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Your Monthly Health Care Magazine

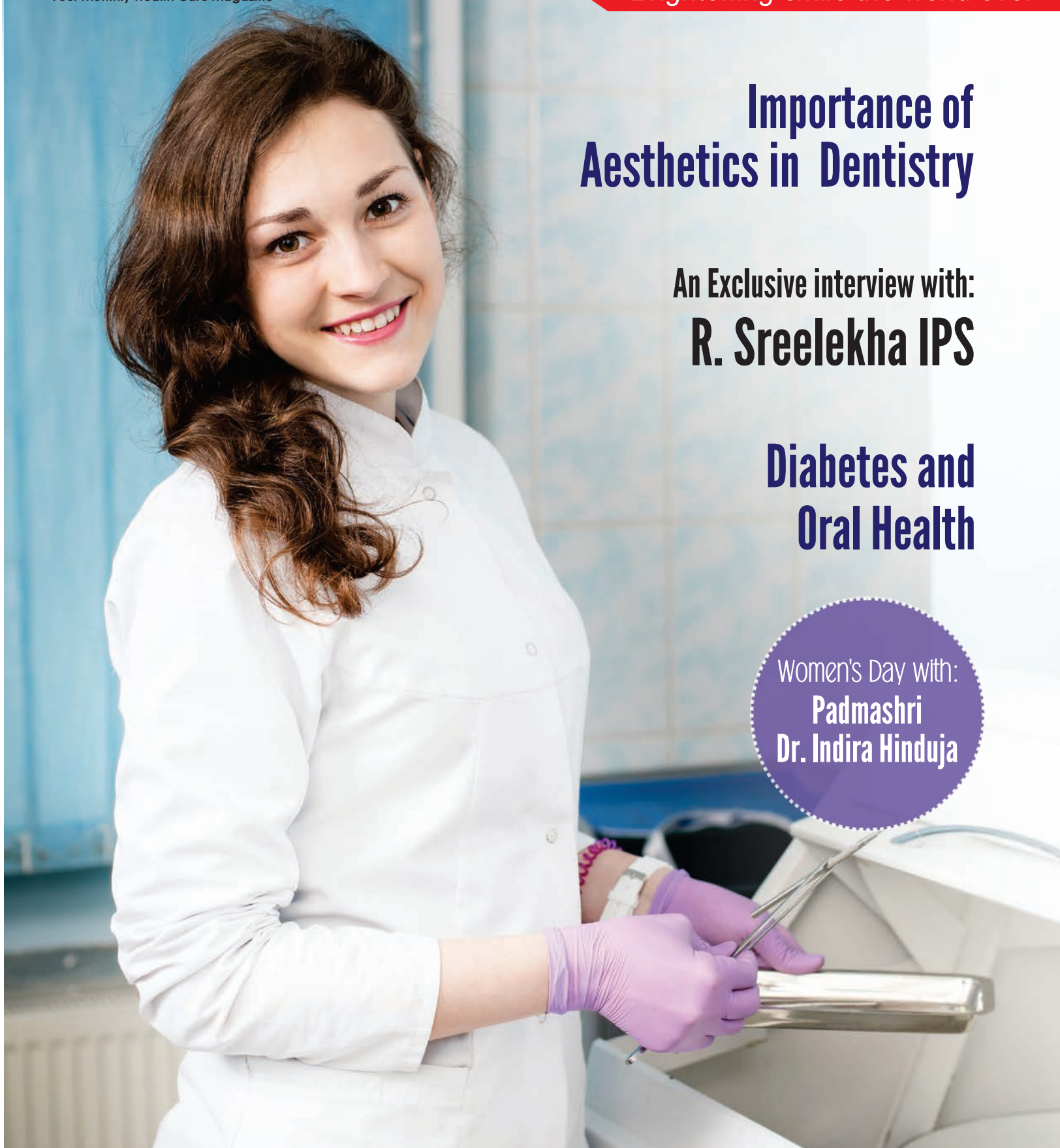
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Diabetes and Oral Health

Women's Day with:
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Dear Reader,

Unfolding before your very eyes is a month that stands testimony to its name.

I have every reason to align my thoughts with this view. Why, you may ask??

To justify my beliefs, let us unravel distinctly individual aspects that should nurture our nature and unearth the reasons that make us very special beings.

Firstly, the quintessence of valor and compassion – a marvel we call – 'The Woman'. A day dedicated to honouring her would fall far short of its intended purpose, as she deserves to be celebrated every moment, every day.

Would gratitude ever suffice to acknowledge the myriad ways in which she touches our lives? I doubt. A sea change in attitude is rather the need of the hour.

Is Man, humane enough to ignite this human calling??? I believe it is a dream that would be worth “Marching” for!!

Secondly, the beauty of creation we call – 'The Child'. Take robust care of them. Their wholesome health is our lasting wealth. Best feed them with Breastfeed.

Thirdly, the reason for brightening lives – 'The Smile'. For the dedicated hands that keep it glowing for the larger part of your lives; do reserve a moment on Dentist's Day to keep these noble minds in your prayers. They religiously serve and deserve it.

Fabulous is the month that passed by as we were blessed to touch the smiles of many in the United Arab Emirates. Thank you for warming up to The DentCare.

Yours truly,

Prof. (Dr.) George P. John

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THE DENTCARE

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Is There a Visible Change in Behavior? Of Course his Attitude has Changed!!!

Mr. John Kuriakose

*Managing Director
DentCare Dental Lab Pvt. Ltd.*



Every individual is equipped with talent. Nobody is born to be idle. A person will succeed in life only when he identifies the dormant talents within himself. When it happens, there will be a change in the attitude followed by a paradigm shift in behavior.

But, most people fail to identify their inbuilt talents which indeed inhibit them from advancing towards success. As soon as a person starts nurturing noble qualities, he should be ready to give up his weaknesses and inabilities. This would be possible through a change in attitude. Definitely, this can help bring out latent qualities within himself which in turn, help him blossom like sweet flowers, radiating beauty and fragrance in life.

“Nobody likes me as I am coal-dark and ugly”; once a crow complained to God.

“Nobody puts you in a cage as you are created this way. You can flutter your wings and fly anywhere without the fear of being caught and killed”, God replied instantly.

The crow was astonished for a

while. He looked at himself. Up to this time, he had been looking at his negative qualities and unattractive appearance, which has been making him lose self-confidence for long.

But, when God spoke the truth, it was a revelation. Soon, his attitude started to change completely. He found that he had well-built features and a strong will to fly anywhere and do anything. With his change in attitude, he found that he could venture to get his goals fulfilled and lead a successful life.

Are we like the crow, always complaining about our weaknesses and limitations? Do not get frustrated. Let us cast off such negative thoughts which hamper us from finding prosperity in life.

Let us make up our mind to wipe off our feeble thoughts and advance towards our goal by working enthusiastically with an unchanging faith in God. Continue to toil hard and long, never losing heart. Gradually we will see our dreams bloom one after another.

During our journey towards the

goal, we may face challenges and failures. But, do not be heavy hearted, as failures are stepping stones to success.


Martin Luther King Jr., the American Social Activist and Nobel laureate once said:

“If you cannot fly then run, if you cannot run then walk, if you cannot walk then crawl, but whatever you do, you have to keep moving forward.”

Let the words of Martin Luther King Jr. be a source of inspiration to each one of us to face the challenges and failures that we may have to confront at one time or another.

In every failure, we have something to learn which helps lead you to the path of success.

When we do our best, God will definitely do the rest. We should set goals and endeavor continuously to get them into reality. The more hardships and obstacles you encounter on the way, the sweeter and warmer your success will be.

May God shower you with abundant blessings and a positive attitude. 



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MESSAGE ON DENTIST'S DAY

National Dentist's Day is being observed to say "Thank You" as well as show appreciation to Dentists and bring awareness to dentistry so that more people get to know about the importance of dental health and oral hygiene.

It is the day to pay homage to Dentists who go through nerve - wracking experiences in the dentist's chair while majority of people are not always too keen on getting their teeth checked, sorting out cavities and stopping decay for a healthy life.

Are you not a fan of the dentist? Do not get frustrated. You are not alone! Remember, if this often disregarded profession had not existed, our penchant for sugars and sweet treats would have destroyed our pearly gnashers, a long time ago.

People may love or hate Dentists; whatever it may be, Dentistry is one of the most acclaimed professions you can get in the health industry.

Dentistry has been there for a long time. In fact, some of the oldest evidences on dentistry can be found as back as 7000 BC, when Dentists were required to help out sufferers of tooth ache and cavities.

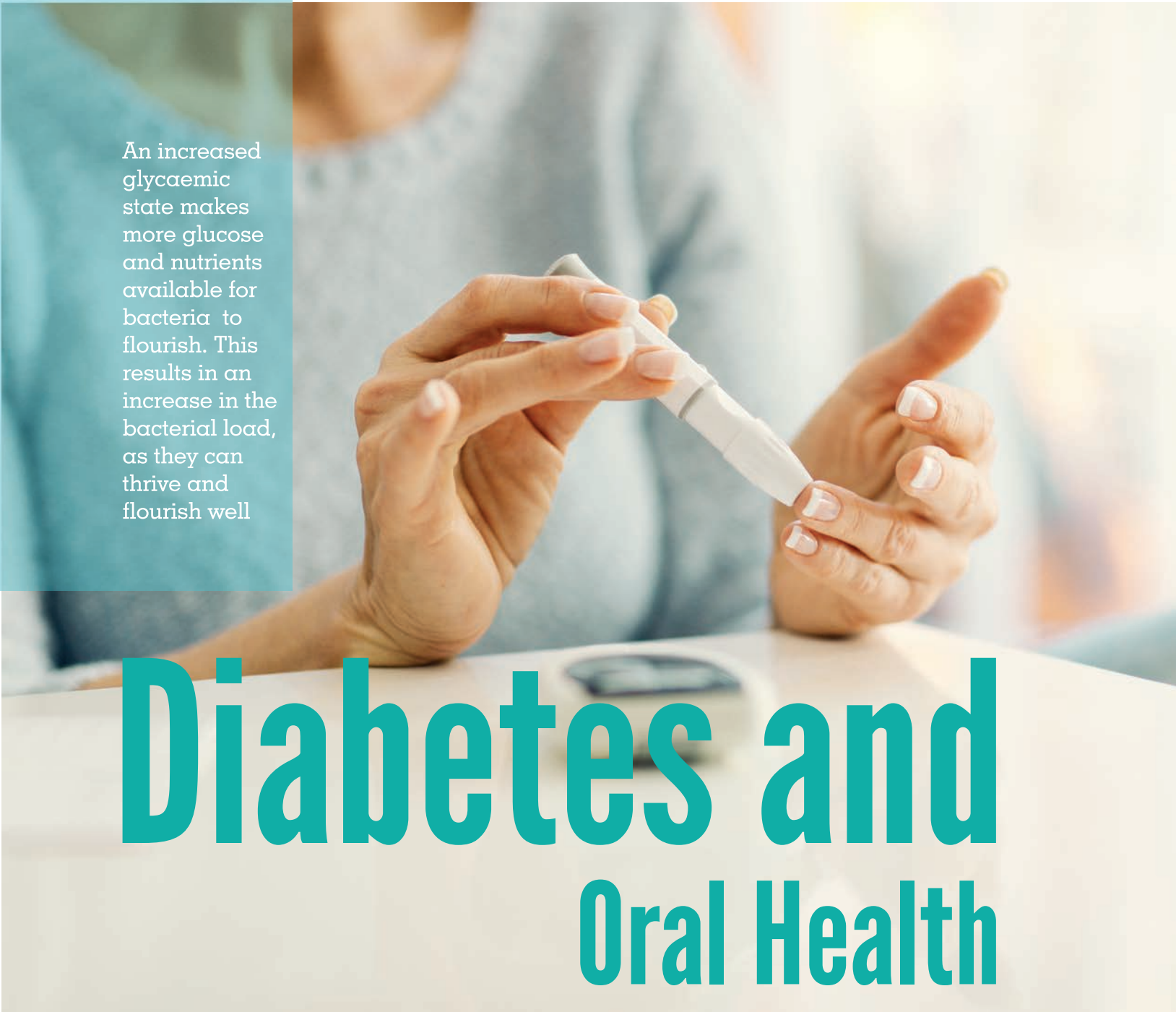
Although without the modern tools that are at our disposal, the ancient Dentists were able to make do with some wonderful cures using flint tools, such as plucking out decayed tooth.

It has been cited in the books of Homer, the ancient Greek writer that dental cavities were caused by 'tooth worms'

National Dentists Day is observed on 6 March every year. It is one among more than 1200 National Days of India. Do not miss a single one. Let us together celebrate Dentist's Day, because it is pretty clear that this profession deserves a day of observance.

On this promising occasion I wish all success to DentCare, led by Managing Director, Mr. John Kuriakose and the whole team.

Dr. Ciju A. Paulose

A close-up photograph of a person's hands using a white glucose meter to test a drop of blood from their finger. The person is wearing a light blue long-sleeved shirt. The background is softly blurred, showing what appears to be a clinical or home setting with warm lighting. The overall image serves as a background for the top half of the page.

An increased glycaemic state makes more glucose and nutrients available for bacteria to flourish. This results in an increase in the bacterial load, as they can thrive and flourish well

Diabetes and Oral Health

Insulin is a hormone which is necessary to keep the level of blood glucose under check. Diabetes mellitus (DM) is a group of metabolic disorders resulting from defects in the secretion of insulin. Hyperglycemia (elevated blood glucose) over a long period gradually affects multiple organs and results in:

🔗 **Cardiovascular Changes**

Due to cardiovascular changes, blood vessels (esp. endothelium) get damaged as collagen and molecular dysregulation occurs.

🔗 **Retinopathy**

It results in microvascular changes in the retina.

🔗 **Nephropathy**

It results in microvascular changes in the nephrons.

🔗 **Neuropathy**

It may lead to complex inflammatory response and damage to multiple organs, resulting in damage to nerves.

🔗 **Periodontitis**

It is due to impaired fibroblast activity.

Besides, there can be reduced collagen homeostasis and wound healing, along with increased bacterial load due to increased glucose level and nutrients.



Dr. Eric Mario Shailander A.
Consultant Periodontist
Bengaluru, Karnataka, India

Diabetes mellitus commonly presents with three major symptoms with significant inter- individual variability, which are:

1. Polyuria

It is the need to urinate frequently.

2. Polydipsia

It is an increase in thirst and fluid intake.

3. Polyphagia

It is an increase in appetite.

Types and Causes of Diabetes

Type I Diabetes

It was previously called insulin dependent / juvenile diabetes. Type I Diabetes is due to an autoimmune-regulated destruction of pancreatic β -cells. It may occur during childhood or teenage. There is the possibility of genetic predilection also.

