


January 2022

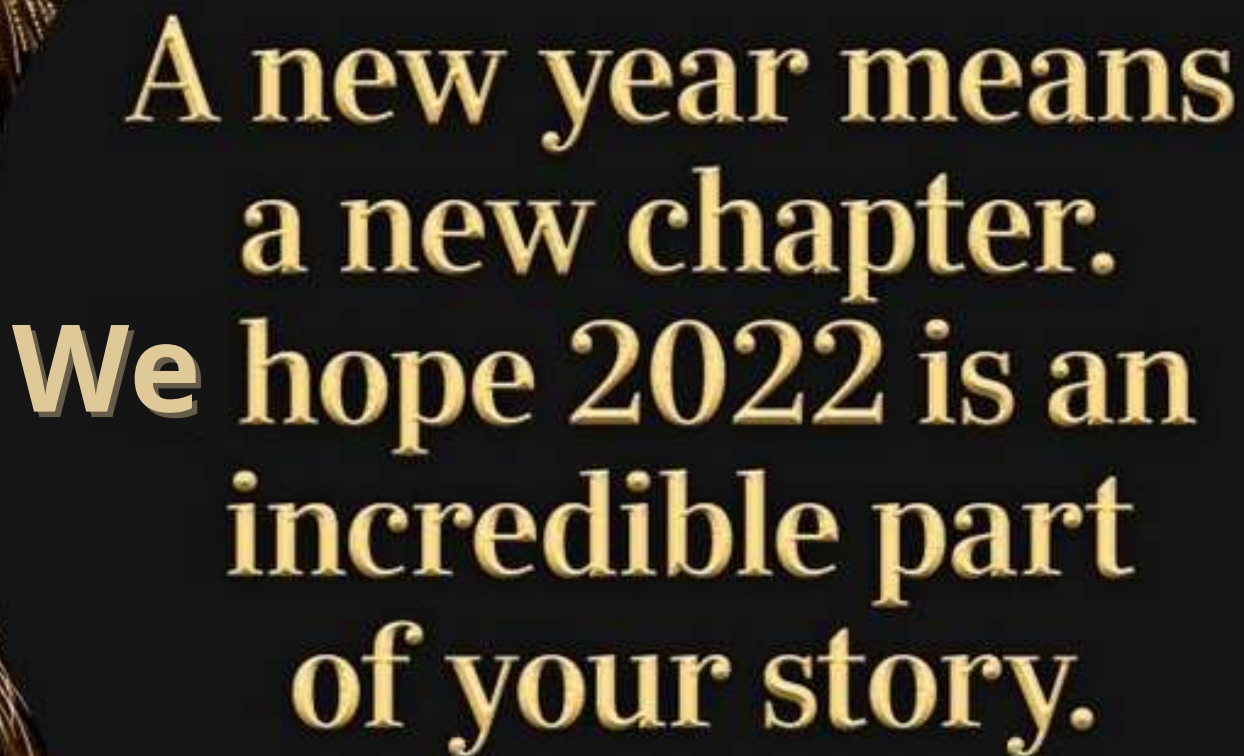
# ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

