

December 2021

# ZERO CAVITY CLUB

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 Zero cavity



*Christmas bells are ringing and we are entering into the new year!!*

*We at Zero Cavity wish one and all a merry Christmas and a prosperous New Year!!*



# COMMON ONLINE TRENDS AND THEIR EFFECTS ON ORAL HEALTH.

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## Lemon juice



Lemon juice is highly acidic and can cause erosion in tooth enamel over time.

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## Apple cider vinegar



Although good for your gut, this type of vinegar is so acidic that it can cause your enamel to dissolve over time.



## Brushing with activated charcoal



These products tend to be too abrasive for the teeth. This causes the gradual wearing away of the enamel.

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## Flouride free toothpaste



Natural “fluoride-free” products may not strengthen your teeth. A toothpaste that contains fluoride is the only proven way to prevent cavities



Trends that can be taken to another level that can affect oral as well as your general health.

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## E-cigarettes



Effect of e-cigarettes on gums and bone is similar to that of conventional cigarettes.

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## Oral piercings



oral piercings may lead to chipped teeth, gum recession, swallowing of jewelry and other potentially severe infections

# Let's play dentist.

★ We at zero cavity celebrated children's day with a lot of zeal and zest .



Having our little ones dressed up as dentists checking their parents teeth was truly a fulfilling and happy experience for all of us.



*They say it, we love it!*



**I absolutely had a very good experience at Zero Cavity Clinic.**

**I'm visiting Dr.Dhruti from past few weeks for my 5 yr old son's dental treatment. I'm very happy and relaxed during and after the sessions as my kid never complaint about any sort of discomfort. Dr. Dhruti is very patient and handled my son very well during sessions, answering all his queries (trust me he has many everytime). I visited many dentists in past for my kid but nvr gained faith on anyone, except here. I'm very happy I made this decision.**

**Not only this, but also bcz I gained so much confidence with Dr.Dhruti that I agreed for my RCT as well which was pending since last one year.. Again, no regrets for this decision..**

**Thankyou soo much Dr.Dhruti and the entire team at Zero Cavity..**

***- Mrs Seema Taneja***



**zero cavity**

**The complete DENTAL Care Center**