Type II Diabetes

It was previously called non-insulin-dependent diabetes. It may occur due to:

- Normal insulin secretion with increased insulin resistance, due to obesity.
- Genetically defective pancreatic β -cells, receptors or insulin and genetic conditions.
- Endocrinal defects that antagonize insulin action.
- Pancreatic diseases and injuries.
- Drugs- or chemical-induced insulin resistance.
- Destruction of pancreatic β -cells.
- Autoimmune-mediated destruction of pancreatic β -cells.

Gestational Diabetes

It may occur as glucose intolerance with the onset or first recognition of pregnancy and may subside around the third trimester and may not require further intervention.

Oral complications and manifestations of Diabetes Mellitus

1. Periodontal Disease

A chronic state of high blood sugar level creates an oxidative stress that causes a disruption in protein and lipid metabolism. There is an increase in molecules that have a complex bond with glucose molecules. These accumulated Glycation End Products irreversibly bind to collagen fibres in the periodontium and become resistant to apoptosis and get degraded by the white blood corpuscles (WBC).

As a result, the complex older collagen is not broken down to make way for newer ones. The older collagen tends to become

rigid as time progresses and eventually becomes brittle resulting in the loss of attachment. If it is unattended to, it can lead to tooth loss.

There is also a hypothesis that highlights a reduction in the capacity of fibroblasts to produce new collagen in the individuals who have a hyperglycaemic state for a very long time. Delayed production of newer collagen coupled with rapid destruction of older ones, results in rapid destruction of the periodontium.

Additionally, a chronically increased diabetic state results in an increased inflammatory state which cumulatively adds to oxidative stress. There will also be an increase in the



bacterial load.

Conversely, numerous studies have highlighted a significant reduction in the inflammatory burden and a better glycaemic control among diabetic individuals.

2. Delayed Wound Healing

A delayed wound healing has been reported in diabetic individuals, which leads to the risks of secondary infections. This results from collagen turnover inefficiency and an increased bacterial load, which can lead to secondary infection and further inflammation at the already injured site.

Non-candidal soft tissue lesions like fissured tongue, irritation fibroma and traumatic ulcers in the mouth can also be observed due to delayed wound healing.

3. Salivary Dysfunction

Saliva is a natural antimicrobial component and lubricant in the mouth. A general state of reduced salivary secretion has been observed in diabetic individuals resulting in dryness of the mouth and an increased feeling of thirst. This leads to an increased intake of water which leads to increased urination (polyuria).

In extreme cases, absence of salivary secretion (xerostomia) may also be observed. Sometimes, the individual may also be present with sialosis which is a bilateral chronic diffuse swelling mainly affecting the parotid glands.

4. Taste Dysfunction

An altered threshold in taste perception has been observed in people who do not keep the disease under control. It has

been attributed mostly to the reduction in salivary secretion.

5. Infections

↳ Bacterial

An increased glycaemic state makes more glucose and nutrients available for bacteria to flourish. This results in an increase in the bacterial load, as they can thrive and flourish well. This can cause an increase in infection with an alteration in immune response. This increases the inflammatory burden further.

Reports of a compromised immune system in poorly controlled diabetic individuals have been observed in various populations. Such individuals are more prone to dental caries, periodontal infection, space infections and abscesses.

↳ Fungal

Candidiasis, an opportunistic fungal infection, has been seen to occur in individuals with poor glycaemic control. This is predominantly more common when there is a reduction in saliva, a natural antimicrobial.

6. Mucosal Disorders

Atrophic autoimmune erosive lesions like lichen planus and recurrent aphthous stomatitis

are more common in diabetic individuals due to an altered immune response.

7. Neurosensory Disorders

Burning Mouth Syndrome (BMS) or oral dysesthesia is a common complaint in individuals with poor glycaemic control. Other conditions may also coexist. These abnormalities are associated directly with the reduction in salivary production.

8. Psychological and Social Issues

All the conditions listed above can occur individually or can coexist with one or more conditions. They can be stressful psychologically for the individual as they can cause discomfort to the individual.

Halitosis or Bad Breath

It is common in diabetic patients. It is associated with reduced salivary flow and putrefying bacterial and fungal infections in the mouth. Patients with ketoacidosis can also present with a fetid acetone breath.


All these conditions may cause social discomfort to the individual. An increase in mental stress may lead to an increase in the overall burden on the individual's condition.

Conclusion

Oral manifestations and complications in patients with diabetes mellitus have been recognised and reported as a major condition in recent times. Evidence also shows that chronic oral complications can adversely affect blood glucose control.

Prevention and management of oral complications is important because they can have a significant effect on glycaemic control. Therefore, promotion of a healthy oral cavity in patients with diabetes is paramount.

Promoting awareness of oral complications and establishing an understanding of the way diabetes affects general and oral health are necessary for both clinicians and patients. Regular follow-ups are necessary for patients with severe diabetes.

It is imperative to take all necessary steps to promptly detect and address oral complications, along with an elaborate counselling session to educate patients and help them with the cessation of habits and make them lead a healthy lifestyle. 



DentCare In My Experience




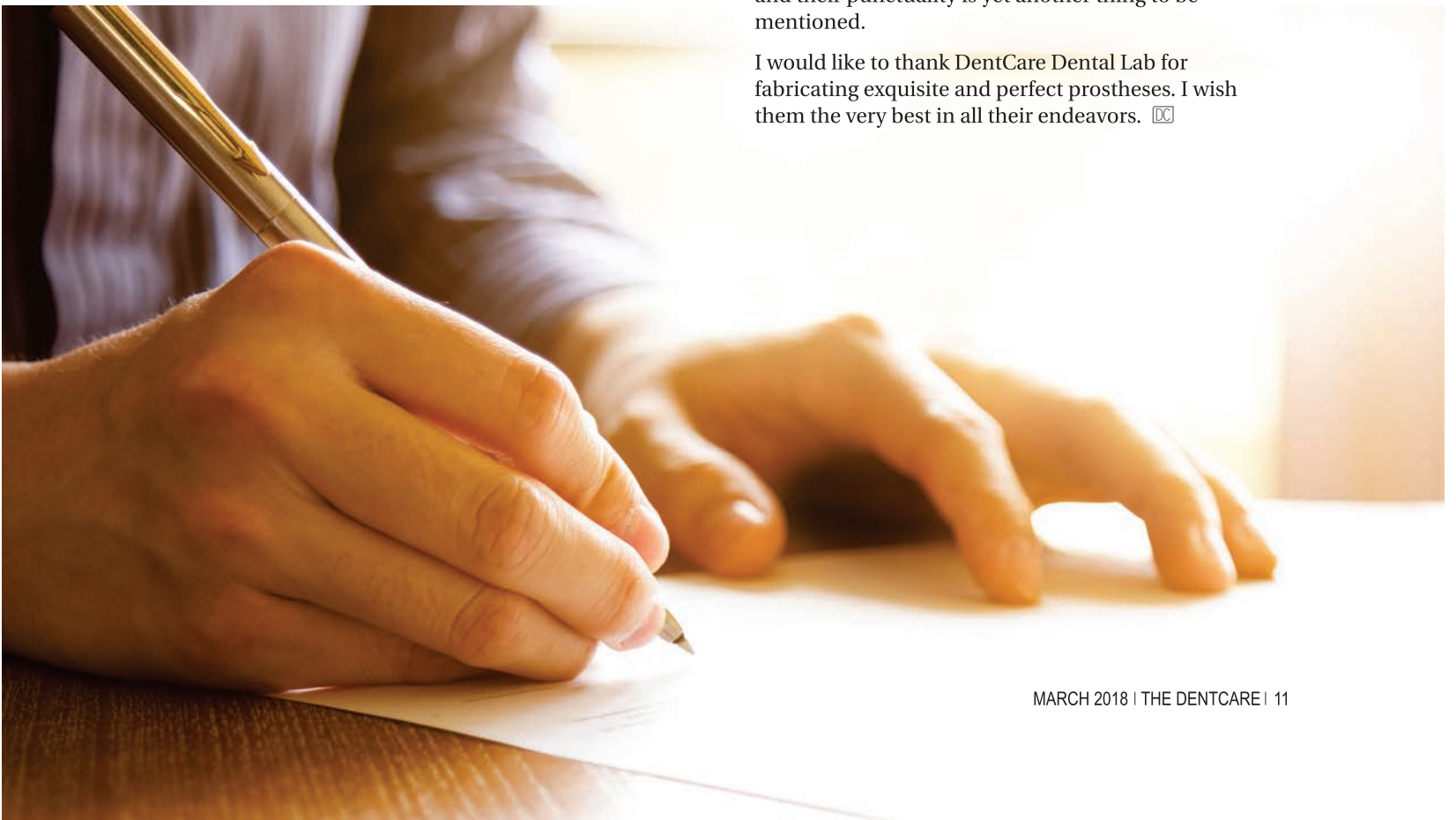
Dr. Litty Francis
Consultant Prosthodontist
Thiruvananthapuram, Kerala, India

I have maintained a long relationship with DentCare Lab which kick-started during my Post Graduation days and I am extremely satisfied with every work I received from the lab. It is the name of DentCare that comes first to my mind when patients ask me, which lab I prefer.

My thesis work too had been done with the assistance of the lab. It would have been very difficult for me to complete my research on this without their help. Their technical expertise, commitment and professionalism are all a benchmark for others to follow. They have well-trained technicians with great skills and world-class machines.

The marketing executives and the lab personnel whom I interact with are very friendly, helpful, polite and very efficient. They contact promptly, if they need any clarification. The precision of work is par excellence and their punctuality is yet another thing to be mentioned.

I would like to thank DentCare Dental Lab for fabricating exquisite and perfect prostheses. I wish them the very best in all their endeavors. 





Cash Flow Management

in Dental Practice

May I ask you a few relevant and situational questions? What would be your mind-set when you answer each one of them?

1. To which vendor / lab / material dealer, will you delay payment?
2. Will you be able to make salaries / payroll this week?
3. What will you tell the bank?
4. How long will the problem last?
5. Will your 'practice' survive?

You might have faced similar situations in your professional life, in which you would have asked

similar questions or if you do not know or doubt about answers to these questions, then stop for a while.

Yes, you have a serious cash problem. I encountered the same in my life. Many practice owners and even many entrepreneurs might have the same situation in their life. So, if you keenly focus on these problems, then who will focus on the most important area, which is taking care of your patients and earning your living.

I shall try to impart the best knowledge, tips and solutions because every professional / businessman / entrepreneur has gone through these problems at one time or another in their lives.



Dr. (Maj.) J. Pravin Prathip
Consultant Dental Surgeon and Implantologist
West Mambalam, Chennai, India

Over fifteen years of experience, I have seen many practice / business owners who failed because of the most precious asset – CASH.

In fact, cash flow is the lifeblood of any business; it is the fuel that keeps the engine running. Usually, practice owners do not have a handle on the flow of cash into and out of their practice.

I have also seen many experienced and seasoned business professionals who made incredibly poor decisions because their focus was on something other than cash flow. Once they start seeing their business through the lens of cash flow, their decisions will become drastically different. The dramatic shift in decision-making will gradually ensure smooth cash flow, which relieves them from stress and contributes to sustainable progress.

Two Crucial Questions

These two questions are almost crucial that they will help direct your focus on to what is most important.

1. What is the cash balance of your practice right now?
2. What is your expectation about cash balance after six months?

If you can answer either

of them with a specific number, then you have your cash flow under control. If you cannot answer them with a number, then your cash flow is not under control. A few questions and explanations will help you understand the subject matter better.

1. What is Cash Flow?

Cash flow is the money that comes into and goes out of a business or practice. It is the generation of income and payment of expenses.

2. What is Cash Inflow?

Cash inflow means either generation of revenue through the sale of goods and services or money earned through investments.

3. What is Cash Outflow?

Cash outflow is the total outgoing fund from a business in a given period of time, which includes expenses, such as salaries, supplies and maintenance, etc.

4. Are Cash Balance and Bank Balance the Same?

No. Bank balance and cash balance are not the same. A balance in bank shows the amount of money you have in your bank account, whereas a cash balance shows your cash in the bank plus any money to be received from anyone (accounts receivable) along with cash from noncustomer payouts like interest, dividends, etc. It shows the complete picture of your entire cash system.

Some common financial mistakes that business owners generally tend to make, which negatively impact day-to-day operations are given below.

Lack of Business Knowledge

According to Peter Drucker, a known Management Consultant, the purpose of any business is to create and keep a customer satisfaction at a profit. All business is about adding value to customers. Dental clinics are no exception. Dentistry and business knowledge are like the two sides of the same coin. Whatever applies to a business will be applicable to dentistry also.

How do you understand this when all clinics offer almost similar services to patients?



How can a patient choose a better dentist?

Before answering these questions, it is better to know about the concept of value, which can be created to a customer when you provide your services faster, cheaper and better.

People do not buy services, but solutions. For example, you are taking an impression with a rubber base material, while another Dentist is using an Intra Oral Scanner; then the other is providing more value to the customer because it saves the patient's valuable time and avoids unwanted gags and unpleasant experiences during impression making.

Business is all about finding innovative ways to add value to customers and stand out from the competitors.

Many entrepreneurs in dentistry have opened clinics because their colleagues have opened ones or they have only one motivation of making extra money (external motivation) without the intention of adding value to customers or customer-centric approach (internal motivation).

Such Dentists do not do anything special to stand out from others or provide anything extra to their customers. They do not find enough patients to get adequate returns on the investments, resulting in poor cash flow.

In order to have more cash flow in practice, it is necessary to identify the ways to add value to your patients. Each Dentist should take over the leadership role as well as responsibility and try their best to stand out from the rest.

Overestimation of Future

This is the second most common

problem for some Dentists. They buy expensive gadgets like Cone Beam Computed Tomography (CBCT), Intraoral Scanner, expensive Piezosurgery device, Microscope for Endodontics or anything that their eyes catch in any Local, National or International Dealer conference, without even doing a basic business analysis.

But, most of them when they invest in expensive gadgets expect good revenue from them. It is all right if it happens so, but it will be very difficult, if customers do not turn up and pay the sum expected.

Many Dentists buy modern gadgets with the intention of being different from their counterparts, but without realizing whether they would get returns on the investment. Any investment without a 'business model' will never be fruit-bearing.

A Business Model

It is a plan for the successful operation of a business, identifying sources of revenue, the intended customer base and products including financing.

Possible Solutions

1. Avoid impulse buying.
2. Keep a budget for expansion and purchases.
3. Do not buy emotionally and justify with logic.
4. What works for your colleagues may not work for you, so do not make any comparison.
5. Better understanding of the finances involved.

The most common mistake of many entrepreneurs in dentistry is that they do not make a record of their financials in a diary or on a computer (excel sheet).

Let us now see some very important financial definitions and how they affect us.

1. Gross Collections

Total money collected from your dental services.

2. Cost of Services

The amount of money you have spent on raw materials like gloves, putty and lab charges, etc. Calculate the cost required for each item like fillings, extractions, crowns (including lab charges) etc.

3. Fixed Costs

Fixed costs are overhead expenses like electricity charges, rent, salaries and so forth.


4. Gross Profit

Gross Profit is the difference between gross collection and total cost of services.

