


December 2022

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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 Zero cavity



Merry
Christmas
& A Happy New
Year!

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HIGHLIGHT OF THE MONTH

PAGE 5&6

CHILDREN'S DAY CELEBRATION AT ZERO CAVITY



TEENS AND DENTAL HEALTH

CAUSES OF POOR DENTAL HEALTH

1 Increased hormones

- During puberty, a spike in hormone levels can cause a change in blood flow to the gums. As a result, gums may become sensitive and tender, causing irritation and bleeding during brushing and flossing.



2 Staple teenage diet carbs and sugars

- A diet high in carbohydrates and sugar leads to an increase in cavities.
- Other important diet issues to keep an eye out for are bulimia, anorexia, and binge eating that can lead to teeth erosion, dry mouth, tooth decay, sensitive teeth, and more.



3 Sports participation

- If your teen is involved in sports, keep in mind the risk of dental and facial injuries
- For example, if your teen plays football or another high-contact sport, consider a face or mouth guard.



4 Wisdom teeth

- Wisdom teeth are the last teeth to come in during young adulthood, usually starting around the age of 17
- Sometimes these teeth simply don't have enough room in the mouth and need to be removed to avoid painful crowding, infections, or other dental issues.



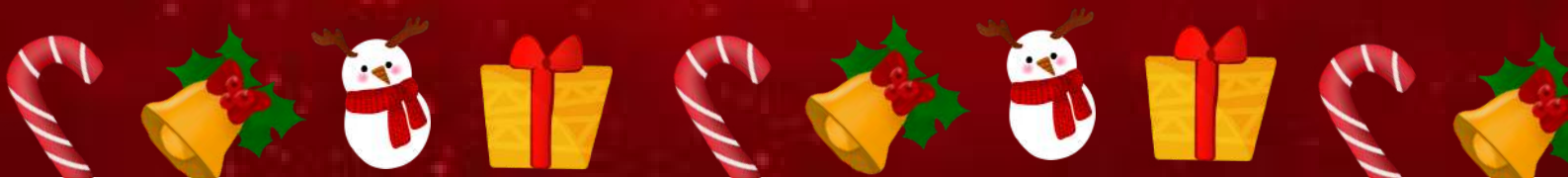
5 Habits and trends

- **Many teenagers are interested in oral jewelry, but don't ever consider the risks**
- **Smoking and Vaping (electronic cigarettes)**

Nearly all tobacco use begins during youth, Smoking cigarettes not only stains teeth and contributes to gum disease, bone loss, and tooth loss



**CHILDREN'S DAY CELEBRATION AT ZERO
CAVITY!!**



SMILES SMILES AND MORE SMILES
ALL DAY.....





They say it, we love it!

"I will take you to the doctor and he will give you an injection"

This is the escape line most of us parents use to warn or scare a child when he / she misbehaves.

Not the case with our daughter, Kaavyaa.

With Dr.Dhruti, Kaavyaa has become so comfortable with all her treatments, that in fact Dr.Dhruti is more than a friend to our 9 year old. Kaavyaa has undergone multiple treatments at Zero Cavity Dental clinic such as tooth extractions, crowns, fillings and even a root canal. But Dr.Dhruti and her team are so efficient that all these treatments were done flawlessly without any pain to Kaavyaa. They have surely won her heart and confidence.

We recommend Dr.Dhruti and her team at Zero Cavity for all dental problems and after care.

Wishing them all the very best in all their future endeavours.

Mr. Maulik Gala