

JANUARY 2021

# Zero Cavity Club

A NEWSLETTER BY DR. SAILI MASURKAR



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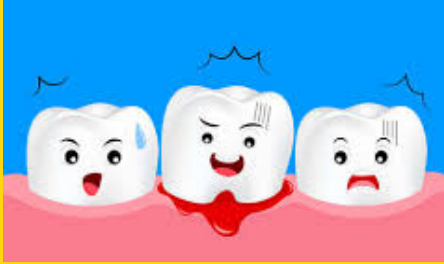
The benefits of having  
straighter teeth



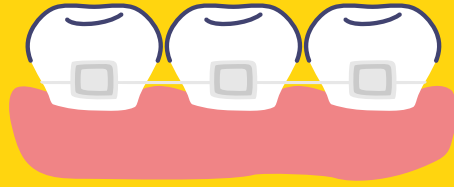
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How to stop  
overthinking

# THE BENEFITS OF HAVING *Straight teeth*



RED, SWOLLEN GUMS  
CAN BE A RESULT OF  
CROWDED OR  
GAPPED TEETH



THESE SYMPTOMS OF  
GUM DISEASE CAN  
BE MINIMIZED WITH  
STRAIGHTER TEETH

BETTER TOOTH

ALIGNMENT HELPS YOUR  
GUMS FIT AROUND YOUR  
TEETH BETTER

THIS REDUCES  
YOUR RISK OF  
DEVELOPING  
GUM DISEASE

*Healthier*  
**GUMS**



*Healthier*  
**TEETH**



CROOKED TEETH ARE  
MORE LIKELY TO HAVE  
FOOD BUILDUP, EVEN  
WITH BRUSHING AND  
FLOSSING



TRAPPED FOOD  
PARTICLES LEAD TO  
MORE PLAQUE,  
INCREASING THE  
RISK OF TOOTH DECAY



STRAIGHT TEETH  
ARE EASIER TO  
CLEAN WITH FEWER  
HARD-TO-REACH  
PLACES

# HOW TO STOP overthinking

CLEAR YOUR  
HEAD BY WRITING  
YOUR THOUGHTS  
OUT ON PAPER

ASK YOURSELF  
WHAT CAN GO RIGHT  
RATHER THAN  
WHAT CAN GO WRONG

PUT THINGS  
INTO  
PERSPECTIVE

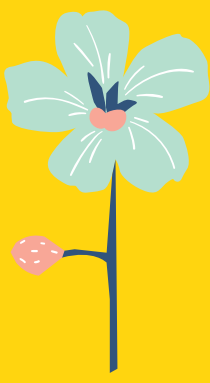
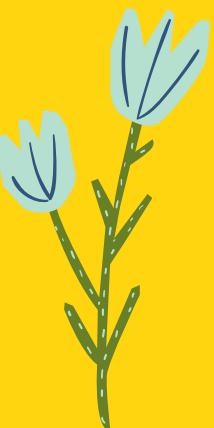


REMEMBER THOUGHTS  
ARE NOT FACTS

ASK YOURSELF IF YOU  
CAN CHANGE WHAT  
YOU'RE WORRYING ABOUT

DON'T GIVE YOURSELF TOO  
MUCH TIME TO WORRY

DISTRACT YOURSELF  
WITH THINGS YOU  
ENJOY DOING





## HAPPY FEEDBACK!

Dr. Dhruti is an excellent dentist. My mother recently had 2 teeth extracted by her. The entire procedure was extremely smooth and Dr. Dhruti really takes utmost care while doing her procedures. My mother did not have to deal with any unnecessary discomfort during or after the extraction. Her staff is extremely competent as well. The clinic was perfectly sanitized and everything was very well organized. Highly recommend Dr. Dhruti if you are looking for a good dentist.

- MR. DEEPAL DOSHI

**Thankful for such patients and  
their motivational words**

**zerO cavity**

**The complete DENTAL Care Center**