5. Net Profit

Net profit of a practice is the difference between Gross Profits and Fixed costs.

6. Break-even Point

Break-even Point is the point at which the total cost and revenue are equal or there is no loss or gain. 

(....to be continued)



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A Molar Tooth in the Esophagus: A Case Report



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Background

Ingestion of foreign bodies causing respiratory trouble along with dysphagia is not uncommon among people of all ages. A Direct Laryngoscopy helps give a prompt analysis. Tracheostomy is a very good procedure to ensure proper passage of air through respiratory tracts.

Foreign bodies in the ear, nose, and throat are a common problem frequently encountered in both children and adults.

The most widely recognized foreign bodies are toy parts, food particles and little household items.

Proper diagnosis, in the initial stage, may be very difficult due to the fact that the causative factor is generally kept undisclosed and the manifestations are nonspecific.

In most cases, foreign bodies in the ear and nose can be evacuated by an experienced doctor without much difficulty. Normal evacuation techniques are performed utilizing forceps, water system and suction catheter. Pharyngeal or tracheal foreign bodies are generally evacuated with surgical interventions.

Radiography is a common method to detect foreign bodies. Adaptable or inflexible endoscopy may also be required to arrive at a conclusion whether any more bodies are still there to be expelled.

It is very important for budding doctors to attend to foreign bodies which may cause obstruction to the airways. Proper protocol and strategies must be followed in such cases, as it can hinder intubation procedure.

Case Report

Presented here is the case of a sixty-year-old man with an allied history of road traffic accident.

A pedestrian hit by a car was brought to our hospital semiconscious with oral as well as nasal bleeding and respiratory difficulty. His Glasgow coma score was 8/15. Severe nasal bleeding was controlled by giving bilateral nasal packs. Oral bleeding was severe due to multiple avulsions of teeth and continued lacerated wound present in the palatal region. Immediate endotracheal intubation was done to maintain respiration and keep the patient stable.


On detailed examination, it was found that there were multiple facial fractures. The long lacerated wound and exfoliated teeth were surgically

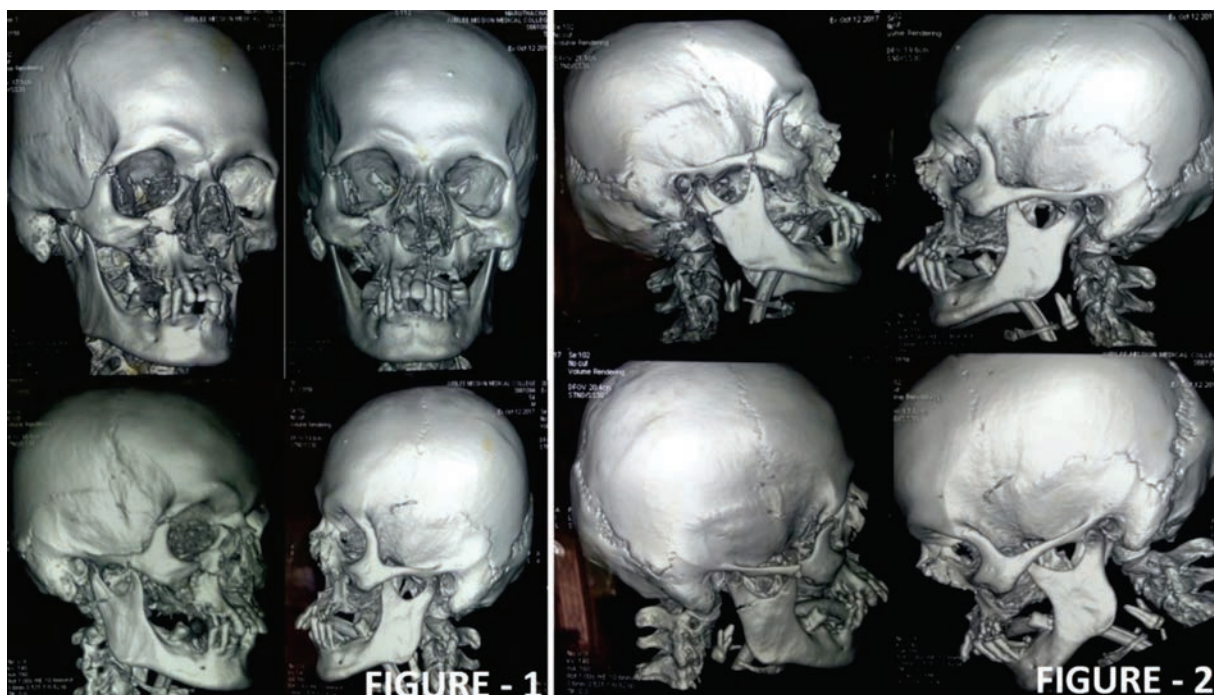
Radiography is a common method to detect foreign bodies. Adaptable or inflexible endoscopy may also be required to arrive at a conclusion whether any more bodies are still there to be expelled

closed with the help of sutures to arrest bleeding. As the patient was semiconscious and presented with multiple facial fractures, a Three-dimensional Computed Tomography (3-D CT) of facial bones and brain was taken.

The radiographic and 3-D CT examination of the affected area showed that a molar tooth was stuck in the esophagus (FIGURES 1 and 2), which was causing wheezing and choking before intubation. The stuck molar tooth was immediately removed using laryngoscope and Magill forceps.

The tooth was present in the upper thoracic portion of the esophagus that is at the end of cervical esophagus and starting portion of mid thoracic area of intrathoracic esophagus, which are about 6 centimeters (cm) and 18-24 cm from the upper incisor tooth respectively.

When handling serious cases, patient conditions should be monitored closely and continuously or else the condition may become life threatening. 



Short Implants: An Ideal Choice

Patients usually come to us with a desire to get their lost teeth replaced with the most modern treatment protocol, i.e. Dental Implants.

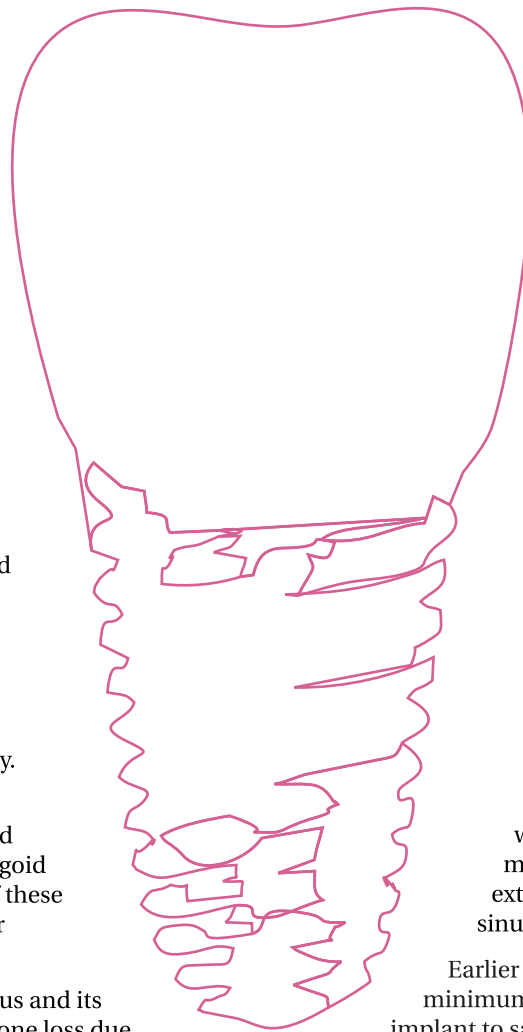
Many a time extensive surgical grafting procedures are needed to give predictable results with dental implants, especially when there is a compromise in quality and quantity of residual alveolus. The deficiencies necessitate us to utilize adjacent bones like the Zygoma and Pterygoid bones for anchoring dental implants.

General anesthesia and hospitalization along with more downtime are the main disadvantages of this modality.

Well established treatment protocols like All-On-Four and All-On-Six, Zygomatic / Pterygoid Implants or a combination of these are time-tested that they offer predictable outcomes.

The presence of maxillary sinus and its pneumatization or alveolar bone loss due to periodontitis makes the posterior maxilla compromised. The presence of inferior alveolar nerve and its closeness to the crest of the residual alveolar ridge also creates a challenge.

Extensive surgical procedures like direct or indirect sinus lift, nerve repositioning surgery and block bone grafting are recommended to address such problems. Typically, many patients prefer a non-



surgical or a removable option, but it is not so stable and functional as implants.

The cost involved also influences the selection of treatment option to a greater extent. The need of bone grafts, barrier membranes, extra oral donor sites etc. add on to the cost.

In most cases, the total treatment time will increase threefold, due to the time required for surgical wound healing, bone maturation as well as osseointegration and this, in turn, will result in delayed placement of implants.

Grafting procedures like direct and indirect sinus lifting are also better, if they are done with care and precision. But there are chances of morbidities, such as wound dehiscence, sinus membrane perforation and extrusion of grafting material into sinus leading to sinus infection.

Earlier modalities in vogue were a minimum ten millimeters (mm) long implant to satisfy crown-to-root ratio to gain adequate surface area for bone implant contact (BIC), osseointegration and demanded augmentation procedures to increase available bone height to an extent greater than ten mm.

Most of the time the grafted bone takes long maturation time, but never offers adequate quality required to gain maximum primary stability during implant insertion.



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A Residual Bone Height (RBH) of five mm is usually considered as a must for implant placement simultaneously with grafting procedures. A five mm residual bone height offers strong fixation for dental implants with threads of greater pitch and depth.

When we have more than ten mm (SA-1) residual bone height in sub sinus area, lateral condensation of bony trabeculae to change the quality of bone from loosely packed D3 type to denser D2 is more than enough. This can be achieved with Expanders and Condensers.

When RBH is more than five mm, but less than ten (SA-2), it is necessary to go for sub sinus grafting, using a Lateral Window Approach to gain a sinus lift of up to twelve or fourteen millimeters. When sub sinus bone is less than five millimeters (SA-3), a staged approach of grafting along with delayed placement is suggested.

Short implants were in use in the past, but were not accepted widely because of the fear of being less than adequate. It is not the length alone that plays a major role in osseointegration, but the total surface area and Bone Implant Contact as well.

The implant design from a narrow and longer one to a shorter and stout one does not


make much difference. For example, three mm increase in the length of a cylinder will give 10% increase in surface area, whereas a marginal 0.25 mm increase in diameter will give the same surface area.

So, it is a good option to decrease the length and increase the diameter of an implant to be placed in sub sinus area with sinus elevation and grafting.

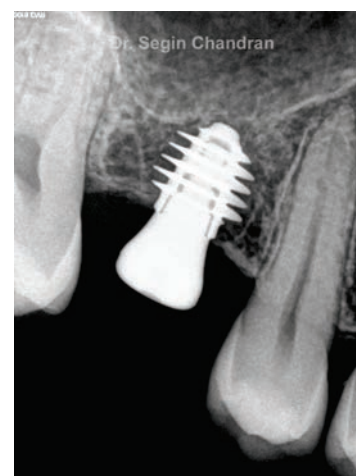
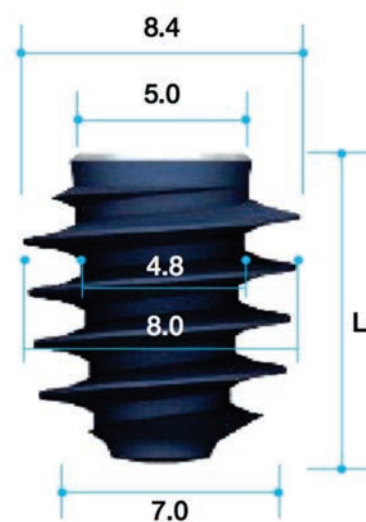
The use of short implants in posterior maxilla is accepted as an alternative treatment option to longer implants in the European Association for Osseointegration's 4th Consensus Conference held in Italy in 2015.

Now the question is 'How short is Short'? A consensus is yet to be arrived at, but anything less than ten or eight millimeters is considered to be a short implant. There are ultrashort implants ranging from four mm to six mm to be used in maxillofacial prosthetic reconstructive work, including ear and nose.

When we talk about replacement of tooth with short implant, many may raise their eyebrows with the question of crown-to-root / implant ratio, as implant differs from natural tooth and purely depends on ankylosis to bone instead of periodontium supporting it. The crown-to-root ratio does not apply in terms of length, but by means of adequate surface area and BIC. The latest literatures also support the same.

If bone area of the jaws is deficient, the use of short implant to replace a missing tooth will be a boon, as with this, complicated surgical procedures and grafting protocols can be avoided. More than that, this will make both the patient and doctor happy, as it reduces down time and increases aesthetics. 

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Anterior Maxillary Distraction

Anterior maxillary distraction is a very useful technique for correcting cleft related maxillary hypoplasia





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Usually, patients with cleft lip and palate deformity have many other associated problems. One of the major problems is Cleft Maxillary Hypoplasia. This condition affects the normal symmetric arrangement of the maxilla and mandible, resulting in reverse overjet.

The restricted growth of maxilla due to cleft palate causes Cleft Maxillary Hypoplasia. Apart from functional problems, this condition causes aesthetic issues, due to the deficiency of the midface.

Traditionally, techniques like **LeFort 1 Osteotomy** and **LeFort 1 Distraction** (to correct midface deformities) were used for the correction of Cleft Maxillary Hypoplasia. But, these treatment modalities may have a slight impediment on the patient's speech, due to worsening effect on velopharyngeal closure.

Anterior maxillary distraction is a very useful technique for correcting cleft related maxillary hypoplasia. Its greatest advantage is that there is no worsening effect on velopharyngeal closure, since only the anterior portion of the maxilla is being moved forward. The appliance can be placed intraoperatively or prior to operation.

Osteotomy cuts are made between the premolars and molar teeth, usually on both buccal and palatal sides. The completion of osteotomy cut is confirmed by the activation of distractor screw intraoperatively, after ensuring symmetrical movement on both sides.


Activation of the screw starts typically on the fifth postoperative day, at the rate of four turns twice a day. After the completion of distraction, maxilla is left for consolidation for 12-14 weeks. Thereafter, the appliance is removed and prosthetic

rehabilitation for the gap created is done with a fixed partial denture (FPD) / dental implant.

To find out the efficacy and stability of tooth-borne anterior maxillary distraction, four-year long follow-up study was done in 147 patients with Cleft Maxillary Hypoplasia. After the study, it was found that very few patients showed relapse and that speech defects among these patients were very low.

Conclusion

Anterior maxillary distraction can be considered a suitable treatment option for the management of mild to moderate Cleft Maxillary Hypoplasia, as anteroposterior deficiency can be addressed at a younger age.

Stable long-term results with negligible skeletal relapse are possible with this technique, with an added advantage of unhampered or even improved speech. 

