

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques



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Behind every smile are the
GUMS that are cared for..

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The complete DENTAL Care Center

1

Bad Breath :Could Your Gums Be the Cause?



- *Persistent bad breath isn't always about food or poor brushing.*
- *Gum disease allows bacteria to build up below the gumline, releasing unpleasant odors.*
- *If bad breath doesn't go away after brushing and mouthwash, your gums may be asking for attention.*

Tip: Regular dental checkups and professional cleanings help remove odor-causing bacteria from hard-to-reach areas

Bleeding Gums Are Not “Normal”

2



- *If your gums bleed while brushing or flossing, it's often an early sign of gingivitis, the first stage of gum disease.*
- *Healthy gums should not bleed*

Good news: Gingivitis is reversible with proper oral hygiene and professional care—early action makes all the difference.

3

Professional teeth cleaning does not loosen your teeth



- **Professional cleanings do not loosen teeth.**

The instruments are designed to safely remove plaque and tartar—not move teeth.

- **Tartar can act like “glue.”**

When heavy tartar builds up, it can fill spaces between the tooth and gum. Once it’s removed, the tooth may feel looser

- **Gum inflammation hides the real problem.**

Swollen gums can make teeth feel tight. As gums heal after cleaning, normal spaces may return.

- **Any real looseness comes from gum disease, not the cleaning.**

Periodontal disease damages the bone and support around teeth over time

Cleaning helps teeth become more stable, not less.

By removing infection and bacteria, cleanings protect the bone and gums that hold teeth in place.



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Smoking and Tobacco Affect Gum Health

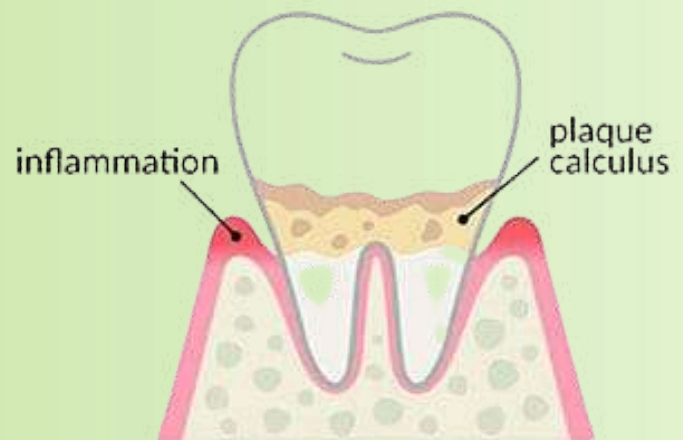


- Smoking *reduces blood flow to the gums*, masking early signs of gum disease while making infections harder to heal.
- Tobacco users are at a much higher risk for severe gum disease and tooth loss

Quitting smoking is one of the best things you can do for your gums—and your overall health.

5

Stages of gum disease..



Early

Early Stage: Gingivitis

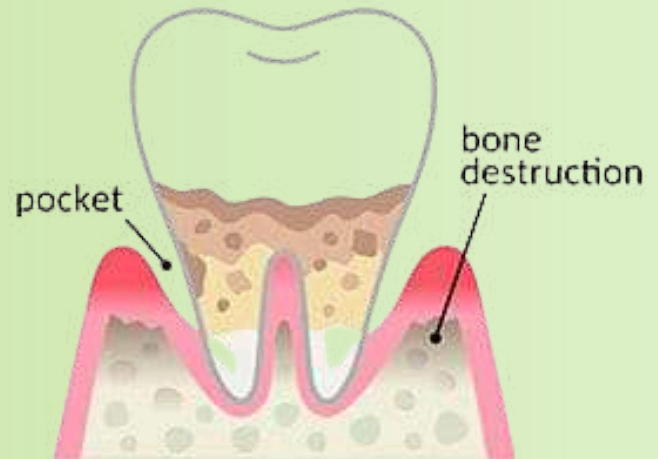
✓ Reversible with treatment

Signs:

- Red or swollen gums
- Bleeding when brushing or flossing
- Bad breath

Treatment Options

- Professional dental cleaning
- Improved brushing and flossing
- Antiseptic mouthwash (short-term)



Moderate

Moderate Stage: Periodontitis

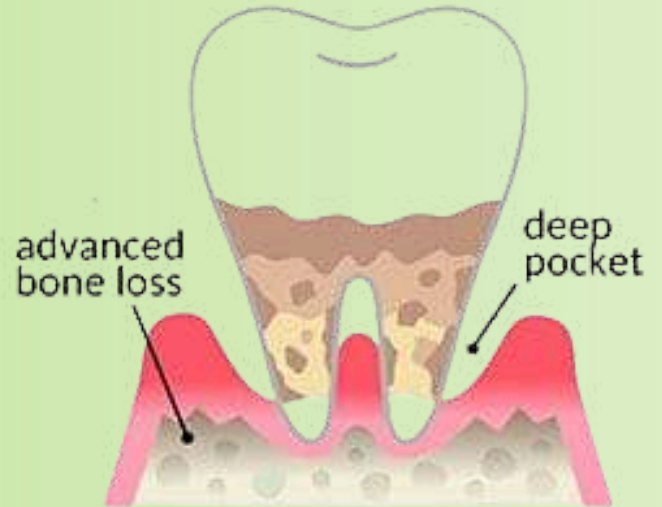
⚠ *Damage begins*

Signs:

- *Gums pulling away from teeth*
- *Persistent bad breath*
- *Tooth sensitivity*
- *Pus between gums and teeth*

Treatment options:

- *Deep cleaning (scaling & root planing)*
- *Antibiotics (if required)*
- *More frequent dental visits*



Advanced

Advanced Stage: Severe Periodontitis

🚨 *Serious condition*

Signs:

- *Loose or shifting teeth*
- *Pain while chewing*
- *Receding gums (teeth look longer)*
- *Tooth loss*

Treatment Options

- *Gum surgery*
- *Bone or tissue grafts*
- *Ongoing periodontal maintenance*

- Dental cleaning was performed to remove accumulated calculus and tartar deposits from the tooth surfaces and along the gumline.
- Using ultrasonic scaling instruments, hardened buildup was carefully eliminated from both supragingival and subgingival areas.
- This thorough debridement exposed clean, healthy enamel and allowed the natural contours of the gums to become visible



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The complete DENTAL Care Center





*They say it..
We love it..*

I had visited Zero Cavity Dental Clinic three years ago. Was very glad with the warm approach towards me. I am senior citizen with heart problems. I was made very comfortable there. The problem was solved in no time.

Now I am visiting them since October. One molar was filled very meticulously. Later denture given for the other side . Everything explained to me in advance and all my queries answered too.

Thanks a million to both the Drs and the whole staff where we can always see their smiling faces. A very good trusted clinic for seniors too.

Ms. Supriya Hattiangadi



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