AIDS), which often first become apparent as an Oral Lesion or other oral problems. According to the Academy of General Dentistry (AGD), more than 90 percent of all Systemic Diseases produce oral signs and symptoms.

Good oral hygiene

It is important to carry out good oral hygiene practices on a regular basis so as to prevent dental diseases and bad breath. Make sure that your teeth are clean and free of stains, besides ensuring your gums are healthy and do not bleed while you brush or floss.

How is good oral hygiene practiced?

Maintaining good oral hygiene is important to keep your teeth and gums healthy, which include

- ✓ Eating a balanced diet, especially at the right time and limiting the intake of snacks between meals
- ✓ Brushing properly twice a day

and flossing your teeth daily. If you inculcate this habit, your kids will definitely emulate it, which in turn, will improve the oral health of your family

- ✓ Rinsing your mouth with a Fluoride Mouthwash and using fluoridated dental products. Make sure that your children, who are under 12 years of age, drink fluoridated water or take a fluoride supplement if they live in non-fluoridated areas
- ✓ Replacing your Toothbrush every three to four months or sooner if the bristles are frayed
- ✓ Scheduling regular dental checkups and cleanings
- ✓ Avoiding the use of tobacco or its products

Tips for brushing your teeth and gums properly

- ✓ Place a pea-sized dab of fluoride toothpaste on the head of your toothbrush
- ✓ Place the toothbrush against the teeth at a 45-degree angle to the gum line
- ✓ Move the brush across your teeth using a small circular motion
- ✓ Never forget to brush the top of the tongue, starting from the back of your tongue to the opening of the mouth
- ✓ After brushing your teeth, rinse your mouth with Mouthwash



Reading furnishes the mind only with the material of knowledge; putting what you learnt into action makes you become a better person. So let us bend over backwards to practice good oral hygiene so as to promote oral and systemic health. ©

Emotional Dentistry



A beautiful smile and harmonic facial aesthetics are the attributes that help build self-esteem and confidence in a patient with facial deformities. An Aesthetic Smile can be achieved with a perfect harmony of the form, texture, color, and alignment of the anterior teeth, along with the intraoral soft tissues, lips, and other facial features. A Cosmetic Dentist should ensure that the final outcome of an aesthetic treatment meets the expectation of a patient.

Thanks to the ever-developing technology for bringing in rapid advancement in Dentistry, which has helped



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in the emergence of numerous newer treatment modalities that not only provide comfort to a patient but also help make the task of a Dentist easier. Let us have a closer look at the most amazing development in Dentistry that has helped create potential momentum in 'Smile Aesthetics'.

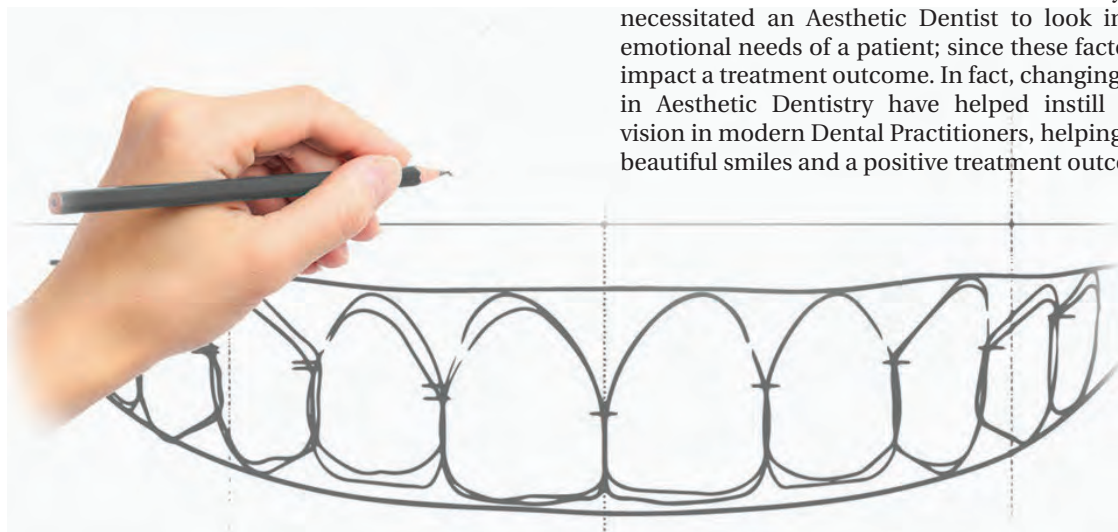
What is Emotional Dentistry?