“Traditionally, techniques like LeFort 1 Osteotomy and LeFort 1 Distraction (to correct midface deformities) were used for the correction of Cleft Maxillary Hypoplasia”



Before

After



Before

After

Importance of Aesthetics in Dentistry

*The approach to dentistry has
changed radically in modern times,
with the prominence of aesthetics*



Cosmetic dentistry has become one of the centerpieces of most dental practices nowadays. It consists of treatments and procedures for enhancing the aesthetic appearance of the tooth and the smile.

The approach to dentistry has changed radically in modern times, with the prominence of aesthetics. It involves proper understanding of the mechanics and improvement of the external appearance of teeth, jaws or oral cavity in general, along with addressing the diagnosed disease needs of patients.



Key Objectives of Aesthetics in Dentistry

The two key objectives of Aesthetics in dentistry are the following:

- (1) Creating teeth of pleasing inherent proportions.
- (2) Creating a pleasing arrangement of teeth in harmony with the face, lips and gingiva.

Extraoral Features affecting Smile Design

The extraoral features affecting smile design include:

- ✧ Vertical lines of reference.
- ✧ Horizontal lines of reference.

A horizontal reference line is the bi-pupillary line. Lack of parallelism of the line to the gingival margins of the central incisors and the incisal / occlusal plane often indicates the need of correction, to achieve visual harmony in the smile.

A vertical reference line is a skeletal midline that enables the orientation of a facial one to a dental one.

Other intraoral features affecting smile design are gingival architecture, tooth

architectural design, axial inclination, incisal embrasure, contact area and characteristics of teeth.

Computer-generated imagery to assist Smile Design


An accurate computer - generated imagery is a vital tool in smile design.

This helps:

- ✧ Educate patients.
- ✧ Evaluate proper length of teeth in proportion to width.
- ✧ Doctors choose proper shade

within the context of the patient's extraoral features, before the commencement of treatment.

This also paves the way for a clear line of communication with the laboratory technician and helps the triumvirate - patient - doctor - technician, view the case preoperatively from frontal, lateral and full face perspectives.

To sum up, cosmetic dentistry helps you gain a functionally correct and highly aesthetic set of teeth, jaws and oral cavity, besides enhancing your appearance as well as smile. 



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YOUR Smile Health



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World Health Organization (WHO) defines Health as “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

However, the truth is that people tend to lay too much emphasis on physical aspect, lesser on mental and very little on social aspects of health.

Of course, it is widely agreed that the three aspects of health must be looked upon as interrelated; yet very little attention is given to the mental and social aspects of health.

In this modern age, where prevention is given preference to cure, are we really doing enough to prevent disease and provide holistic health to all?

Man is by nature a social animal. It is an old saying and is perfectly right in the modern context. What differentiates human beings from other animals is that we live in a highly evolved and interactive society.

We meet hundreds of thousands of people in our life. The vast

majority of them make an impression about us, largely based on our looks and mannerism / body language.

Since man is essentially a social being, he expects that the people he meets and interacts accept and like him. But, when this does not happen or if he gets ignored, rejected or demeaned, he may feel emotional distress and a sense of being humiliated.

Smile is an important aspect of facial beauty. An average looking face will look more attractive if it possesses a radiant smile, whereas a poor smile will mar the charm of an otherwise beautiful face.

In this age of hyper-communication where every small event in one's life is magnified, shared with and analyzed by friends and family using social media, looking good and feeling confident about one's appearance matters very much.


It is not surprising that most people spend hours together to choose the best profile picture for their social media pages.

Therefore, for someone who is not comfortable with his or her looks, it may become a major source of anxiety, leading to social withdrawal.

Many research studies have suggested that the facial appearance of a person plays a very important role in his life. As a child, a good looking person draws more attention from parents and teachers, as an adolescent, he is more popular among his friends and as a working adult, he is more likely to be considered for promotion than his average looking counterpart.

Therefore, it is not surprising that today beauty products and related services have over \$160 billion market world-wide. After all, who does not want to look good?

Thus, the question that arises is, whether we, as individuals can have any say in how we look. To understand this, it is important to understand the structure of our face. Our face is primarily made up of bones and teeth which are covered by soft tissues including muscles and skin.

A full-page photograph of a young woman with long brown hair, smiling warmly at the camera. She is wearing a wide-brimmed straw hat and a white short-sleeved dress with large, colorful polka dots in yellow, green, and dark brown. She is holding a small white cup in her hands. She is standing on a balcony with a black metal railing. The background is a soft-focus view of green trees and a blue sky. A green rectangular text box is positioned on the left side of the image.

Smile is an important aspect of facial beauty. An average looking face will look more attractive if it possesses a radiant smile, whereas a poor smile will mar the charm of an otherwise beautiful face

A harmonious growth of different facial bones, especially jaw bones and the correct alignment of the tooth are a must for a face to look more attractive. Both the genes that we inherit from our parents and the environmental factors that govern us before, during and after birth play important roles in shaping our looks.

Trauma to face, bad posture or deleterious habits during childhood, such as prolonged thumb sucking, tongue thrusting, mouth breathing, lip biting etc., if left unchecked, can lead to disharmonious growth of jaw bone as well as teeth and result in poor facial appearance. This can become a source of constant emotional trauma to a child and embarrassment to his parents as well as family.

Dentistry has developed by leaps and bounds in the last five decades largely because of two factors: one, the introduction of newer materials and techniques incorporating the latest technologies and the other, prolific research studies carried out by the dental fraternity that have given rise to a far better understanding of

the various aspects of growth and development of face.

Of the various Specialties in Dentistry today, Orthodontics is uniquely placed to address the different aspects of distorted facial growth. An Orthodontist today can correct various aspects of facial deformity by modulating growth in a child or by utilizing minor oral surgical procedures to harmonize the relationship of jaws and teeth to face in an adult. With the ever increasing awareness of the possibilities of orthodontic treatment and its high demand in society, the Specialty is experiencing tremendous growth world-wide.

Using the latest techniques, it is now possible to correct the severest types of deformities. The treatment can, not only restore functions like speech and mastication but also vastly improve the facial appearance and as a result, patients will get more social acceptability. Treatment timing, however, is an important factor in severe deformities as growth modulations can be carried out only in children.

Therefore, it is better to seek orthodontic treatments during childhood or adolescence. In

adulthood, minor defects can be corrected by bringing about tooth movements whereas severe deformities can be corrected by surgical intervention to bring about the desired changes in the tooth and face.

Today with newer technologies, patients have the option to choose from a variety of orthodontic appliances. Traditionally, large metal brackets were used for treatment, which would give an ugly smile while the treatment was going on. There is also an option for ceramic braces which, because of its resemblance to tooth color, has lesser visibility and hence, it has greater aesthetics.

Lingual orthodontics takes it a step ahead in providing a truly invisible appliance. In this technique, the brackets and wires are attached on the inner side of the tooth, making it impossible for others to understand that the person is undergoing orthodontic treatment.

Transparent or Clear Aligners are the most modern orthodontic appliance, which has become very popular as it is aesthetically very pleasing.

Conclusion

With so many different options available today, it is not surprising that not only adolescents but also adults are increasingly coming forward to address their orthodontic problems.

In fact, the last decade has witnessed a multifold increase in the number of adults seeking orthodontic corrections. After all, who does not want a more perfect smile? 📷





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Importance of Provisional Restorations in Aesthetic Success



Dr. George Michelinakis
Consultant Prosthodontist
Heraklion, Crete, Greece

In fixed prosthodontics, provisional / temporary restorations are manufactured and cemented on to teeth immediately after preparation. Provisional / temporary restorations are also fitted on to dental implants, following immediate placement and / or immediate loading protocols.

The importance of provisional restoration in the success of final fixed prosthesis rehabilitation is often overlooked by many dentists, as the fabrication of a provisional restoration is often considered almost as time consuming as clinical chairside time for impression making.

The materials used for the fabrication of provisional restorations have evolved during the last few decades. Previously, Autopolymerizing Polymethyl Methacrylate (PMMA) resins in liquid or powder form were used for fabricating temporary restorations in clinics and laboratories.

The basic disadvantages of the resins are their relatively large polymerization shrinkage (7%) and toxic effect on the pulp, due to the exothermic reaction and remaining unpolymerized

monomer. They are more prominent in PMMA resins than in Poly (ethyl methacrylate) (PEMA) / Polyvinyl-ethyl Methacrylate (PVEMA). Other disadvantages include low abrasion resistance and poor color stability.

Nowadays, Bis - acrylic composite resins are the most sought-after materials in clinical practice. Its advantages over PMMA resins include better mechanical properties (high abrasion resistance and low polymerization shrinkage), surface polishability and marginal adaptation.

A newer development in the field is Triad Visible Light Cure (Dentsply). Provisional restorations can be fabricated both directly and indirectly. Direct or chairside technique requires the use of a matrix in the form of a polycarbonate resin crown, a pre - impression preparation or a pull - down splint. Indirect provisional restorations are usually fabricated in the lab from an impression of the prepared tooth.

Purpose of Provisional Restorations

Temporary or provisional

restorations are helpful in the following clinical cases:

- ↳ Protection from both external stimulæ (chemical, thermal, mechanical) and prevention of fracture of prepared teeth.
- ↳ Maintenance of tooth position (to avoid horizontal or vertical movement).
- ↳ Protection of periodontal tissue.
- ↳ Promotion of aesthetic success of the final prosthesis.
- ↳ Enhancing the overall success of the treatment.

A provisional restoration plays important roles in the aesthetic success of final fixed restorations. It provides information about the available space and helps choose the ideal restorative material. Besides, it also promotes soft tissue maturation and helps predict the treatment outcomes and helps to make suggestions and corrections, if any.

The importance of provisional restorations is underlined in the following three short case presentations:

Case 1

A patient presented with two problems:

- ↳ Deformities in the upper free gingival architecture.
- ↳ Heavily restored teeth (Fig.1).

We prepared the upper incisors and placed provisional

restorations to help shape and mature the gingival tissue, for a period of 3 weeks (Fig.2). Later, four all ceramic crowns (E-Max) were made and cemented on to the patient's teeth (Fig.3).

Case 2

A female patient presented with a resected upper right molar, as an abutment for a metal ceramic bridge (Fig.4). A free gingival graft was performed to cover the exposed root and augment the soft tissue volume underneath the pontic, followed by fabrication of a provisional bridge (Fig.5). After four months of soft tissue healing, the final

metal ceramic bridge was placed (Fig.6).

Case 3

A young patient presented at our practice, complaining about the aesthetics of her upper front teeth (Fig.7). She requested a smile makeover by correcting the length and width of her incisors. We performed a diagnostic wax - up and made an acrylic mock - up and then sent the patient home for a few days for evaluation (Fig.8).

After a week, she returned to the clinic extremely happy. After discussion, it was decided to

proceed with the fabrication of six E-Max Veneers for the upper incisors and canines. Her teeth were prepared for ceramic veneers and a digital intraoral impression was made using 3Shape TRIOS intraoral scanner (Fig.9). The smile makeover was completed with the placement of six all - ceramic E-Max Veneers (Fig.10).

To sum up, provisional restorations will enhance the aesthetic success of fixed prosthetic rehabilitation / smile makeovers, which in turn, pave the way for a more satisfied patient / dentist. ☑



Fig.1. Initial situation (Heavily restored teeth)



Fig.2. Provisional acrylic restorations



Fig.3. Final result with E-Max all ceramic crowns



Fig.4. Initial situation



Fig.5. Provisional acrylic bridge



Fig.6. Final aesthetic result with a metal ceramic bridge



Fig.7. Initial situation showing flat and shortened upper incisors and canines



Fig.8. Acrylic mock up for prognosis and evaluation



Fig.9. Intraoral digital impression using TRIOS (3shape) intraoral scanner



Fig.10. Final result after cementation of six E-Max Veneers



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MESSAGE



I am delighted to see 'The DentCare', a healthcare magazine, which is being published every month by DentCare Dental Lab to raise awareness about the vitality of health and health care along with oral hygiene and socially relevant issues across India and abroad.

"International Women's Day" is observed on March 08 every year to accelerate momentum towards gender equality and empowerment of women. It is a day to reflect on the progress made in achieving the goal of all-round development of women and of implementing a pro-active agenda of social change.

On International Women's Day, let us all pledge to do everything we can to overcome entrenched prejudice and promote gender equality as well as women's empowerment.

I wholeheartedly extend my greetings and felicitations to all the readers of 'The DentCare' magazine in the pursuit of their relentless effort in shaping the destiny of the world.

(Rekha Sharma)

New Delhi
20th February, 2018



Breastfeeding

In nature, every mammalian mother feeds her baby from the breast with love and care. It is a natural instinct, which requires no motivation.

A mother allows her baby to feed immediately after birth. It is only human beings and

those that are brought up by them, are offered milk from another species during infancy.

Breast milk is species-specific and is categorically produced for the baby, which provides all the nutrients needed for growth and survival. It also contains both macronutrients

and micronutrients essential for the biological needs and proper growth of the baby.

It is the social changes that has altered our lifestyle and brought in artificial feeding. Now, it is time to take a U-turn and go back to the best, old culture of breastfeeding. It is

the duty of society to provide necessary facilities and help a mother breastfeed her baby successfully.

In 1991, World Health Organization (WHO) put forward the Baby-friendly Hospital Initiative (BFHI) program, with an intention to make all hospitals baby friendly. As per the program, every hospital, where deliveries are conducted, should follow ten steps for establishing healthy and successful breastfeeding practices.

Breast milk is the best food for a newborn baby. It should be the first and sole food for a healthy baby for the first six months. It promotes normal growth of tissue and is good for the development of brain and the immune system.

Myths and Facts about Breastfeeding

Everyone has a feeling that breast milk is already there to feed, when a baby is born. This is a wrong

Breast milk is the best food for a newborn baby. It should be the first and sole food for a healthy baby for the first six months. It promotes normal growth of tissue and is good for the development of brain and the immune system



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concept which hinders the successful establishment of lactation. No mother will have breast milk when a baby is born.

What she is able to produce immediately after delivery is colostrum that does not look like milk. It is yellow in color, thicker than milk and much lesser in quantity, just about 70-80 milliliters (ml) in the first twenty-four hours. But, it is high in Immunoglobulin which helps the baby fight infection.

Colostrum is said to be the first immunization for the baby. It slowly changes into milk in 3-4 days and adequate quantity of milk is expected only by 10-14 days.

Drastic social changes have occurred in human beings because of technological advancements and as a result, we are now totally different from all other mammals. Hence, our social sense rules over our natural instincts. A dog or cow will urinate anywhere when its bladder is full, while human beings will not do so unless they are insane.

Therefore, it is difficult for a young mother to feed her baby from the breast amidst a crowd.

Breastfeeding is a natural instinct but it is ruled over by our social sense. In olden days, it was quite common for a

mother to feed her baby even when she was engaged in other activities.

In the past, children used to see breastfeeding mothers and therefore, when they grew up, they did not require any motivation program for breastfeeding. Now, because of a nuclear family system, no boy or girl gets a chance to see a mother feeding her baby from breast. So, there is a need of counseling for future mothers, which should be started at least in the antenatal period itself.

