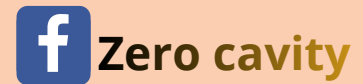


ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques



16

HAPPY
Anniversary

Page 2-7: woman's oral health and hormones.

Page 8: our first podcast.

Page 9: case of the month.

Page 10: They say it, We love it.



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Understanding Women's Oral Health: Hormonal Changes from **Puberty to Menopause**

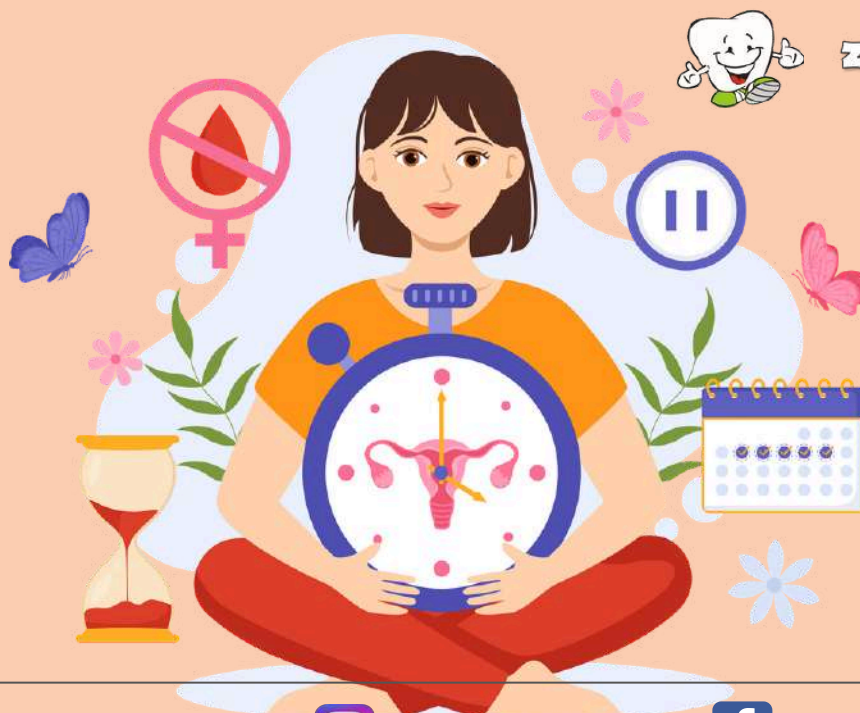
Hormones don't just affect your mood—they affect your smile too

From puberty to menopause, every stage of a woman's life brings changes that can impact your gums, teeth, and overall oral health.

*Bleeding gums before periods?
Sensitive teeth during pregnancy?
Dry mouth after 45?*

These aren't random—they're hormone-related.

Ignoring early signs can lead to serious issues like gum disease and long-term damage. The good news? With the right care, you can protect your smile at every stage



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1

Puberty

What happens:

- *Rising estrogen & progesterone increase gum sensitivity to plaque.*

Common problems:

- *Swollen, bleeding gums (early gingivitis)*
- *Bad breath*

What to do:

- *Brush twice daily + floss regularly*
- *Start routine dental visits*
- *Focus on plaque control (this is key at this stage)*



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Menstrual Cycle

What happens:

- *Hormones fluctuate monthly, especially just before periods.*

Common problems:

- *“Period gums” (bleeding, swelling)*
- *Mouth sores or ulcers*
- *Occasional bad breath*

What to do:

- *Extra gentle brushing during this time*
- *Use antibacterial mouthwash if needed*
- *Don't ignore repeated gum bleeding*



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Pregnancy

What happens:

- Major hormonal surge increases blood flow to gums.

