

FEBRUARY 2021

# Zero Cavity Club

A NEWSLETTER BY DR. SAILI MASURKAR



6 ways to make your teeth extra  
kissable this Valentine's day





## Cavities can be contagious :

Sharing food can cause bacteria that causes cavities to spread to another person. So get those cavities treated!

## Beware Bad Breath :

Bacteria is a big culprit of bad breath, so good dental hygiene is especially important.



## Share a Life, Not a Toothbrush :

Sharing is caring but not when it comes to sharing germs



## Brighten Your Smile :

A brighter and whiter smile will bring confidence



## Smoking Isn't Attractive :

Give yourself a gift this Valentine's Day and quit today.



## Don't Forget About the Dentist! :

Regular visits to your dentist can help keep your mouth at its best all year long.



# LET US HEAR FROM THEM!



I have been seeing Dr Dhruti for a while now. She and her team are fantastic. From fixing an appointment to following through until the last bit, they are extremely warm, concerned, and very professional. They are very gentle and good with kids' treatments and my children are happy to visit their favorite doctor. I love the learning spirit Dr. Dhruti encourages her team to constantly keep learning too. Dr. Dhruti is constantly updating herself with the latest technology in the field and has good support from professionals in other required areas for dental treatments. I appreciate the service and treatment they provide. - **Mrs. Hetal Dedhia**

# TEETH-FRIENDLY RECIPE FROM A DENTIST'S DIARY!



Food can be the main reason for the cavities but at the same time the right food can be beneficial for the teeth too, sharing one such recipe by patient demand.

The creamiest dip you will everrr have, Hund curd dip !!

## INGREDIENTS:

2 cups curd, 1 tsp garlic paste, 1 tsp pepper, 1 tsp mixed herbs, 1 tsp finely chopped coriander, 1 whole carrot sticks, 1 whole cucumber sticks, salt to taste

## PROCEDURE:

Take a muslin cloth, ad 2 cup curd in it, tie and hand in a cool area for around 2-3 hours.

After that remove the curd in a bowl and except carrot and cucumber, add all the above ingredients to the curd and mix gently with a spoon and have it with veg sticks of your choice! or toasted bread!

It's yummy, healthy and at the same time teeth friendly!!