Problems of Breastfeeding

Not enough Milk

This is the most important problem. There are two situations. The first one is when there is a complaint of not having enough milk, but the baby thrives well. The most important sign of getting enough milk is the expected weight gain of a baby. If he grows well in right proportion, it is sure that he is getting enough milk.

The daily weight gain of a baby is 25-30 grams for the first three months, followed by 15-20 for the next three months and thereafter, 400 per month till he is one year of age.

The second situation is when a mother is having a feeling that baby is not getting enough, since he is crying excessively.

Remember, a baby has only one language of expression; whether it is due to hunger, coldness, pain, boredom, abdominal discomfort or sleepiness. Here, a mother has to find out the reason behind it and correct the same.

Inexperienced mothers may think that every cry of a baby is due to hunger and offer him breast every now and then, which will certainly interfere with proper milk production and may end up in artificial feeding. When you start on artificial milk, milk production will naturally come down, since it is produced only on demand.

When babies drink less, the amount of milk production comes down. When babies are fed from breast, ensure that breast is completely evacuated. The more milk is evacuated, the more will be the milk production.

When a baby's stomach is full, it takes time to digest milk. Even in newborn period, stomach emptying time is 2-4 hours. So, no baby needs a feed within two hours. Too frequent suckling may cause abdominal discomfort. Besides, there will not be enough time for breast to get filled in with milk.

Another important aspect is

A baby should be given breast milk till he is 2 years of age. Thereafter, breastfeeding can be stopped and undiluted animal milk can be introduced in a glass or cup. Milk bottle should be avoided at all ages and the amount of milk should be not more than 400 milliliters per day

that a baby should get both foremilk and hindmilk to have nutritional balance. During feeding, the first flowing milk is foremilk which contains water, sugar and proteins. It helps quench thirst only. The latter half of feeding gives hindmilk which contains more fat that satisfies hunger.

When we go to the history of lactation failure, it can be seen that there are three crucial time points for introducing artificial milk. The first one is during the immediate newborn period when milk production has not started.

The second is at about 3-4

months, when the baby is growing rapidly resulting in relative insufficiency of milk, which can be corrected by simple adjustments like rescheduling feeding time, giving healthy foods, fluids etc. to the mother. If an infant shows an insufficiency in growth, it is better to start semisolids than artificial milk.

The third is at one year of age. Since there is a drastic reduction in breast milk during this period, a baby should be provided homemade food and not an artificial one.

Even if the availability of milk is low, mothers should



continue suckling. A baby should be given breast milk till he is 2 years of age. Thereafter, breastfeeding can be stopped and undiluted animal milk can be introduced in a glass or cup.

Milk bottle should be avoided at all ages and the amount of milk should be not more than 400 milliliters per day.

Issues behind Lactation Failure

Retracted Nipples

It is a congenital anomaly of nipples, which, instead of being projected out from the breast, get retracted. A nipple is the one with which a baby sucks milk. A flat and retracted nipple may cause confusion to the baby and he will fail to suck at breast.

Actually, a nipple is needed only to guide a baby to breast. After latching on to breast, it is not further needed and gums of the baby will surround areola (the dark skin around nipple) and the pressure over it will help express milk from the underlying lactiferous ductules. All antenatal mothers should have an examination of their nipples and if found inverted, they should be corrected.

Sore Nipples

This is a condition which can be prevented. This occurs when a baby sucks at nipple rather than in areola. By sucking at nipple a baby will not get milk, so he keeps on doing it more strongly. The vacuum created is so strong that it results in excoriation of the skin of nipples. It is painful to mothers and ultimately results in lactation failure.

So, all mothers should ensure that a baby's mouth is widely open to engulf areola into the oral cavity, so that he can effectively suck and express milk. Proper latching on to breast is a very important step in the establishment of lactation.



Abscess of Breast

It is a very painful condition, if breast is overfilled with milk, this can lead to infection and finally to abscess formation in breast. This may require antibiotics and surgical care also. This situation can be prevented through proper feeding techniques and full evacuation of breast.

Proper Breastfeeding Techniques

A baby who is born healthy will be very alert. All reflexes in connection with breastfeeding will also be very active. When a baby locates (rooting) nipple, he opens his mouth and latches on to breast and starts sucking. After a few sucks, his mouth will be full and then, he will swallow milk. He will keep sucking in the way for about 30-40- minutes. Afterwards he will fall asleep.

A baby should be offered the first feed from breast soon after delivery. If it is a caesarean section, someone should put the baby to the breast of mother. A healthy


baby will suck at breast, if he is put to. And this will result in a strong mother infant bonding also.

After the first feed, the baby should be laid in touch with mother's body and not in a cradle. Being in touch with mother's body will give him the warmth of love, protection and care, which in turn will promote breastfeeding.

Advantages of Breastfeeding

Breast feeding has got so many advantages. Nutritionally, it is the best available food for a baby. It contains all necessary nutrients needed for his body.

Breast milk helps protect a child from infections, such as Meningitis, Pneumonia, Diarrhea, Malaria and so forth. The chance of getting allergy and malignancy is less in breastfed babies. Besides, they are sharper in their cognitive abilities.

All mothers should breastfeed their babies because it is their birthright. 

Taking Care of our

Children's Mental Health

You may feel that this article is meant only for children who are mentally ill or their parents. No, it is not meant for children who are mentally ill, children who have been identified with clinical mental illness or who are born with different abilities.

I am referring to clinically normal children who go through different kinds of stress every day and whose mental health is generally ignored either in the pretext of being normal or in the fear of being stigmatized.

Let me ask you a few situational questions.

When your child has a

toothache, will you not rush him to a Dentist immediately?

When you feel that your child has some skin problems, will you not rush him to a Dermatologist?

Are you ashamed of taking your child to a Doctor, Dentist or Specialist?

I am sure that the answer would be "NO", but will you show the same promptness in identifying / addressing emotional and mental flaws of your child?

No matter how broad your outlook is, are you not scared / ashamed of taking your child to a Psychologist / Psychiatrist?





Ms. Sandhya Varma
Entrepreneur, Writer and Columnist
Kozhikode, Kerala, India

Despite knowing the fact that your child needs help, do you not pretend that he is perfectly fine and deny medical intervention? Sometimes, you may also find some beliefs and supernatural powers to put the blame on, such as it is his “Stars” that are making him behave in this way or else he is perfectly fine.

I think that it is high time to break the silence, as mental illness is nothing to be ashamed of. It is time to speak out and end the age-old stigma. As parents, it is your responsibility to ensure that your children are mentally healthy.

Life is not fair or a bed of roses. There is no question that you may have to face insurmountable obstacles, such as financial problems, illness, loss, and so forth. Despite all these, many will succeed and prosper in life.

The interaction between our biology, psychology and environment continuously influences our social, emotional and psychological well-being to a greater extent.

Children and youth, who are our most vulnerable population, face many obstacles when it comes to receiving mental health support. This is due to the stigma that exists in dealing with mental illness.

This stigma is reflected in the voices of children who confide in and sharing their isolation to their Therapists. They feel ignored in their homes and are often bullied by their peers. There are cultural, religious, and gender barriers that reinforce their sense of isolation.

Until we recognize that there exists stigma associated with mental illness, we cannot fix it. Regardless of race, culture, ethnicity or gender, mental health issues can affect all populations.

There is no vaccine to prevent mental illness; so all people are at risk.

I would like to share a few experiences to bring to light the imperativeness to end the stigma against mental illness.

Once, I was interacting with one of my friends who is a Social Worker and an Assistant to a Child Psychiatrist. Here is what she shares.


“I will never forget my first session as an Assistant to a Child Mental Health Clinician. I met the mother of a six-year-old boy who had recently attempted to end his life. This 'in itself' was enough to paralyze me.”

“Was this the result of impulsiveness? Was it not a cry for help? Could a six-year-old have the capacity to understand the effect of his action? There were so many questions racing through my head. The realization that mental health issues can affect children who are at their earliest stages of life was a turning point in my professional life”

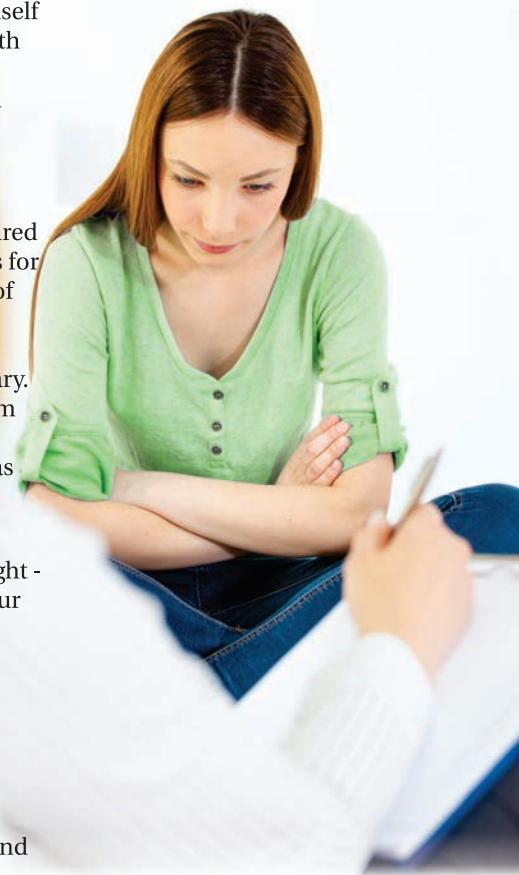
She explains that she had a tough time during the therapy sessions because the six-year-old could not speak for himself and that the mother was stricken with fear as well as shame. Her challenge was to replace the mother's fear and shame with hope and assurance.

The second incident happened very recently. I was going through the feedback written by a group of hundred girls between the ages of 17-19 years for my session on mental health. Most of them included a 'thank you note;' it was not because my session was excellent or content was extraordinary. It was because of having helped them realize that they needed help and wanted someone to listen to them, as they got the realization that they are stressed and being ignored.

Both these incidents were truly thought-provoking. Can you ever imagine your six-year-old kids to have suicidal tendency? Will you ever realize that a group of 100 girls, looking smart, energetic, bubbly and charming are going through inexpressible stress?

Parents! It is high time to wake up and observe the changes and take appropriate measures to ensure sound mental health of your children. 

Children and youth, who are our most vulnerable population, face many obstacles when it comes to receiving mental health support. This is due to the stigma that exists in dealing with mental illness



Nature is Your Best Health and Beauty Guru: “Go Back to the Soil”

Cosmetics and allied services have gained undue momentum in the modern world, since people are more beauty conscious. Expensive creams, cosmetic surgeries and other man-made products have become a bane than a boon, since they are gradually causing damage to our skin and body, though they might add glow to or enhance our appearance for the time being. What is always good for us is a perfect blend with Nature.

Mother Nature gives a solution to all our health and beauty issues. But we are not resorting to Nature's remedy.

Cosmetics are a billion-dollar

industry and the medical world would never want to expose the naked truth to the world. The bark of Lapacho tree has been claimed to cure cancer.

The healing power of Mother Nature has miraculous implications on our mental health as well. It is a soothing experience to the mind, body and soul, especially when finding time to rest in the lap of Mother Nature in this digital era.

Believe in yourself that you are Nature's beautiful offspring, since this will help inspire you to stay physically and mentally healthy as well as beautiful for long. It will also help you keep glowing like a new born and

make you feel rejuvenated with a perfect blend with Mother Nature!

For decades, India has been obsessed with fair skin, since fair is perceived as symbol of “beauty”. Celebrities have been endorsing cosmetics, including whitening creams and as a result, cosmetic industry has been minting billions over the years.

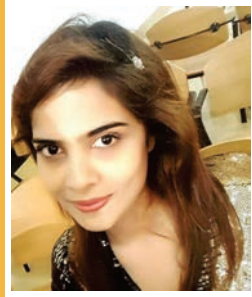
Many celebrities have undergone melanin surgery to lighten their complexion without realizing the beauty of dusky skin which they are blessed with. But, this will subject them to the risk of skin cancer and other associated disorders.

Therefore, it is high time to change this misconception. If you go back to the rich culture of ancient India, it can be seen that almost all Indian deities were dark-complexioned. Ancient Indian poets used to compose a number of songs to highly praise the beauty of women with darker skin tones.

In fact, Cleopatra, a queen of Egypt, was dark skinned and considered as the epitome of beauty. To get glowing and flawless skin is not about getting fairer skin, as many think. It is all about making your skin look healthy and youthful.

90% of creams in the market are marketing gimmicks, launched with a view to attract the target audience in India who is trapped in this false ideology that “fair” is beauty.





Ms. Tina Lincoln is an Engineer and Business Manager working with Hindustan Computers Limited (HCL) in Chennai, India. She was **Mrs. India Earth Beautiful Skin 2016** and **Miss Kerala 2009 Finalist**. She draws our attention to the importance of going back to the soil and natural beauty products / cosmetics, as synthetic beauty products are harmful to the skin and body

Nature is the best remedy for a beautiful you; you do not have to go for those expensive treatments, surgeries, creams and so forth. Go natural with Nature's offspring. Pamper your skin with natural packs, such as lemon, tomato, coconut oil, aloe vera, egg, orange peels, green tea and the like, instead of chemical bleaches that harm your skin.

When nature has provided everything in abundance for your health and beauty concerns, why do you go for an inferior choice? What is more refreshing than a steam bath for your skin?

There are several major factors that help gain a healthy, glowing and supple skin. It is always a surprise that only a small portion of people realize and try to follow this in their daily lives.

A balanced biological process is also very helpful in enhancing beauty, which includes adding adequate nutrients to our diet, keeping ourselves strain and stress-free, ensuring sufficient sleep, along with meditation. All these are directly blended with Nature and there is a right formula to follow them, which Nature has taught us for living a healthy life.

Adding fruits and vegetables to our

meals will indubitably help to stay healthy and enable you to have glowing skin. This will also help excrete unwanted fat and dead cells from your body.

In this busy world, most of us are of the opinion that we are sagacious enough to choose the best job and lead a successful life. However, for majority, this makes them lead a stressful life and as a result, they do not get enough time to relax. One of the indispensable factors that people do not realize and always take a nonchalant attitude is reducing sleeping hours to balance their work-life.

Adequate sleep also helps enhance the entire body system and helps make your brain and heart to function well, which in turn, helps you to get fresh and supple skin. You should be assiduous in finding time to have sufficient sleep. This should be done impeccably and if you have proper planning, you can achieve this very easily.

Meditation is another factor that mitigates stress and tension, which enables to overcome illness and make you think positively as well as helps you smile always, which in turn, adds to your beauty. ☺



Unravelling a Marvel

Padmashri Dr. Indira Hinduja is a renowned Gynecologist, Obstetrician and Infertility Specialist in India. She was born at Shikarpur in Pakistan. During the Partition of India, her family migrated to India and settled in Mumbai.

She has pioneered the Gamete Intrafallopian Transfer (GIFT) technology, resulting in the birth of **India's first GIFT baby, on 4 January, 1988**. Previously, she was credited with the birth of the first-ever scientifically documented test tube baby of India at King Edward Memorial (KEM) Hospital, on August 6, 1986.

