

October 2020

# Zero Cavity Club

A NEWSLETTER BY DR. SAILI MASURKAR



We are proud to present and congratulate our  
CERTIFIED *dental assistants*,  
Miss Aisha Kadam and  
Mrs. Akshara Ghubade

# TOOTHPASTE

Which tooth paste should you use?



## How to select the right toothpaste

Article by Dr. Dhruvi Mehta

I often come across this question. Which is the right tooth paste? Which one will protect my teeth? Which one should I use for my sensitive teeth? Which one for my kids?

We are in so much make believe commercial world that we fall prey to them! My only try is to solve people's confusion with this blog.

Tooth paste has been around 5000 B.C. (thank the Egyptians!) and its effectiveness has existed in almost every civilization since then.

Generally speaking, most tooth pastes are made up of similar types of basic ingredients. The key ones are fluoride and abrasive ingredients. Other additives may include sweeteners, flavours, stabilizers and thickeners.

Read along to know what you need to see for in a toothpaste....

# Decide what type you require

## **THE SEAL OF APPROVAL :**

The American dental association (ADA) or The Indian dental association (IDA) approves tooth pastes based on a strict set of rules. Always look at get the ADA or IDA seal of approval on your tooth paste.

## **FLOURIDE :**

Flouride helps to strenthen the enamel on your teeth which helps protect teeth against decay.

## **WHITENING TOOTHPASTES:**

These help polish your teeth and remove stubborn particles of food. The amount you will find in a tooth paste is generally enough to remove pieces of food without eroding your teeth. But beware, some tooth pastes may contain hard abrasives which might cause enamel wearing.

## **FLAVOURED TOOTHPASTE:**

We all need a little bit of flavour in our lfe. More or less all tooth pastes contain artificial flavouring agents, so grab your favourite.

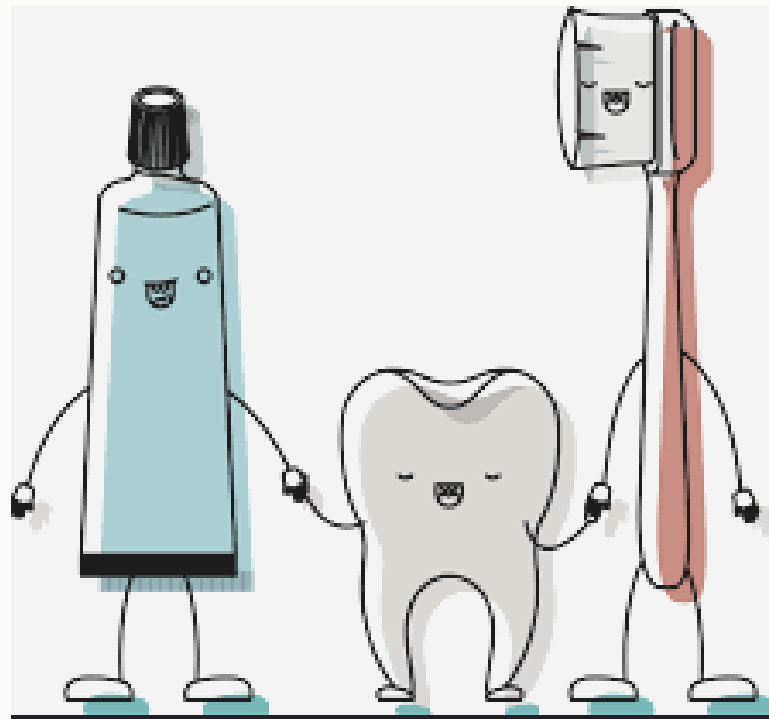
## **DE-SENSITIZING TOOTHPASTE:**

If you are experiencing regular tooth pain or sensitivity, be sure to consult with your denist first. Tooth paste is no replacement for a trained professional giving you the inside scoop on what's going on in your mouth. You may just need to alter your brushing technique or there may a deeper issue. The only way you will know is by getting in there and asking!

So hope this clears out all confusion but remember any good toothpaste or toothbrush is of no use if there is incorrect brushing technique! So get your brushing technique checked by your dentist ASAP!

Look out for more of our blogs! Till then stay tuned...

Happy Brushing





CUE THE  
*confetti!*

## OUR PATIENT OF THE MONTH



*My experience on undergoing dental treatment at Zero Cavity clinic was very nice. Dr. Dhruti Mehta and the assisting doctor were very courteous and helpful. Further they did an excellent and professional job in treating my condition. I am thankful to the them.*

*- Mr. Subramanian*