*follow us!*

 zerocavity2010

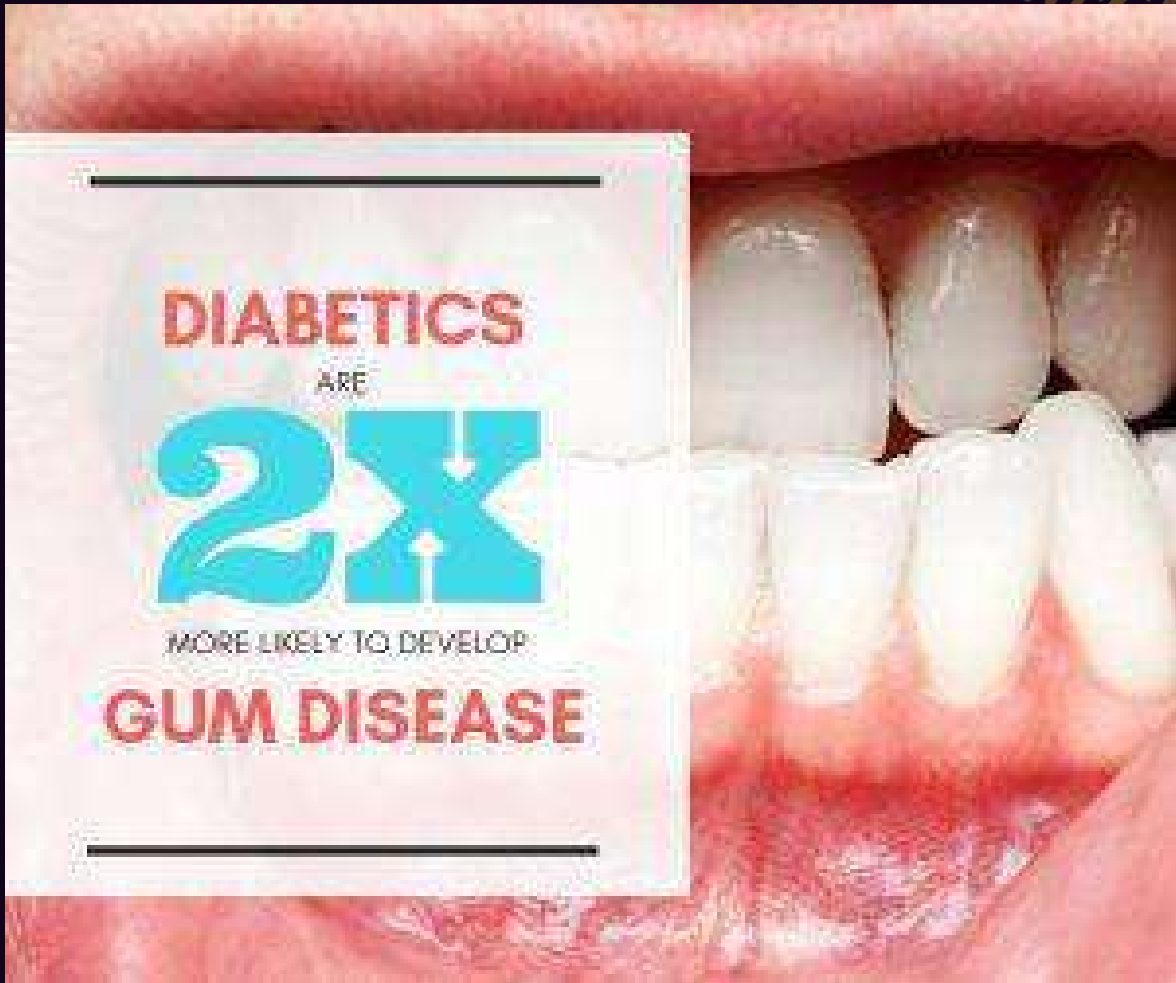
 Zero cavity



A new year means  
a new chapter.  
**We** hope 2022 is an  
incredible part  
of your story.

*zerO cavity wishes you a very happy  
newyear!!*

***Did you know that?***



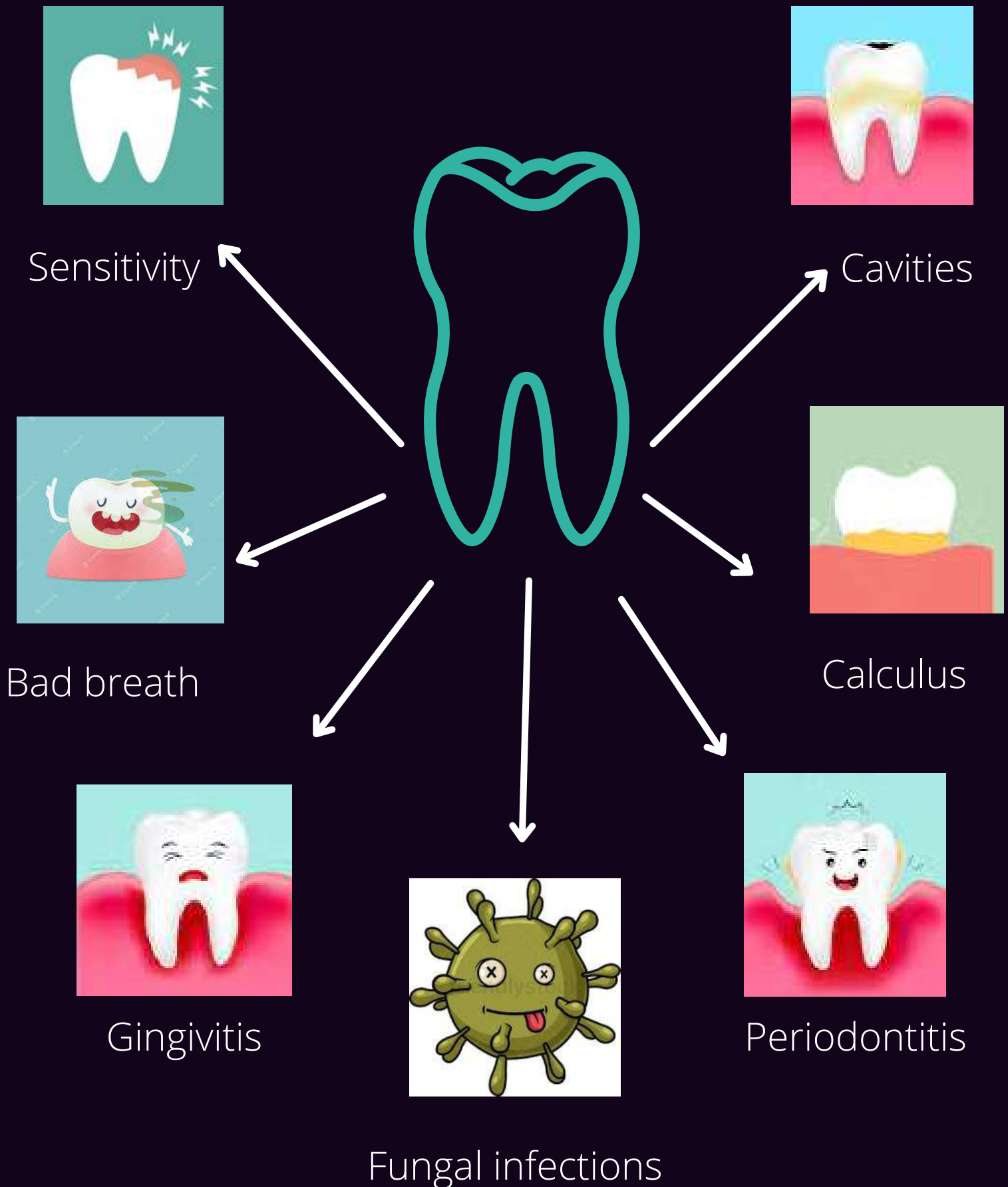
***Diabetes can put you at a 2x higher risk of gum disease.***