She has also succeeded in developing an Oocyte Donation Technique for women with menopausal and premature ovarian failure and gave the country's **first baby out of this technique on 24 January, 1991**.

She has to her credit more than 115 national and international publications along with numerous awards, of which the most prestigious ones are "Padma Shri" and "Dhanvantari".

Dr. Indira Hinduja, in a heart-to-heart chat with "The DentCare," speaks out on her mission and vision.

Was there a defining Moment when you knew that you are going to be a Physician?

The dream of becoming a doctor has always lingered in my mind ever since I was a kid. I was seven, when I was first admitted to hospital, due to illness. The self-fulfillment and gratification that comes with being a healer appealed to me instinctually. I was really fascinated with their white dress. Doctor was leader of the team, who is responsible for delivery of medical care. It seemed that the profession was filled with glory, prestige and honor.

Would you relate a specific therapeutic Outcome that has made you feel most proud of?

Of course, it was when Harsha Chawda, the first - ever scientifically documented 'test - tube baby' in India was born on August 6, 1986. This creditable achievement was the result of a collaborated effort of experts at KEM Hospital and the National Institute for Research and Reproductive Health (NIRRH), earlier known as the Institute for Research in Reproduction (IRR).

Harsha Chawda has now given birth to a healthy baby boy and the delivery was attended by the same team who was credited with the delivery of Harsha years ago. The delivery is significant and encouraging for couples who are trying 'In Vitro Fertilization' (IVF). Besides, many couples are worried whether babies born through IVF will be able to conceive naturally. Harsha's baby is a proof that babies born through IVF are as normal as other children.

What are the preparatory Steps to be taken, if a Woman cannot conceive herself and do the Steps differ based on their Age?

Yes. If both the husband and wife are younger with proper marital relationships and have physical and systemic fitness to parent a child, we will first make them understand the most fertile period for conception.

After that, if the woman does not conceive naturally, we will start comprehensive tests, such as laparoscopy to examine the fallopian tube for identifying appropriate treatment modalities.

If both husband and wife are normal, we will start with routine / simple investigation. In case, the woman does not conceive after simple investigation and treatment modalities, we will think of sophisticated / interventional therapy.



*Padmashri
Dr. Indira Hinduja
is a renowned
Gynecologist,
Obstetrician and
Infertility Specialist
in India*

Usually, we will give younger patients adequate time. For older ones, we will not waste time by giving conventional treatment. We will straight go for tests like Interactive Voice Response (IVR), In Vitro Fertilization (IVF) and so forth.

When the cause of infertility is identified, we will begin appropriate treatment; if the woman is not ovulating, drugs will be given and if her tubes are blocked, IVF will be recommended. If the patients are diagnosed with fertility issues, such as Endometriosis, Uterine Fibroids, Ovarian Cysts, etc., we will address them separately, prior to trying conception.

What are the most effective and predominant Treatment Options for Fertility in India?

She laughs. Treatment modality will depend on the underlying cause of infertility. Sometimes the cause is not known; in such case, treatment modalities may include Clomiphene, Insemination and Hormone Injection.

If the fallopian tube is damaged / blocked, tubal surgery will be recommended. If there is mild to moderate endometriosis, laparoscopic surgery will be performed to remove endometrial tissue growth. In the case of severe endometriosis, surgery may not be an effective option.

What are the important Factors to consider when choosing a Fertility Specialist?

Oh! That is the choice of a patient. A woman usually chooses a doctor who is close or known. Now, infertile couples are really after positive results. The best predictor of future performance is previous outcomes; so, you should ask for specific statistics, prior to choosing a fertility clinic. More important than general statistics, though, is the data about conditions similar to that of yours.

If you already know the reasons for infertility, you may ask a lot of questions about the clinic's previous experiences with similar issues. For example, if you have a history of reproductive cancer, consider selecting a doctor who has experiences in treating the specific issue.

What Advancements in Fertility Treatment do you expect in the near Future?

Keeping up with the pace of technological change, the success rate is steadily increasing; the advancement in technology helps diagnose any abnormalities in the womb as well as the condition of the fetus therein and to rectify the anomalies, if any. The day is probably not so far when we create artificial gamete, i.e. an egg and sperm are joined outside of a woman's womb, in a laboratory.

Besides, the day is not so far, when we create an egg or sperm from the body tissue. The efforts in this regard have already been started.

What are your Career Goals, if any, which still remain to be achieved?

Well, the most important thing is that everybody should get the best treatment. The next one is that the cause of infertility should be eliminated; all and sundry can take the advantage of all the scientific advancements in treatment just like the rich. My fervent wish is that the newer therapeutic modalities should be made available to all the classes of people, in an affordable way.

What is your opinion on Surrogacy? What are its Pros and Cons?

Surrogacy has an important role. The most important thing is that it should not be misused. If it is misused, it may be brought into disrepute. Imagine a woman / young lady loses the uterus to save her life owing to bleeding disorders, a lady born without uterus or a lady who has got repeated miscarriages because her uterus is too weak to carry a child, she should not be deprived of having a genetic child.

Surrogacy is beneficial to both the intended parents and the gestational carrier. Now, couples are looking for altruistic surrogacy and not for commercial one.

Many women are coming to fertility clinic offering their willingness as gestational carriers. They all suffer from a lot of financial problems; no money to pay children's fees as well as house rent and so on. If they get financial benefits through surrogacy, what is wrong with it?

Once a lady came to us, whose husband had met with an accident years ago and was unable to work; had to pay fees for her children and her house was dilapidated. We gave her a few lakhs of rupees for surrogacy. She would occasionally come to us and say that she had never seen thousand rupees together before.

Surrogacy has been brought into disrepute because of some of hoaxers, i.e. the agents in between. The middlemen have spoiled it. They exploit poor people. If a proper chain had been developed, things would have been better. Honestly speaking, many parents deserve to get surrogate children, but this seldom happens.

If all people are ethical, honest and law-abiding, the deserving will get the benefits of surrogacy. It is a good system, if it is done ethically, correctly and honestly.

For The DentCare
Interviewed by :**Ms. Nisha Philip Xavier**

DentCare marked its remarkable presence @ The UAE International Dental Conference & Arab Dental Exhibition – AEEDC Dubai 2018



DUBAI



Healthy Eating for Women



Dr. Mumtaz Khalid Ismail
Consultant Clinical Nutritionist
Kochi, Kerala, India

Women's health concerns are a little different from that of men. Women pass through particular stages of life like menopause. A healthy diet can do wonders for women's health.

Premenstrual Syndrome (PMS)

It produces physical and mental changes which typically begin from two to seven days before menstruation and usually disappear as soon as the period starts. It is frustrating not only for the woman but also for those around her.

A balanced healthy diet and exercise will help reduce the problems associated with menstruation to a certain extent. Women over 30 years of age usually suffer from premenstrual syndrome which make them feel uneasy and irritated for a few days before menstruation.

Women usually get backache, cramps, headache and

A balanced healthy diet and exercise will help reduce the problems associated with menstruation to a certain extent

tenderness of breast along with bloating of stomach. They may also start gaining weight. Sudden mood swings and irritability make women cry for no reason, which spoil the happy atmosphere in the family and at the work place. They may frequently become irritable and nervous. Some crave for sweets while others for highly salted foods, leading to weight gain.

Premenstrual syndrome is linked to the changes in two hormones, estrogen and progesterone that control menstrual cycle. Around 50 – 80 percent of women undergo

mood swings in varying degrees.

PMS symptoms can be controlled to a certain extent by dietary control. Studies suggest that foods high in carbohydrate and low in fat are very helpful. Vitamin B6 (Pyridoxine) dietary supplementation will also help counter premenstrual depression and lethargy along with bloating of stomach, breast tenderness and swelling of fingers, toes and face.

Cutting down salt intake can help reduce water retention. Foods rich in Vitamin B6 are fish, whole grains and green leafy vegetables. Foods rich in Vitamin E like wheat germ help reduce breast tenderness.

Calcium can help reduce menstrual pain and premenstrual tension. It is available in foods, such as milk, curd, paneer, fenugreek and drumstick leaves and ragi.



'Evening primrose oil' is also very effective in the treatment of pain and discomfort related to PMS.

Regular walking along with abdominal and pelvic exercises is helpful in reducing premenstrual syndrome and related symptoms. Studies suggest that caffeine can worsen the symptoms.

Abrupt reduction in caffeine intake can make things worse. So its intake should be reduced one week before menstruation. Some women who suffer from PMS have a craving for food, especially for sweets, which helps satisfy their hunger and boost their mood by increasing sugar levels.

Weight gain during menstruation is about one kilogram or more. This phenomenon is temporary. Water retention during the

period will be over with menstruation and women may return to their normal weight.

It is advisable to start taking a diet consisting of plenty of sprouted pulses and wheat, fruits and vegetables along with foods low in fat, one week prior to menstruation.

Do's

1. Have a diet high in carbohydrate and low in fat.
2. Consume foods rich in Vitamin B6 and E like fish, whole grains, and wheat germ as well as green leafy vegetables.

3. Take calcium rich foods, such as milk, curd, paneer, fenugreek, drumstick leaves and ragi.

4. Use 'evening primrose oil'.
5. Regular walking, abdominal and pelvic exercises.

Don'ts

1. Foods containing Caffeine like coffee, tea and chocolate in excess.
2. Refined carbohydrates, sugars and tobacco.
3. Foods which are oily, fried and spicy.

It is advisable to start taking a diet consisting of plenty of sprouted pulses and wheat, fruits and vegetables along with foods low in fat, one week prior to menstruation



Menopause

It is the term used to indicate the cessation of menstrual cycles at the end of a woman's reproductive period. This is absolutely normal and occurs between the ages of 45 and 55 years. Menopause does not decrease women's physical capacity, sexual vigour and enjoyment of life.

Menopause brings certain freedom to females, as they need not worry anymore about monthly bleeding and birth control as well.

But during this period, women undergo a lot of emotional

stress. Ovaries stop producing estrogen, leading to estrogen deficiency. This hormonal imbalance may cause short-term symptoms and long-term health risks.

Short- term Symptoms

Some women experience severe symptoms while others very little. 50% to 60% of women seek medical help for short-term symptoms due to estrogen deficiency associated with menopause.

☒ Symptoms

- 1.Hot flushes and night sweats
- 2.Vaginal dryness

3.Urinary problems

4.Anxiety

5.Mood swings

6.Depression

7.Tiredness

8.Loss of libido

9.Irritability

10.Loss of concentration

11.Crying spells

Long- term Health Risks

Estrogen deficiency is associated with many long-term changes in women. Estrogen helps protect women from diseases. After menopause, estrogen level comes down in women, leading to weakened immune system.

Changes associated with Menopause

1.Cardiovascular disease

2.Osteoporosis

3.Alzheimer's disease

Eating healthy, after all, is not about abstaining from enjoying your indulgences. It is very helpful in many ways and makes you lead a healthy life for a longer period of time

4.Age related muscular degeneration

5.Changes in cholesterol level

Healthy Eating

Keeping a healthy diet can do wonders, as this helps give you greater resilience against problems during menopause. Hot flushes can be reduced by taking foods rich in Vitamin E like wheat germ, nuts, eggs and olive oil.

Vitamin A and D, Calcium, Phosphorous and Magnesium help prevent osteoporosis. Fish, drumstick leaves, ragi and dairy products are excellent sources of Calcium. Avoid eating raw bran that inhibits calcium absorption.

Many women put on weight during menopause, leading to increase in their blood cholesterol level. To control body weight and blood cholesterol level, ingest more low fat dairy foods and reduce the intake of saturated fats like butter, cheese and ghee.


Research has shown that substances from plants called phytoestrogens might help reduce the severity of hot flushes and other symptoms related to menopause.



Phytoestrogens, which mimic human estrogen, are mainly found in soybean and alfalfa sprouts. Soy flour can be mixed with wheat flour for making roti. Other soy products are soy milk, tofu, and soy sauce.

Carrot and beetroot juice is also very

helpful for menopausal disorders. Oats, corn, barley, brown rice and whole wheat are also excellent sources of phytoestrogens. Regular exercise is essential during this period.

Eating healthy, after all, is not about abstaining from enjoying your indulgences. It is very helpful in many ways and makes you lead a healthy life for a longer period of time. 

A QUINTESSENCE OF VALOR AND COMPASSION

My father used to say that his girls are his greatest assets and these words made me become a strong woman. So, create an atmosphere in the family which could empower every girl child so that it will help them to instill the confidence and greatness of being a woman



On the auspicious occasion of celebrating the social, economic, cultural and political achievement of women on International Women's Day, **The DentCare** had an opportunity for a face-to face chat with **Ms. R. Sreelekha IPS**, a Woman who made history by becoming the first woman Indian Police Service (IPS) officer of Kerala.

With thirty years of meritorious service, she reached yet another milestone of becoming the State's first woman Director General of Police (DGP). Currently, she is serving as the State's Director General of Prisons and Correctional Services.

I was accompanied by our Magazine Coordinator, **Ms. Anu Prince** and Photo Coordinator, **Mr. Jijo P. V.**

1) R. Sreelekha IPS, a rare and daring IPS Officer. Tell us about what galvanized or inspired you to take up 'policing'?

I never dreamt of becoming an IPS Officer and it was not my career ambition in childhood. While I was studying in college, my teachers inspired me to write Civil Service Examination because they found something special in me that would be ideal for an Indian Administrative Service (IAS) officer and kept telling that I had the IAS material in me and thought that I would become a good IAS officer. I did not know what it was since there was nobody in my family who were into IAS.

I got into IPS as I got seven marks less than the cut off marks for IAS. Hence, I stumbled into IPS; it was not my choice. But, I am happy with IPS and think that it was

my destiny and God might have the notion that IPS would be befitting for me. It was absolutely thrust upon me. When looking back, there is no room for regret, as I am now extremely happy that I got seven marks below the IAS cut off.

2) You are a woman of valor. What is your advice to other women who have an urge to become an IPS Officer?

Valor is there in every woman, but the only thing is that we fail to realize it. For some, it is suppressed by some external forces that they need to strive hard to find out the hidden valor within them. My advice to ladies is that they are welcome to IPS. It is an amazing service for women, as we can do much better than men in service because we have a more humane disposition; women in police service can feel / understand better what the public, especially womenfolk want or crave for.

IPS is a very satisfying and enriching job. You will never feel boredom in this service and the satisfaction you get is much more and gratifying than from any other service.

3) Why is Gender Equality / Gender Justice not a part of social behavior?

Gender inequality is a bane of our society, which is fostered by everyone, right from our family to social structure. It is a social stigma, which has been there in society from time immemorial. Literature, films, social structures and systems are all patriarchal; everything is male-oriented and it is very deplorable to note that some of our women accept that men are superior.

Until and unless we learn

from a very young age that the prevailing system is wrong, we cannot reform our society as a whole by taking measures, such as more pro-women social structures, literature, films etc.

