

MARCH 2021

Zero Cavity Club

A NEWSLETTER BY DR. SAILI MASURKAR

HELLO 



Page 2 & 3
Overcome your
dental fear



Page 4
Happy Patients

HAVE NO FEAR, SOLUTIONS ARE HERE!

Given the importance of oral care to your overall health, a fear of the dentist shouldn't hold you back from regular checkups or treatments. Still, it's not easy for everyone to just simply go to the dentist. Here are some coping mechanisms to help you deal with the fear..

Use headphones and videos for distraction



Talk with the dentist and understand about the treatment in detail

Never underestimate the power of just inhaling and exhaling



You may take anxiety-relieving medicine after consulting a doctor

Start with small treatments like cleaning



Bring your near and dear ones along with you

THANK YOU FOR YOUR ONLINE REVIEWS!

The doctors are very nice.. very
co-operative n sweet.. must say - very
hygienic also.. kids too feel very
comfortable n like to visit her happily
without any fear..

- Mrs. Dhwani Shah

**YOUR ONLINE REVIEWS
TELL PROSPECTIVE
PATIENTS ABOUT OUR
PRACTICE BETTER THAN
WE CAN!**