Emotional Dentistry is a modern concept in Dentistry wherein a patient visualizes the final outcome of a treatment before its commencement, which makes him emotionally committed to the treatment outcome. This can be achieved with the help of modern tools like Mock-ups, Digital Photography, etc. More than that, a patient now gets a chance to try out different Smiles and choose the one which helps make his look more appealing.

Digital Dental Software, a digital planning tool in Aesthetic Dentistry, helps obtain and evaluate the aesthetic relationship among the teeth, gingiva, smile,



The use of this digital tool offers a Dentist, a new perspective for diagnosis and treatment planning, besides facilitating and improving the communication between a Dentist and a Patient



and face through the lines and digital drawings that are inserted on the facial and intraoral photographs of a patient. The use of this digital tool offers a Dentist, a new perspective for diagnosis and treatment planning, besides facilitating and improving the communication between a Dentist and a Patient.

Digital tools are more advantageous over the traditional treatment planning devices but a Mock-up Technique (a preview of the intended aesthetic result obtained by means of a tooth-colored material, such as Acrylic Resin, Composite, or Bis-acryl) is still considered as a fast, easy, and efficient tool for the diagnosis and planning of aesthetic treatment.

Mock-up can be used as a clinical confirmation of a digital tool as well. A combination Mock-up Technique and Digital Tools should be used as a routine protocol in clinical practice, as it permits a Clinician to work with higher predictability of results and with a smaller margin of error in more complex cases. Mock-up can also be used as a marketing tool to make a patient accept a proposed treatment plan.

Newer technologies, which are very beneficial to both a Clinician and a Patient, may help change the clinical protocol for treatment. Combining traditional and new techniques, such as Mock-up and Digital Planning will help reduce the number of intraoral adjustments, besides helping reduce tooth wear. Unnecessary tooth preparation can lead to undesired effects, such as increased Tooth Sensitivity, Dentin Exposure, and Enamel Erosion, which can negatively impact the long-term success of treatment.

Artfully sculpting a complete smile makeover after scientifically assessing the symmetries and asymmetries of an individual's face helps achieve an excellent outcome that meets the expectation of a patient who undergoes Smile Correction.

Conclusion

The recent trends in Aesthetic Dentistry have necessitated an Aesthetic Dentist to look into the emotional needs of a patient; since these factors can impact a treatment outcome. In fact, changing trends in Aesthetic Dentistry have helped instill artistic vision in modern Dental Practitioners, helping create beautiful smiles and a positive treatment outcome.®

Nutrition in Children:

What You Need To Know



Ms. Soly James
Consultant Nutritionist
Kochi, Kerala, India



The most common query of almost every mother to a Dietician / Nutritionist is, 'What should we feed our children to keep them healthy?'

Children need adequate amounts of different components of food i.e. Carbohydrates, Proteins, Fats, Micronutrients (Vitamins and Minerals), etc. along with Fiber and water for their proper growth and development.

Daily Servings recommended for a child

Whole Cereals and Grains

Grains are an essential part of a healthy diet, which offers nutrients and energy for a child's normal growth and development. Most children need five or more servings per day, which should

- ☑ Include a wide variety of whole grains and / or high fiber varieties of cereal (brown rice, whole wheat, ragi, oats, etc.)
- ☒ Exclude refined grains (cereals) and food products with a high level of added sugar, Fat / Trans Fats, and salts like cakes and biscuits.



Physical activity

Being physically active helps kids feel better in more ways than one. Physical activity helps strengthen their bones and muscles as well as their self-confidence. It also provides a mechanism for balancing energy intake and energy expenditure, helping decrease the incidence of Obesity.

