

March 2022

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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 zerocavity2010

 Zero cavity



*Celebrating all the women in
our life*



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**How do various stages
in a woman's life
affect her oral health?**

Page 6:
Case of the month

Page 7:
**Your words
motivate us!!**

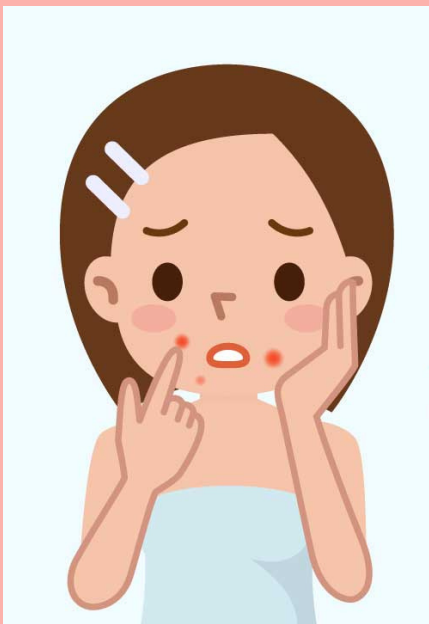
Page 8:
Dental quiz



A woman goes through many stages in her life and every stage brings about a number of changes in her body and hormonal balance, which in turn could affect her oral health.

Stages in a woman's life

- PUBERTY



Increase in production of hormones make the gums over react and increases the risk of swollen, bleeding and unhealthy gums.

- MONTHLY MENSTRUATION

Progesterone levels decreases and causes swollen and bleeding gums



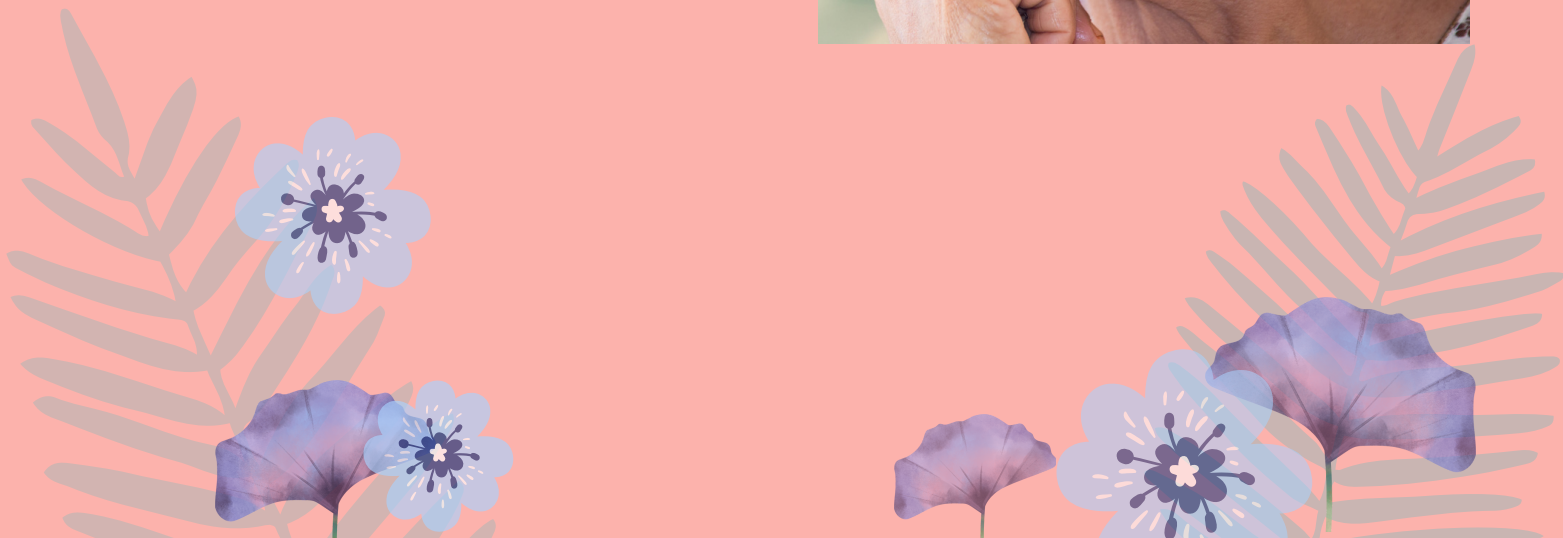
- **PREGNANCY**



Both progesterone and estrogen level increase resulting in unhealthy gums, hence dental check ups a must and considered safe during pregnancy