# *How is diabetes and oral health connected?*



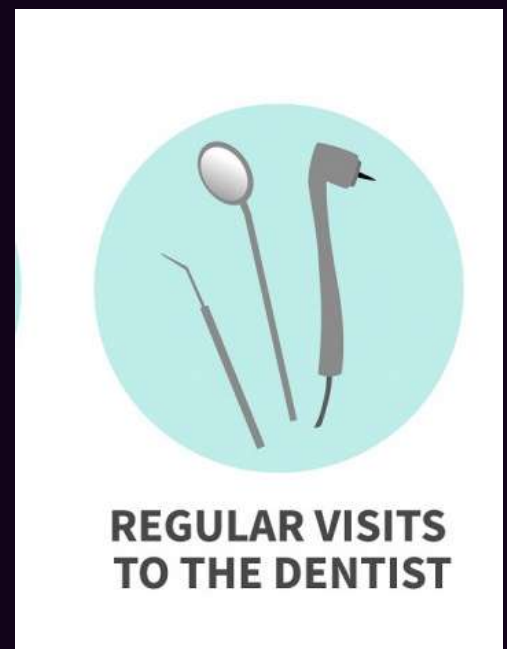
High sugar levels can lead to oral concerns which can complicate diabetes management by putting more stress on the body's ability to heal !

# Effects of Diabetes on oral health



# ***Diabetes and dental care: Guide to a healthy mouth***

- *Make a commitment to manage your diabetes.*
- *Brush and floss your teeth at least twice a day.*
- *Schedule regular dental visits and inform about your diabetes.*
- *Look for early signs of gum disease*
- *Don't smoke.*



# Creating beautiful smiles, one smile at a time !

BEFORE



AFTER



# New Year!! New you!!

## My New Year Dental Resolution

- ✓ Brush for full two minutes..
- ✓ Floss everyday..
- ✓ Quit smoking..
- ✓ Cut down on snacking..
- ✓ Eat and drink healthy..
- ✓ Visit the dentist regularly..
- ✓ Invest in your smile..

*They say it, we love it!*

I have been visiting Zero Cavity since past 3/4 yrs for regular dental check ups and also have undergone 2 dental implants. Just now I had visited the clinic for root canal treatment and the procedure was painless and comfortable. The staff is so polite and very regular in sending reminders for appointments. Also they callback on next day for asking how the patient is feeling... Dr Dhruti and Dr Snehal both are so friendly and always make the patient understand the procedure that how the treatment will be done ...well done guys for my each and every experience at your clinic

**MS NEELAM LIMAYE**



**zero cavity**  
DENTAL