Common problems:

- Pregnancy gingivitis
- Gum swelling and bleeding
- Pregnancy tumors (non-cancerous growths)
- Higher risk of cavities (due to cravings & vomiting)

What to do:

- Dental checkups are safe and important
- Brush after morning sickness (rinse first if sensitive)
- Maintain a low-sugar diet when possible
- Treat gum issues early to avoid Periodontitis



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Postpartum (After Delivery)

What happens:

- *Hormones drop suddenly.*

Common problems:

- *Temporary gum sensitivity*
- *Neglect of oral care due to busy schedule*

What to do:

- *Resume regular dental routine*
- *Don't delay dental visits*
- *Watch for persistent gum bleeding*



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Menopause / Perimenopause

What happens:

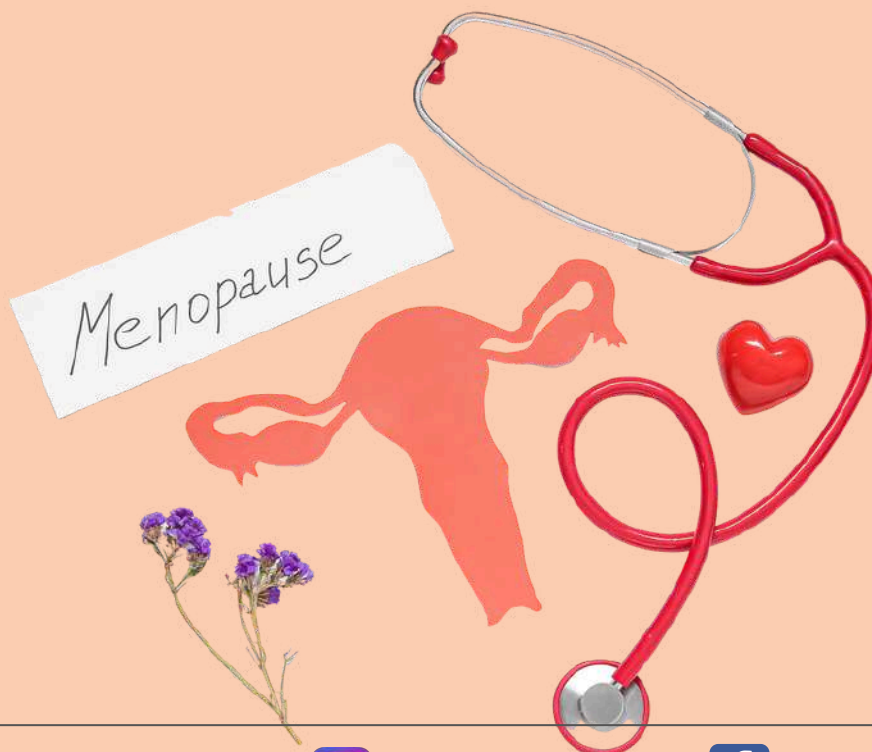
- *Estrogen levels decline significantly.*

Common problems:

- *Dry mouth (Xerostomia)*
- *Burning mouth sensation*
- *Gum recession*
- *Increased tooth decay*
- *Bone loss linked to Osteoporosis*

What to do:

- *Stay well hydrated*
- *Use saliva substitutes if needed*
- *Calcium + vitamin D intake*
- *Regular dental exams (more important now)*