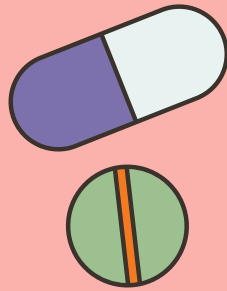
- **MENOPAUSE**

Decrease in estrogen levels can cause dry gums, dry mouth, loss of bone in jaws.



Other causes leading to hormonal changes

- BIRTH CONTROL PILLS

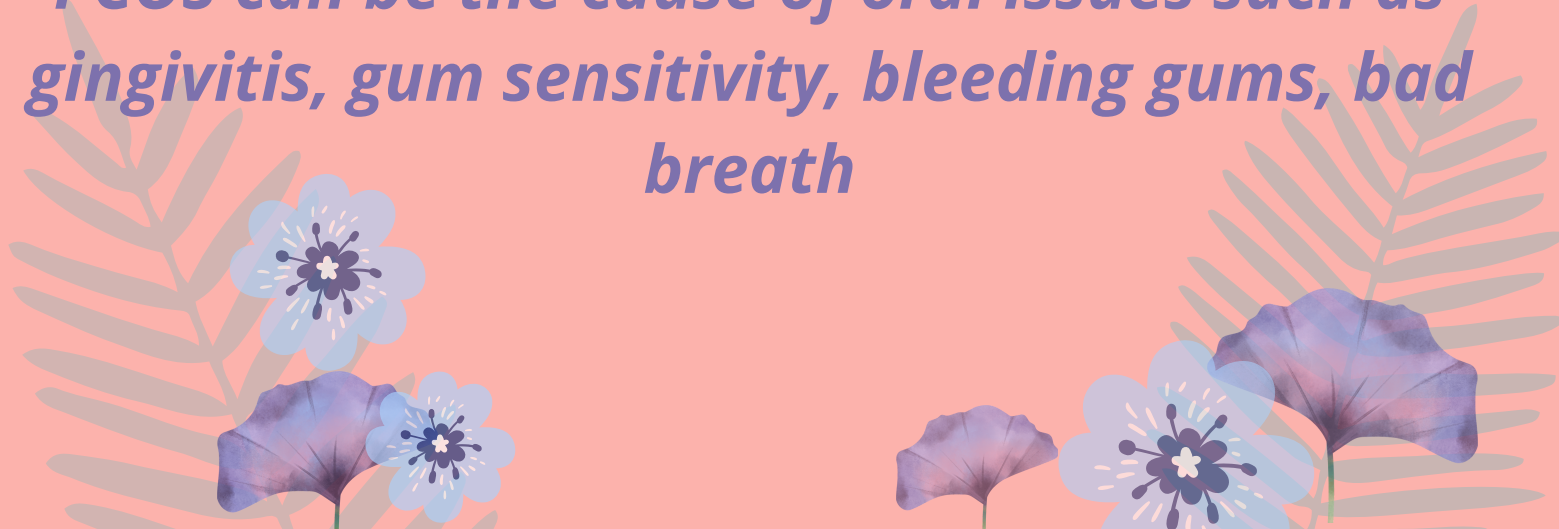


They provoke gum diseases

- POLYCYSTIC OVARIAN SYNDROME
[PCOD]

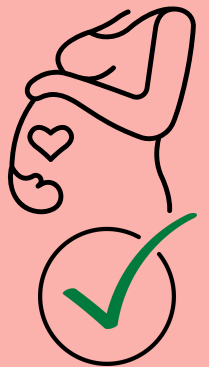
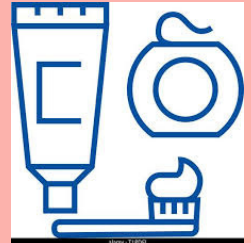


