

TDMC TIMES

38/39 Maker Arcade, GD Somani Marg, Cuffe Parade 400005.
Call us: 22165910/11/12



**DID YOU KNOW??
YOUR MOUTH
PROVIDES A
HUMBLE ABODE TO
OVER 300 KINDS OF
BACTERIA.**

TIPS FROM THERAPEUO DENTAL

DENTAL RESOLUTIONS FOR THE NEW YEAR

HABITS TO START

- ▶ **Visit your dentist atleast twice this year for a dental check up.**
- ▶ Brush twice daily ensuring that night time brushing is never forgotten.
- ▶ Start flossing. Initially if you find it hard try doing it at least twice a week and move up to doing it everyday.
- ▶ Have more tooth friendly foods like fibrous veggies.
- ▶ Switch to dark chocolate instead of overtly sweet milk chocolate
- ▶ Chew xylitol containing gum to reduce the acidity in your mouth

HABITS TO STOP

- ▶ Stop having sugar laden and starchy foods that stick to your teeth easily
- ▶ Stop chewing on ice.
- ▶ Stop having aerated beverages especially the sugary kinds
- ▶ Stop smoking and switch to nicotine supplements instead
- ▶ Stop having extremely acidic foods like lemons, cider vinegar etc. If you must have these avoid swishing them in your mouth and make sure you rinse thoroughly with water after.



For a lot more cool information on all your dental needs Follow us:



@therapeuodental



THERAPEUO Transformation of the month

Introducing one of our most cherished patients Mrs. Aruna Mirchandani.

She has been with us since 2017 with just a simple upper and lower removable denture.

However in 2019 she decided to take the leap and went to get fully fixed teeth in her lower jaw and she has never looked back.



We're also proud to be treating three generations of the Mirchandani family over the years. Thank you so much for having faith and trust in us.

QUESTIONS PLEASE!

If i already have a filling is it possible to get a cavity on the same tooth again ? - *Karishma Chauhan*

Yes this is possible and occurs due to multiple factors such as poor filling, improper oral hygiene, inadequate flossing. However, early detection allows us the chance to repeat the filling preventing further damage to the tooth.



Looking for dental answers? Message us your queries:

 @therapeuodental or  9833142225 and we're gonna reply for sure

THERAPEUO TRIVIA

Which sensation does dental anaesthesia get rid of first?

- a) Pressure b) Pain c) Temperatue

Send us your answers on any of the modes of communication mentioned and get an amazing gift from us.

Last issues answer!!

Which molar is known as the wisdom tooth?

- a) First b) Second c) Third

Answer: Third



Send us you feedback, thoughts, opinions heck just say hello to us and we'd respond right away!!

Call us :[22165910/11/12](tel:221659101112) Whatsapp: [9833142225](tel:9833142225)

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