Conclusion

Parents should promote healthy eating habits and help children to lead an active lifestyle. Keeping away from unhealthy eating habits and avoiding a sedentary lifestyle will help keep your child healthy and active for long. ©



Meat, Fish, Chicken, Eggs, Nuts, Seeds, and Pulses

These foods are a rich source of Proteins and are needed for a variety of functions of a child's body. Therefore, it is important to include them in their diet. Meat is a good source of Vitamin B12 and Iron. A diet rich in Iron will help prevent Iron Deficiency Anemia, a condition in which blood lacks adequate healthy red blood cells in children. The vegetarian alternatives to meat are soybeans, eggs, milk, cheese, yogurt, mushrooms, nuts, and seeds.

Milk and Dairy Products

They are an excellent source of energy and protein, containing a wide range of Vitamins and Minerals. They are also rich in Calcium which growing children and young people need in more quantity to build healthy bones and teeth.

Fruits and Vegetables

They are rich in Fiber, Vitamins, Minerals, and calories. A child should consume five portions of fruits and vegetables every day.

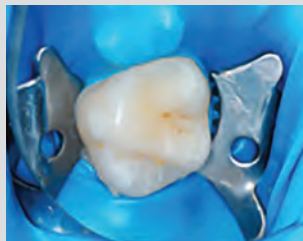
Fats and Oils

Fats and Oils should be made an essential part of your child's diet as they play an important role in the development of your kid's brain, helping them reach their maximum growth potential. Intake of too much Fat can increase the risk for a number of health problems like Obesity, Heart Disease, and Stroke but eating Good Fats in the right quantity can provide the body with many health benefits.

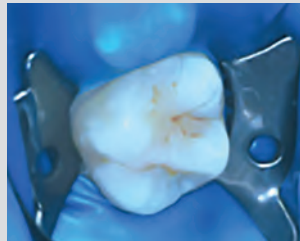




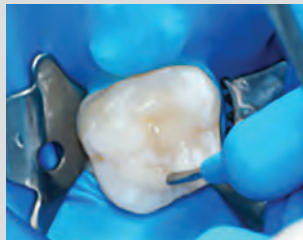
Pit and Fissure Sealants



A



B



C



D

Fig. 1. (A, B, C, D)

(A) An upper first permanent molar with a Caries-susceptible Fissure is isolated with a Rubber Dam

(B) An etched tooth surface

(C) A Flowable Composite Resin is dispensed into the Fissures and

(D) is spread with a Ball Burnisher



Fig. 2.

A tooth after the placement of a Dental Sealant

A Pit and Fissure Sealant is an adhesive material applied to the occlusal Pits and Fissures of a Caries-susceptible tooth for protecting it from the invasion of Caries-producing bacteria

- After the application of the Sealant, if you find that there are small bubbles, they should be teased out with a Brush before its polymerization. Certain Sealants have a low viscosity that makes them prone to pooling in the distal pit area of the maxillary molars of a patient. This can be rectified by either applying a Sealant judiciously or removing the excess amount with a Brush.

6 Evaluation

- The Sealant should be visually and tactually inspected to ensure that the Pit and Fissures of the tooth are completely sealed and that there are no voids or bubbles. Attempts should be made to dislodge the sealant with a Dental Explorer. If the Sealant is dislodged, the tooth should be carefully inspected to see that no debris has been left in the Pits and Fissures, as it might have interfered with the bonding. Small voids in the Dental Sealant can be repaired by adding the material again to the voids.
- During a recall examination, it is necessary to reevaluate a sealed tooth surface both visually and tactually to see that there is no loss of Sealant, voids in the material, and Caries development. The need for reapplication of Dental Sealant is usually the highest during the first six months after its placement.

Conclusion

Dental Caries can affect people of all ages. Ideally, high-risk patients should take steps to place a Sealant on all the posterior permanent teeth upon eruption. Proximal Caries or self-cleansing Pits and Fissures are contraindications for a Dental Sealant.

It is necessary for a Dental Practitioner to be familiar with the various types of Dental Sealants and the specific methods of their application so as to ensure optimal treatment outcomes. With proper placement and maintenance, a Dental Sealant can last for years. ©

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I am absolutely delighted to have been associated with DentCare, ever since they have started operations at Al Ain, United Arab Emirates.

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