Though Women's Reservation Bill has been passed, it could not bring about any visible change. Therefore, women should come forward in every field, only then can we aim at having gender justice / gender equality.

It is not a system that exists in India alone; it is even there in advanced countries like the United States of America (USA), United Kingdom (UK) etc. For men, it is OK to be superior since everyone says so.

4) Crimes are being repeatedly reported against women and children in India. Is it because the Law has not been properly implemented?

This has nothing to do with Law. There are a few reasons for the alarming increase in criminal tendencies. Crimes have been there from time immemorial. Even before the Judicial System was there, crimes against women were there.

Marriage of Cavemen was very strange. If a man liked a woman, he would hit her on the head with a club, make her unconscious, drag her by the hair to his cave, rape and keep her as his wife. There were no Laws in force at that time. If the Indian Penal Code (IPC) were in force during Caveman's era, all men who got married would have been incarcerated for life.

The rape of minor children existed even in the ancient period. Hence, crimes were there from time immemorial and still exist and will be there till the end of human life. The

only difference is that they were kept undisclosed in the past and now people are coming forward to register complaints and for that reason, more crimes are getting reported and coming to the light.

Second reason, I find is the alarming increase in the abuse of alcohol and drugs which are now available not just in the traditional forms of ganja and heroin or things like that but in the form of dietary pills and the like, which can be ordered Online and will be delivered at your door steps. The youth and children are resorting to such sort of potent drugs frequently. All these are influencing them to crimes.

Another reason is the steady growth of technology. Though technology is good, free or easy access to Internet has brought in bane along with its boon. Children can easily get access to Pornography, Adult only Materials, horrifying games etc. All these things are contributing to crimes. Therefore, it is imperative to restrict the access

of such things to children.

5) What are your dreams and aspirations?

It will take a book of over 50,000 pages to write about my dreams and aspirations! In short, I want every human being including animals to be happy and satisfied in their short span of life. It is not worthy to cry / be upset / be sad. I do not want children to go hungry as well as women to shed tears. Besides, whatever I can do to help them, I will do and I have been doing it for the past 31 years of my life; but there are certain restrictions.

I have three more years of service left. After retirement, I want to dedicate my experiences and work that I have done so far, for the suffering people in Kerala. May be a sort of Blogging Channel / Website where I can share my tips / experiences to people or may be a charitable organization with which I can help distressed women and children especially victims of pedophilia by providing education, accommodation and assistance.

6) Would you disclose an experience in your professional life that was most heart-warming?

There are thousands! Every day, I get heart-warming experiences! How can I narrow down to one?

In my present post, when a released prisoner comes and thanks me for the vocational training on carpentry we gave him because of which he became a reformed man with a good job having an earning of Rs.1000 per day, that gives me a lot of warmth!

7) Since Women's Day is being observed on 8 March, what advice do you wish to give to women at large?

Being a woman is the greatest blessing ever on earth! It is a great opportunity for us to prove to the world how awesome a woman is. I am the third girl child in my family; I have two elder sisters and one younger brother. I never felt that my parents are unhappy because they had three girls and there was no feeling of trepidation of finding adequate money for marrying them off.

My father used to say that his girls are his greatest assets and these words made me become a strong woman. So, create an atmosphere in the family which could empower every girl child so that it will help them to instill the confidence and greatness of being a woman.

Being a woman, we can not only develop ourselves, but also help our children too to be a proud woman who can achieve anything and everything they want. And I look forward to the time when there will no longer be just one day in a year to celebrate Women's Day, but that all 365 days of the year be ours to celebrate! ☺

For The **DentCare**
Interviewed by: **Ms. Nisha Philip Xavier**





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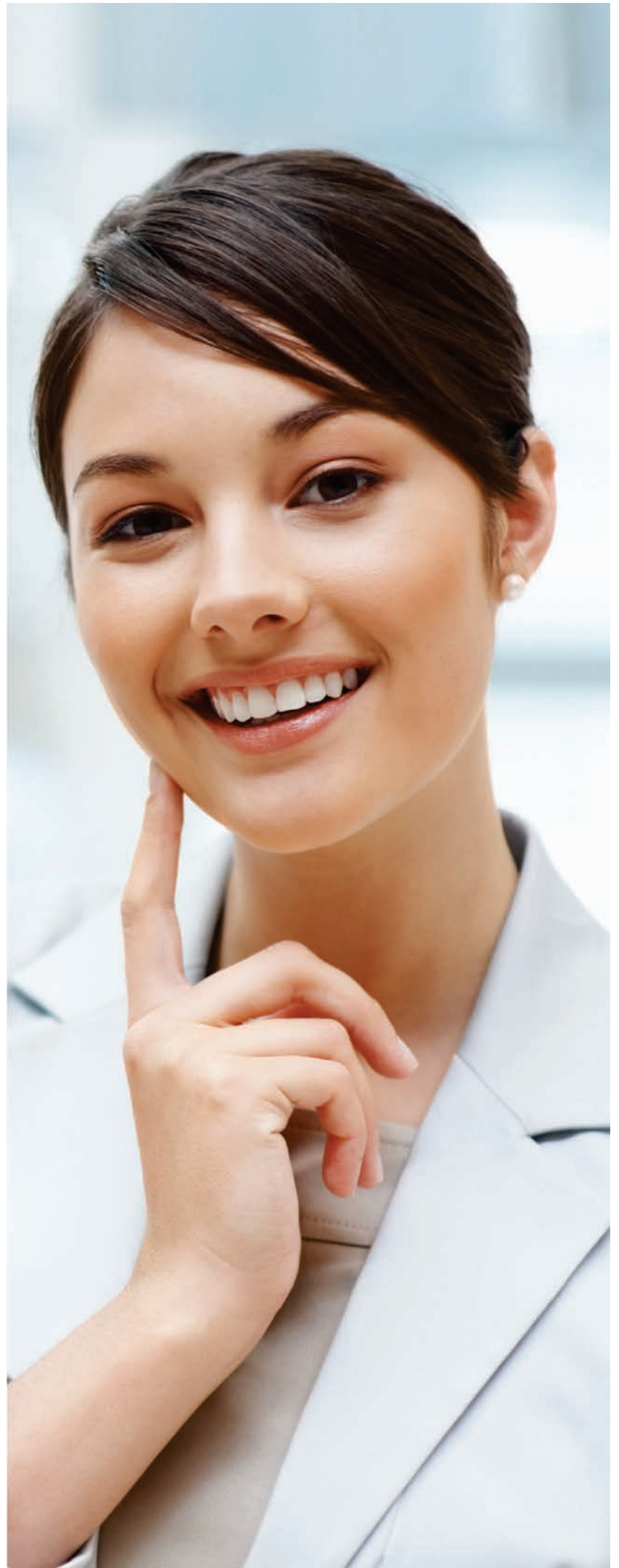


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Dental *Benefits* of Aloe Vera

**Aloe Vera plays a
promising role in
addressing a
number of oral
conditions with
little side effects**





Dr. Garima Sharma
Senior Lecturer
Department of Periodontics
Surendera Dental College and Research Institute
Sri Ganganagar, Rajasthan, India

A power house of vitamins and minerals

Aloe Vera is a medicinal plant. The use of natural products for the prevention and treatment of oral conditions has increased recently and will be beneficial to all people, especially to those of low socio-economic level.

The health benefits of Aloe Vera are well-known, but its dental uses, though numerous, are still not so known.

General benefits of Aloe Vera in Dentistry

1.Wound-Healing Effects

Aloe Vera gel contains a glycoprotein with cell proliferation-promoting activity, which promotes tissue regeneration and oxygenation, leading to increased blood supply and improved wound healing effects.

2.Antibacterial Property

Aloe Vera gel has anti-bacterial property against oral gram positive and negative bacteria.

3.Anti-Inflammatory Effects

It enhances wound healing process by eliminating bacteria which promote inflammation.

4.Anti-Viral Property

Research shows that Aloe Vera products have antiviral property against Herpes Simplex and Varicella-Zoster Viruses.

Clinical Applications of Aloe Vera in Dentistry

1.Halitosis

Aloe Vera helps boost the formation of collagen in the body, which in turn, helps strengthen weak and swollen gums. Mixing 1/4 cup of pure Aloe Vera gel with 1/2 cup of water or apple juice helps soothe acid digestion, which is a very common etiological factor of halitosis.

Studies have shown that topical use of Aloe Vera, three times a day for three months, is very effective in reducing burning sensation and improving mouth opening

2.Healing of Extraction Socket

Aloe Vera pledgets help reduce the incidence of alveolar osteitis (inflammation of the alveolar bone) and expedite healing process and clotting of blood.

3.Peri – implantitis

Aloe Vera has anti-inflammatory property and helps control bleeding of gums due to its soothing and healing properties, which in turn, reduces swelling and soft tissue edema.

4.Lichen Planus

The topical application of Aloe Vera, three times a day, helps control pain and improves overall oral quality of patients suffering from oral lichen planus.


5.Oral Submucous Fibrosis

Studies have shown that topical use of Aloe Vera, three times a day for three months, is very effective in reducing burning sensation and improving mouth opening.



6.Aphthous Ulcer

It has been reported that topical application of Aloe Vera accelerates healing of Aphthous Ulcer and reduces the pain associated with it.

Thus, Aloe Vera plays a promising role in addressing a number of oral conditions with little side effects. 



FACIAL AESTHETICS



Dr. Rupali Goyal
Dental Practitioner and
Cosmetologist
North West Delhi, Delhi, India

In the rapidly expanding and lucrative world of facial aesthetics, it is hard to keep oneself away from its influence. While looking at the mirror, a lot of people get a feeling that something is missing. It might be a sign of ageing that bothers someone or pigmentation of the skin for another.

Everyone wants to have flawless skin. For that reason, facial aesthetics is gaining popularity and emerging as a very promising field for Medical Professionals.

With proper training at an authorized training center, any Medical Professional can learn these skills and enhance their practice. It is always a pleasure for me to treat my patients and help them feel better about themselves.

As Dentists, we must understand the face in its entirety to correct smiles. Smile Beautification should not be limited to the dentition alone. After smile designing, if the person still has drooping lips, the desired outcomes cannot be achieved. A small amount of filler will help lift and give fullness to the lips.

Similarly, in the case of a denture patient, nasolabial folds may be very prominent even after providing dentures. Patients will feel very conscious about these folds. Dermal fillers can work well in such cases.

What basically happens is that as we age, collagen in our body starts depleting and creates various lines as well as folds in our skin, such as marionette lines, nasolabial folds, hollowness in cheeks and jowls. Dermal fillers are basically filling agents which can be used to treat the folds in an otherwise healthy person. The most common dermal filler

used these days is Hyaluronic acid.

Another quite popular procedure to treat ageing skin is Botulinum toxin which is injected directly into the wrinkles in a very small dose. This toxin is a neurotoxin which inhibits the release of acetylcholine which helps paralyze muscles and treat wrinkles.


A few other not so popular procedures that can give wonderful results are Platelet Rich Plasma (PRP), Threadlift, Collagen Induction Therapy, Mesotherapy and Chemical Peels.

PRP is a procedure where growth factors from the patient's own blood are injected into the dermis. This procedure is popular among celebrities for facial rejuvenation. It is also a treatment of choice for hair fall.

Threadlift involves insertion of Polydioxanone (PDO) threads into the skin with needles. This helps treat fine lines and helps with face lift.

Collagen is the key factor in facial rejuvenation. Mesotherapy is a procedure to help the skin absorb chemicals which otherwise cannot penetrate into the skin.

Chemical peels are chemical agents which, when applied on to skin, remove the dead and top layers of the skin. The depth of the peel varies with the type of peel used.

A combination of two or more of these procedures can give wonderful results and immense satisfaction to both the patient and Clinician. Most of the procedures are minimally invasive and are performed as outpatient procedures. 

— 66 —
*Facial aesthetics
is gaining popularity
and emerging as a very
promising field for
Medical Professionals*

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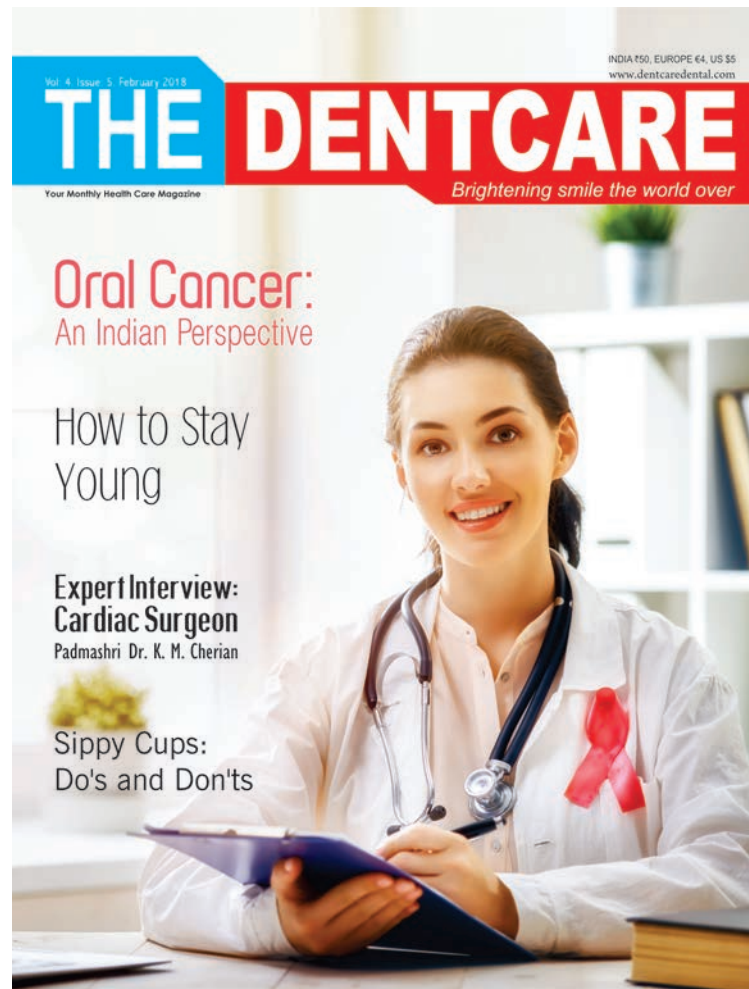
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DentCare Magazine is a novel platform for sharing knowledge and information related to the medical world. Its focus is on dentistry, as dental health is an area of concern the world over, nowadays. This magazine carries articles on latest research findings and innovations in the field so that both professionals and the public at large will stay well-informed.

In comparison to others in the same field, DentCare is keen to sensitize its readers from a comprehensive perspective. It has already brought in a new idiom in professional publication which fights for a genuine and ethical style of practice in the medical sphere.

The magazine thrives on a close rapport with its readers. It is committed to catering to the broader interests of our nation and its people. The issues released so far stand testimony to this intellectual as well as moral commitment.

We will continue to strive towards achieving newer frontiers in professional literature.