PCOS can be the cause of oral issues such as gingivitis, gum sensitivity, bleeding gums, bad breath



TIPS

- *See your dentist every six months or sooner if recommended*
- *Have a good dental hygiene routine, brush your teeth twice daily for 2 minutes with a flouridated toothpaste*
- *Stick to a healthy diet and limit sugars especially between meals*
- *Treat yourself to a new toothbrush every 3 months*
- *Remember to be honest with your dentist and openly communicate about any concerns or any health conditions you may have*
- *Remember that dental treatment when you are pregnant is safe*
- *Dont be afraid to ask questions*



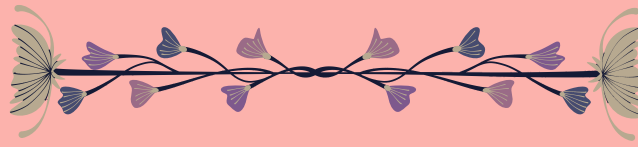
A SIMPLE CLEANING CAN MAKE
SUCH A BIG DIFFERENCE

Before



After





ONE SUCH WOMAN WHO HAS MOTIVATED
US!!

Very nice place with good smiling Doctors and staff. I got my root canal done with a cap. Very good job done within 4 days time at my own convenience. The location is also very good and at a centralized place. Overall worth getting your dental check ups and treatments done here quickly and fast.

Mrs. Sarada Subramaniam



Test Your *Tooth Wisdom* with our fun quiz!

1.How often should you visit the dentist?

- a. Once a year
- b. Twice a year
- c. Once every two years
- d. Only when you have a dental issue

2. How much toothpaste should a four year old child use?

- a. None
- b. Enough to cover the bristles of the tooth brush
- c.A pea sized amount

3.When should children start brushing their teeth (with adult help) ?

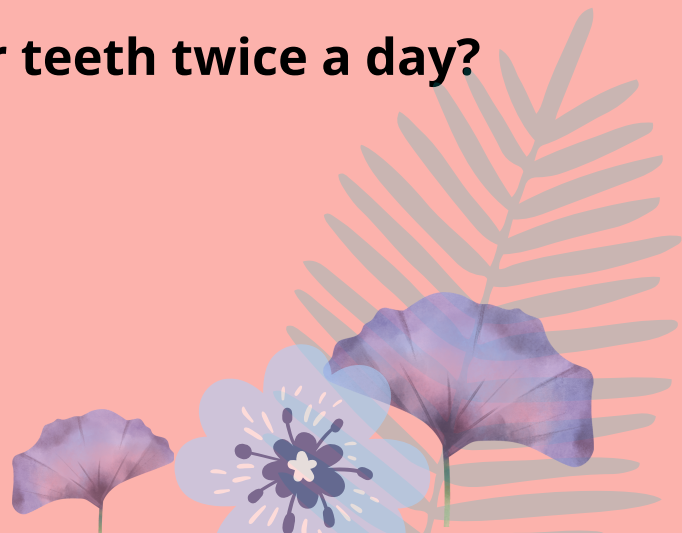
- a. At age 2
- b. at age1
- c. When they first star getting teeth
- d. Before starting school

4. Smokeless tobacco is better than cigarettes?

- a. Both are bad for your health
- b. Smokeless tobacco is safer
- c. Cigarettes are safer

5.How long should you brush your teeth twice a day?

- a. One minute
- b. Two minute
- c. 90 seconds
- d. 30 seconds



6.Eating a healthy diet is important for both oral and overall health

- a. True
- b. False

7.How often should you replace your toothbrush?

- a. Every 3-4 months
- b. Every month
- c. Every 5-6 months
- d. When worn or after being sick
- e. Both a and d

8.A soft,sticky, whitish film attached to the tooth surface is?

- a. Enamel
- b. Plaque
- c. Dentin

9.The number 1 healthcare problem in children is?

- a. Obesity
- b. Asthma
- c. Tooth decay
- d. Diabetes

ANSWERS

1.b 2.c 3.c 4.a 5.b 6.a 7.e 8.b 9.c

