

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

follow us!

 zerocavity2010

 Zero cavity



HAPPY
Independence
DAY

Page 2-4: Common tooth brushing myths

Page 5: Case of the month

Page 6: They say it we love it.



COMMON TOOTHBRUSHING MYTHS

Myth 1: All toothbrushes are the same

Not all toothbrushes are the same. The size, shape, and bristle-type of your toothbrush are all important factors.

What to check while selecting a toothbrush

- *small head-to reach all areas*
- *soft bristles-gentle on gums and teeth*
- *electric-effective cleaning*



Myth 2: Fluoride-free toothpaste is better for your teeth

Fluoride protects teeth against decay by helping strengthen developing enamel and slowing acid production of bacteria caused by plaque.

Myth3: there is no wrong way to brush teeth

- *Toothbrush should be at a 45-degree angle inside your mouth.*
- *Gentle pressure is sufficient.*
- *Brush your teeth for at least two minutes.*



Myth4: sharing toothbrush is fine

- *It's always better to use your own toothbrush.*
- *Using another person's toothbrush can expose you to all sorts of oral and general health problems, even if that person is your spouse or partner*

Myth 5: brush as soon as you are done eating

- brushing directly after eating can actually remove your tooth enamel.
- If you want to clean your mouth right after a meal, try chewing sugar-free gum, drinking water, or using mouthwash.



Myth 6: brushing twice a day is enough to keep my teeth healthy.

- Even if you have good brushing habits, it is still a good idea to visit your dentist for a regular checkup at least twice a year.
- Catching these issues early on can prevent more serious problems from developing

Case of the month

BEFORE

zerO cavity dental clinic

AFTER



They say it, we love it!

Very clean place with professional and friendly staff in this women run clinic ! Highly recommend it for anyone needing to visit the dentist !

Ms. Shilpa S

They provide very honest solutions to the issues and guide us how to take care of our dental health

Kaustubh Kocharekar