

# TDMC TIMES

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



**DID YOU KNOW??**  
**Children have only 20**  
**teeth while adults**  
**have 32**

## TIPS FROM THERAPEUO DENTAL

### **FOODS THAT ARE** **ACTUALLY BAD FOR YOUR** **CHILD'S TEETH**

- ▶ Parents are always wondering whether what their child is eating is actually good for their health.
- ▶ Sure soft drinks, colas, sweets, sticky candy are the usual culprits for damaging teeth.
- ▶ However, there are certain foods that even though are considered healthy are not necessarily good for your child's teeth.
- ▶ Foods like BREAD, CHIPS, PASTA, CHIKKI aren't the best choices for teeth healthy foods.
- ▶ These foods tend to stick to the teeth very easily and breakdown into simple sugars leading to tooth decay.

- ▶ SO THE QUESTION BEING WHAT SHOULD YOU DO WHEN YOUR CHILD DOES EAT THESE FOODS?
- ▶ Ensure that they rinse their mouths thoroughly post meals.
- ▶ They should brush twice daily and please do get them into the habit of flossing to ensure good oral health
- ▶ Bi-annual fluoride varnish application is also extremely beneficial in protecting your child's teeth from cavities.



- ▶ Please do check out our instagram page for more Do's and Dont's for your child's oral health.
- Follow us:  [@therapeuodental](https://www.instagram.com/therapeuodental) for information on all your dental needs

## THERAPEUO Transformation of the month



We know its an amazing start to the weekend when we manage to convert petrified younglings into willing and calm patients.

Nahuel is 4 years old and this is his first visit to the dentist and were so glad we were his choice.

A quick check up and a lot of playful laughter he walks away with some goodies and a huge smile on his face.



His elder sister Ananya aged 10, also needed a quick check as she “desired” to have braces. However, she still need a few more teeth to erupt and hence we will wait for nature to take its course and then get back to her. A clean up ( scaling) was all she needed to maintain her already excellent hygiene practice. Both of them passed the examination with flying colours and we congratulate them on having ZERO cavities!! Well done guys.

A big thank you to Nahuel and Ananya for dropping by and to their concerned parents for ensuring their overall health is maintained.

## QUESTIONS PLEASE!

Is scaling and teeth whitening the same?

**Scaling** is a process of removing dental stains and tartar and improves your overall oral health.

**Teeth Whitening** is the process by which the colour of your teeth is improved and gives you an amazing smile to flaunt



Send us your queries on  @therapeuodental or  9833142225 and we're gonna reply for sure

## THERAPEUO TRIVIA

What is the best age for children to get braces

a) 6-10 yrs b) 10-14 yrs c) 14 -18 yrs

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

## Last issues answer!!

What is a teeth cleaning procedure called?

a) Polishing b) Scaling c) Whitening

Answer: b) Scaling



Send us your 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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