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A Synopsis of

DentCare Clear Aligners and CAD/CAM Dentures



DentCare Dental Lab is one of the leading manufacturers of dental prostheses of proven quality, fabricated with sophisticated machines and materials imported directly from the manufacturers, especially from Germany.

Over the past 30 years, we have dedicated ourselves in contributing to healthy, confident smiles for over 30 million patients and for the delight of more than 30 thousand dentists around the globe

DentCare Clear Aligners

Dental braces are now entering a brave new world of comfort and ease with DentCare Clear Aligners – a series of transparent aligners to realign teeth.

DentCare Clear Aligners make the cut as they serve as invisible, removable splints born out of thin, transparent plastic. They can be easily changed every two weeks, sparing users the tedious task of heavy maintenance.

Comfort Ensured – Quality Guaranteed

We have put forward the most sought after treatment solution to counter the drawbacks of dental braces! Each DentCare Clear Aligner is unique as it is customized for the patient's teeth.

Remove them while eating or drinking. They permit pursuit of one's own regimen of oral hygiene measures **DentCare has on board a panel of expert Orthodontists** who are proficient to guide us through the toughest of cases.

Advantages for the patient

- ↳ No metal brackets or wires which may cause irritation or friction inside mouth
- ↳ Almost invisible and transparent splints
- ↳ Hygienic as it can be taken off easily to clean
- ↳ Easily removable – does not affect eating habits
- ↳ Simple and precise planning process
- ↳ Highly biocompatible
- ↳ Hassle free speech and smile
- ↳ Blends with lips and cheeks
- ↳ Final result can be visualized in 3D before treatment starts
- ↳ Fewer and shorter appointments required

- ↳ Replacement aligners at minimal cost

Prior to the process of planning and designing a DentCare Clear Aligner, a perfect understanding of the patient's chief complaint and the proposed treatment plan is absolutely necessary.

Acceptable Impressions

To proceed with the CAD / CAM procedure for processing an order of a custom made DentCare Clear Aligner, both upper and lower models of the patient's dental arches along with bite registration are required.

You may also choose to send impressions with Polyether but impressions with Polyvinyl Siloxane (PVS) are preferred. A one-step heavy / light body impression is the most efficient option for a DentCare Clear Aligner case.

Acceptable Bite Registration

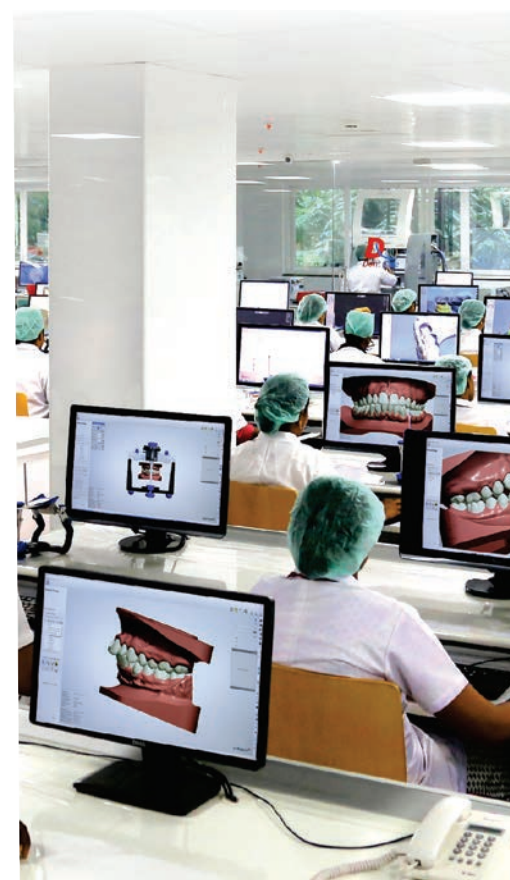
Bite registration is absolutely necessary to reproduce the inter-arch relationship. This would help to establish the patient's occlusion in the laboratory and ensures that the treatment is carried out within the parameters of the initial occlusion.

A bite registration silicone is the material of choice for bite registration as it gives excellent details of the occlusal contacts without rebound effect.

Digital Case Records

In order to proceed with the designing, it is mandatory to send us digital records of the patient. Ideally, a CBCT or CT is preferred. However, an Orthopantomogram (OPG) along with Lateral Cephalograph would suffice.

Intraoral and extraoral photographs are also required



How does it work?

The patient models are scanned with a high-tech 3D digital scanner. The software assists in analyzing the treatment requirements and thus supports in planning and mapping out all intermediate stages necessary to reach the predetermined goal.

The number of aligners required is ascertained. At each transitional stage, only minor tooth movement is effected and assists to progressively reposition the teeth. After two weeks, the next set of aligners should be used. The treatment process thus advances accordingly.

When should you wear it?

We recommend wear of a DentCare Clear Aligner everyday as per the dental clinician's instructions or as instructed in

the DentCare Clear Aligner schedule. Remove it only when you eat, drink or brush / clean your teeth. When you are not wearing the Aligner, place them in the case provided.

How do you wear them?

- ✦ Soap-wash your hands thoroughly before handling the Aligners.
- ✦ Handle only one Aligner at a time.
- ✦ Never bite the appliance into place. Bites can distort or break your Aligner. Always use fingers to place the Aligners in your mouth.
- ✦ When inserting, gently push the Aligners over your front teeth. Then apply pressure with your fingers, on top of the left and right molars until they

snap into place.

- ✦ Make sure each Aligner is fully seated. There should not be any space between the edge of the tooth and that of the Aligner. If the Aligner is not settled in place, teeth will not move properly and the next Aligner will be even further off. This can waste many weeks of treatment.

How do you remove them?

To remove DentCare Clear Aligners, pull them off simultaneously on both sides of the back teeth first and then gently lift from the front teeth.

How do you clean them?

Clean the Aligners prior to each insertion using the soft brush provided and rinse them with water.



CAD/CAM DENTURE



DentCare, Introduces the Groundbreaking Baltic Denture System from Merz Dental Germany

CAD / CAM Dentures: An Excellent Digital Solution for Dentures

DentCare has come up with a future-oriented mechanism – CAD / CAM technology - for the design and fabrication of complete dentures, which ensures a good accuracy of fit and high patient satisfaction. The most fascinating thing is that it allows patients to experience aesthetics and function of their future dentures in the first appointment itself.

The advantages of this innovative concept include:


- 1) Predictable results
- 2) High-quality materials and reproducibility
- 3) Reduced allergenic potential

Benefits

- ✦ Only 2 dentist appointments
- ✦ Perfect fit and perfect bite
- ✦ Predictable masticatory function
- ✦ Lowest allergy potential
- ✦ Plaque-free surface
- ✦ Dentures of highest quality
- ✦ Made in Germany

Conclusion

DentCare Clear Aligners, a highly biocompatible and transparent solution to align your teeth, are a novel product from your lab partner, accepted by thousands of dental clinicians and patients alike.

CAD/CAM Dentures are dental prostheses of optimum precision and excellent quality, synonymous with best – in-class technology and state of-the-art manufacturing, catering the needs of all classes of customers across the world 

An Egalitarian View



Women will attain equality on the day when all women are treated as equal like their male counterparts, when we do not need women-centric laws and stop celebrating **Women's Day**.

Today, we plan and do many things on **Women's Day** alone because we, as a society, fail to do even the basic things required for women in their everyday life.

Let us look forward to a world when we do not need to celebrate **Women's Day**, but every day is **Women's Day** for celebration.

Ms. T. V. Anupama IAS, District Collector, Alappuzha, Kerala, India

Greetings From Indian Dentist Research And Review (IDRR)!



National Dentist Day is being celebrated to encourage people to show their appreciation to Dentists and bring awareness to dentistry so that people know more about how to care for their teeth. It helps motivate people who may backtrack from going to Dentists for usual dental check-ups.

Observance of the Day will enable people to demonstrate their gratitude and say "Thank You" to Dentists who help maintain their oral health regimen and quit bad oral habits.

I pay tribute to all fellow Dentists and wish them all success in their endeavors.

Dr. Sibi Xavier, Editor in Chief, Indian Dentist Research and Review, Bengaluru, Karnataka, India

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Importance of Time Management



Ms. Sherin Baby M. Paul
Quality Assurance Coordinator
Samaritan Hospital
Pazhanganad, Kerala, India

Work smarter, not harder' is the simplest way for Time Management. **A person who is an expert at managing time is always a step ahead of others in the group. He can work faster and as a result, will get more leisure time.** Effective time management requires proper planning as well as sticking to the same, which requires discipline.

Have you ever wondered why some people seem to have enough time for everything that they want to do, while others are always rushing from one task to another and never seem to finish anything?

Is it just that the former have less to do? No, it is much more likely that they are using their time more effectively by practising good time management skills.

Time management is not very difficult as a concept, but it is surprisingly hard to do in practice. It requires investment of a little time upfront to prioritize and organize yourself. But once done, you may find that with minor tweaks, your day and indeed your week as well as month fall into place in an orderly fashion with time for everything you need to do.

Tips for effective Time Management

1. Set clear goals

You should set your short-term and long-term goals; as this will help you differentiate between what is important and what is not. It is only when you precisely know where you want to go and what you want to achieve, you can figure out exactly what needs to be done and in what order. Once you are clear about your goals, you can plan and prepare a sequence of actions to achieve them.

2. Make a 'to-do' list

A 'to-do' list is your best friend. It will increase your productivity, help clear your mind and save your

energy as well as stress. Start your day by spending five to ten minutes planning your activities for the day or it is better to prepare your list the evening before. Write out your tasks on either a piece of paper or your computer. Break down large or complex ones into smaller ones – chunk them down into doable and manageable units that do not seem too big or daunting and then, focus on one at a time. As you complete your tasks, cross them off, it will be a very satisfying feeling.

3. Prioritize

There is a good chance that you may not get every task on your 'to-do' list done; so, make sure that you get the most important ones done. Hence, you should prioritize the tasks and figure out what are actually most important as well as urgent (not necessarily the same thing).

4. Make a Schedule

After prioritizing the tasks on your 'to-do' list, make a schedule for each day and week, including time for breaks and contingencies. The schedule needs to be realistic with padding for interruptions and unscheduled events. How much contingency time you need to set apart will depend on the nature of your work. Having a schedule means that you need not have to waste time and energy thinking about what you have to do next; just follow the schedule.

5. Put good systems in place

A well-organized and good system for daily activities will help save your valuable time. So, initially spend some time on setting up your system so that you need not have to worry about it anymore.

6. Manage your mobile phone

Mobiles and e-mails are the important factors that stand in the way of effective time management.

Unless you need to be constantly available and accessible, avoid continuous e-mail notifications and go to voice mail, as they may suck-up untold minutes and hours, besides making you repeatedly distracted.

6. Stop procrastinating, just do it!

It is important to look at the cause of procrastination; it may be because you are waiting for the 'right' time / mood, underestimating the time required, difficulty of the task, fear of failure etc. The only way to break a habit is to consistently act in other ways; so stop putting things off and just do it.

8. Keep a time log

It is useful to track your daily activities and also the time spends on each task. This will give you a realistic record of quantity of time spent as well as interruptions if any. Besides, you might be surprised at the enormous amount of time taken for the completion of certain tasks or wasted in ways which you might not have realized.

9. Take regular breaks

Break at regular intervals will help keep your mind fresh and body healthy as well as agile, besides

helping you focus on the task attentively. If you work straight through, you will put in more hours but productivity will be much less. Hence, avail of breaks at fixed intervals.

10. Delegate

You may not have enough time to do every task yourself. Therefore, you may delegate less important ones or those that would be better performed by others.


11. Learn to say No

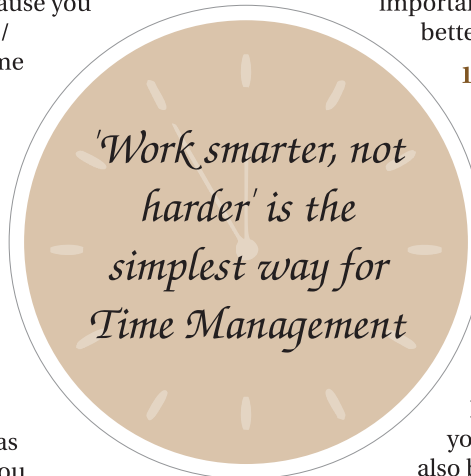
This is extremely important. Your time and resources may be limited; so you cannot say yes to everything and accede to every request. You have to stick to what is important and "know when to say No".

12. Sound sleep

Right amount of sleep will help you make more productive and also better at what you do.

To sum up

With appropriate time management, you can get maximum amount of work done in minimum amount of time. Besides, it will reduce stress, boost confidence and help you get ample time for relaxation, leading to an overall improvement in your lifestyle. 



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Chef Arthi Sampath's foray into the culinary world began with an exploration of flavors found in the diverse kitchens of Mumbai, India and eventually led her to the current position as Chef De Cuisine (Head Chef) at 'Junoon', an iconic Michelin star Indian restaurant in New York City, America.

She is the first Indian woman chef to win the American reality-based Cooking Show "**Chopped**". She also serves as a judge on Cooking Competition Shows like '**Beat Bobby Flay**'.

Chef Sampath's journey outside of India brought her to the United States of America (USA) where she studied at Johnson and Wales University.

She was honored to work with Chef Vikas Khanna on 'The Billionaire's Club Dinner' at 'Waldorf Astoria New York' hosted by Sri. Narendra Modi, Prime Minister of India.

An incessant drive made her become a global translator of Indian roots in kitchen and helped become an **empowered female chef** looking for new challenges.

She once said "**I have faced every kind of bias because I am a woman and brown. But once people know you are talented, you surpass every misrepresentation.**"

Presently, she is working on a food concept showcasing the local ingredients of Seattle, a port city in America with Indian and Asian flavors to provide a healthy dining option.

'The DentCare' wishes her all success in her endeavors ahead of her career.

Arthi Sampath: An Igniter of Global Culinary Dreams




Here's a lip-smacking recipe from Ms. Sampath: Avocado and shaved Veggies Toast

Ingredients and Quantity

Avocado	- 1 piece
Lemon juice	- 1 tablespoon
Sea Salt	- 1/4 tablespoon
Olive oil	- 1 tablespoon
Multigrain bread	- 2 slices
Cherry tomatoes (cut in half)	- a handful
Radish (thinly sliced)	- a few
Fresh mint leaves	- 6 pieces
Red chili (thinly sliced)	- 1 piece
Egg, farm fresh	- 2 (optional)
Red onion / Cucumber(sliced)	- a few

Method

1. Toast bread in a toaster or pan until golden on both sides and crisp.
2. Cut avocado in half, deseed, remove flesh and squish to get different sizes of chunks. Season it with salt, olive oil and lemon juice.
3. Divide avocado mixture into two toasts and cover slices of bread completely.
4. Cover with shaved veggies of your choice, halved cherry tomatoes, sliced red onion and cucumber.
5. Garnish with mint.
6. To make it a breakfast toast, fry an egg, season with salt and pepper and lay on top. 



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