EPISODE #1

WOMEN'S DAY SPECIAL

WITH RIMA VASWANI

MENTAL HEALTH PROFESSIONAL



@ZEROCAVITY2010

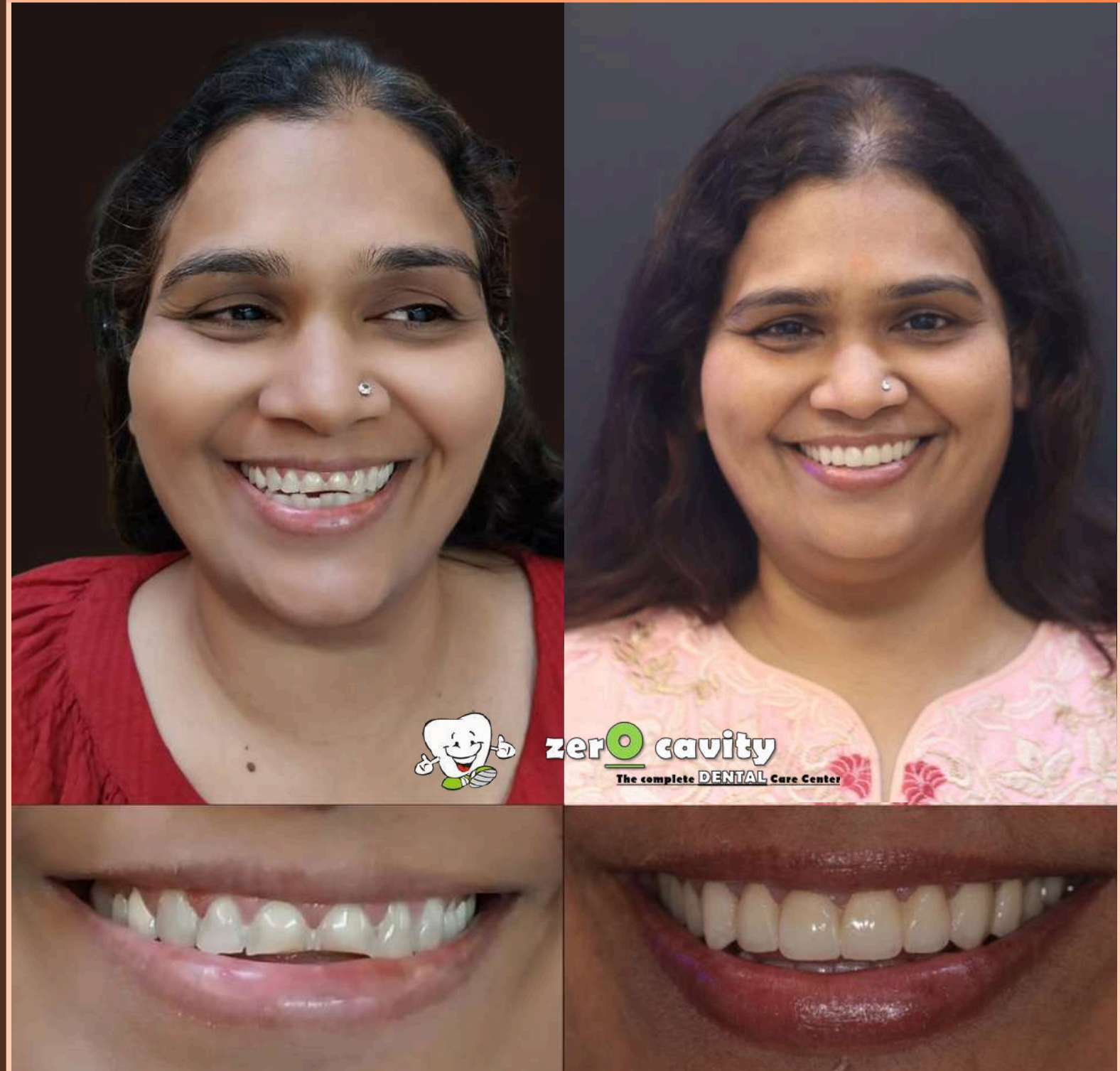


**“Strong Minds, Healthy Smiles
A Women’s Day Podcast That Matters”**
(check our youtube channel now)



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Her smile transformation journey through full mouth rehabilitation has been nothing short of life-changing. What began as a desire to restore oral health evolved into a complete renewal of both function and aesthetics. Each step of the process was carefully planned and executed—addressing worn teeth, improving alignment, and enhancing overall harmony—resulting in a smile that looks natural, balanced, and radiant.





*They say it..
We love it..*

If you are looking for a dental experience that is actually stress-free and professional, I cannot recommend Dr. Dhruiti's Zero Cavity Dental Clinic highly enough!

From the moment you walk in, the atmosphere is incredibly welcoming. Dr. Dhruiti is not only highly skilled but also remarkably patient. She takes the time to explain every procedure clearly, which really helps put any "dentist anxiety" to rest.

Why This Clinic Stands Out:

Expert Care: Dr. Dhruiti's attention to detail is second to none. Whether it's a routine cleaning or a more complex procedure, you feel like you're in the best hands.

Modern & Clean: The clinic is spotless and equipped with the latest technology, ensuring treatments are efficient and comfortable.

Gentle Touch: She is incredibly gentle, making the entire process virtually painless.

Transparent Communication: There are no surprises here; she is honest about what you need and provides excellent advice on preventative care.

It is rare to find a dentist who combines such high-level expertise with a genuine, caring personality. My teeth have never felt better, and I actually look forward to my check-ups now.

Five stars all the way!

Mr. Nikhil Chheda



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