

February 2022

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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zerocavity2010

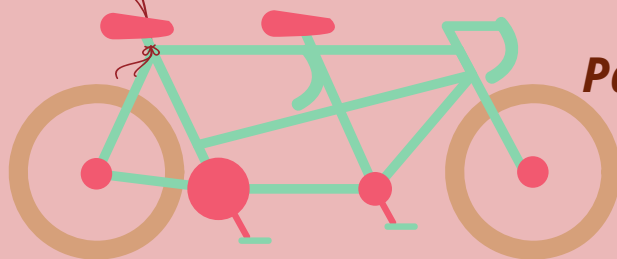


Zero cavity



This month is all about your heart and how to add a little magic to your smile !

**Page2-
Link
between
heart and
gum
disease**



**Page 4-7:
Enhance your smile with these dental
treatments**

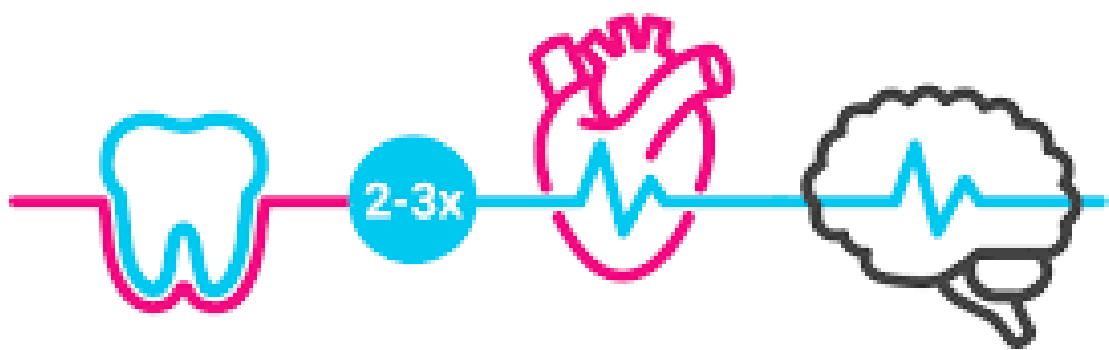
Page 8: case of the month

Page9: They say it we love it

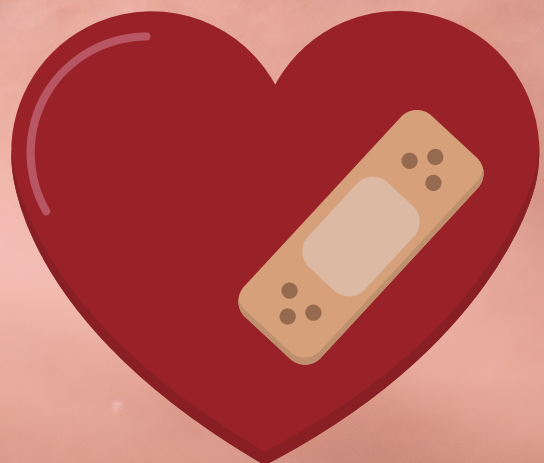
GUM



HEART



Those with gum disease have a 2 -3 times higher risk of having an heart attack or stroke !



Is there a link between Gum disease and Heart disease?

Overall the data indicates that chronic gum disease may contribute to the development of heart disease



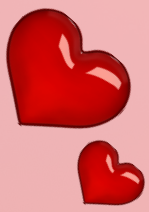
- **Gum disease is a bacterial infection that can affect conditions outside your mouth.**
- **In heart disease, one theory is that gum disease can cause bacteria to enter the bloodstream where they attach to the fatty deposits in the heart blood vessels.**
- **This condition can cause blood clots and may lead to heart attacks.**



**The gap in my teeth left a trail on
my corn!**

***Social distancing is good during
covid but not in your teeth.***





Treatment options

1. Braces and teeth alignment

PROS

- **Accurate and prompt**
- **Requires no tooth reduction**
- **Conservative**

CONS

- **Long process**





2. *Veneers*

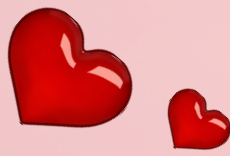
PROS

- Quick
- Possible to change shape and size of tooth

CONS

- Requires reduction of tooth structure
- Diet restrictions





3. Tooth colour fillings for front teeth

PROS

- **Quick**
- **Economic**
- **Single sitting procedure**

CONS

- **Can discolour**
- **Diet restrictions**



your smile can make or break your personality



Patient came to us with broken and spacing in front teeth...



We gave her veneers but most importantly she got herself a picture perfect and confident smile.





They say it, we love it!

I have known Dhruti for a long time, we studied medicine almost together. But I never gathered the courage to take treatment from her, well, you are embarrassed to show your teeth to an acquaintance!!! But I think that was big mistake. I have had issues with my teeth and gums for many many years. While I took a lot of care for my oral hygiene, did regular dental treatments, my problems persisted.

Since I took treatment from Dhruti, over the last 6 months I feel my teeth and gums have transformed. I have never enjoyed such oral health in my life so far!! She and her team have been very patient with me, very professional and thorough. Dhruti was able to diagnose my issues accurately and provide a plan of action. Her clinic is really well made and very hygienic, following strict covid protocols.

Also Dhruti gives a lot of importance on prevention which I have usually seen missing with other dentists and trust me I have been to a lot of them. Highly recommend them!!

Dr. Preety Shah



zero cavity
The complete DENTAL Care Center