

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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*Not all heroes
wear capes....*



Page 2-3: A few common dental problems

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Happy Doctors Day!!!



BLEEDING GUMS

Gums become inflamed and bleed when there's a buildup of plaque along the gum line. Plaque is a sticky film containing bacteria or the dirt built up that covers your teeth and gums. So if you do not brush well you might have bleeding gums.



BAD BREATH

Improper oral hygiene is one of the main reasons for bad breath.. Other reasons for bad breath are acidity,constipation,stomach or chest infections.



YELLOW TEETH

Excessive brushing can cause outer layer of your tooth to wear off..thus exposing the inner yellowish layer making your teeth look yellow.



USE OF TOOTH PICKS

Tooth picks are hard and can lead to increase in space between two teeth, worsening the problem thereby causing more food to get stuck between teeth. Hence increasing risk of cavity formation..

Case of the mouth !!!

**Chipped teeth can be treated with a simple filling..
can't really notice it ...
RIGHT!!!**





They say it, we love it!

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Dr. Dhruti Mehta is a fabulous dentist. She goes beyond her way to ease her patients in pain. Tooth pain is most unbearable pain but once you go to her she ensures that u never have to face that cause she follows precaution is better than cure. Her team is super good and well trained with excellent follow up they take care of our teeth more that we remember to.

Radhika Ahya

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