

ORAL HYGIENE - Dr. Delphine Victoria

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Most of us think that as we get older, we naturally lose our teeth but it is not true. A few steps will help keep teeth & gums healthy. A visit to dentist once in six months helps have the “confident smile”.

Tooth decay is a very common disorder. It usually occurs in children & young adults but can affect any person & is a common cause of tooth loss in young people.

Bacteria are normally found in our mouth. These bacteria change foods especially sugar and starch into acids. Bacteria, acid, food pieces, and saliva combine in the mouth to form a substance called plaque which sticks to teeth. It is most common on back molars & at edges of fillings.

Plaque that is not removed from the teeth turns into a substance called tartar which irritate gums, resulting in gingivitis & periodontitis. Plaque begins to build up on teeth within 20 minutes after eating & if is not removed, tooth decay will begin.

Acids in plaque damage enamel covering teeth & create holes in tooth (cavities). Cavities usually do not hurt, unless they grow very large & affect nerves or cause a tooth fracture. An untreated cavity can lead to a tooth abscess &/or destruction of inside of tooth (pulp), which leads to tooth loss.

Sugars & starches increase risk of tooth decay. Sticky foods are more harmful than non-sticky foods because they remain on the teeth. Frequent eating increases time that acids are in contact with tooth.

Some types of plaque cause tooth decay while other types of plaque cause gum disease.

Red, puffy or bleeding gums can be the first signs of gum disease. If gum disease is not treated, the teeth are eventually lost.

Dental plaque is difficult to see unless it's stained.

FLOSS

Use floss to remove food particles between teeth. Rinse & ease floss into place gently.

BRUSH

Use any tooth brushing method that is comfortable, but do not scrub hard back and forth. Small circular motions and short back and forth motions work well. Rinse. To prevent decay, it's what's on the toothbrush that counts. Use fluoride toothpaste. Brush the tongue for a fresh feeling!

Remember: Food residues, especially sweets, provide nutrients for germs that cause tooth decay, as well as those that cause gum disease. That's why it is important to remove all food residues, as well as plaque, from teeth. Remove plaque at least once a day—twice a day is better. If you brush and floss once daily, do it before going to bed.

Another way of removing plaque between teeth is to use a dental pick—a thin plastic or wooden stick. These picks can be purchased at drug stores and grocery stores.

Keep dentures, retainers and other appliances clean. This includes regular brushing and may include soaking them in a cleansing solution.

Regular scaling helps remove the tough plaques. Treatment can help prevent tooth damage from leading to cavities.

Treatment may involve:

- Fillings
- Crowns
- Root canals

Dentists fill teeth by removing the decayed tooth material with a drill and replacing it with a material such as silver alloy, gold, porcelain, or composite resin. Porcelain and composite resin more closely match the natural tooth appearance, and may be preferred for front teeth. Many dentists consider silver amalgam (alloy) and gold to be stronger, and these materials are often used on back teeth. There is a trend to use high strength composite resin in the back teeth as well.

Crowns or "caps" are used if tooth decay is extensive and there is limited tooth structure, which may cause weakened teeth. Large fillings and weak teeth increase the risk of the tooth breaking. The decayed or weakened area is removed and repaired. A crown is fitted over the remainder of the tooth. Crowns are often made of gold, porcelain, or porcelain attached to metal.

A root canal is recommended if the nerve in a tooth dies from decay or injury. The center of the tooth, including the nerve and blood vessel tissue (pulp), is removed along with decayed portions of the tooth. The roots are filled with a sealing material. The tooth is filled, and a crown is usually needed.



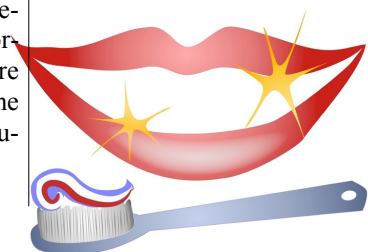
Every patient carries her or his own doctor inside.

~ Albert Schweitzer

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THYROID : SYMPTOMS AND DIAGNOSIS

Does fatigue drag you down day after day? Do you have brain fog, weight gain, chills, or hair loss? Or is the opposite true for you: Are you often revved up, sweaty, or anxious? Your thyroid gland could be to blame. This great regulator of body and mind sometimes goes haywire, particularly in women. Getting the right treatment is critical to feel your best and avoid serious health problems.

The thyroid is a butterfly-shaped gland in the front of the neck. It produces hormones that control the speed of your metabolism -- the system that helps the body use energy.

SYMPTOMS

An unexplained change in weight is one of the most common signs of a thyroid disorder. Weight gain may signal low levels of thyroid hormones, a condition called hypothyroidism. In contrast, if the thyroid produces more hormones than the body needs, you may lose weight unexpectedly. This is known as hyperthyroidism.

A swelling or enlargement in the neck is a visible clue that something may be wrong with the thyroid. Thyroid disorders can have a noticeable impact on your energy level and mood. Hypothyroidism tends to make people feel tired, sluggish, and depressed. Hyperthyroidism can cause anxiety, problems sleeping, restlessness, and irritability.

Hair loss is another sign that your thyroid hormones may be out of balance. Both hypothyroidism and hyperthyroidism can cause hair to fall out. In most cases, the hair grow back once disorder is treated.

Thyroid disorders can disrupt the ability to regulate body temperature. People with hypothyroidism may feel cold more often than usual. Hyperthyroidism tends to have the opposite effect, causing excessive sweating and an aversion to heat.

Hypothyroidism can cause many other symptoms, including:

- Dry skin and brittle nails
- Numbness or tingling in the hands
- Constipation
- Abnormal menstrual periods

Hyperthyroidism can also cause additional symptoms, such as:

- Muscle weakness or trembling hands
- Vision problems
- Diarrhea
- Irregular menstrual periods

DIAGNOSIS

Everyone should be screened for thyroid dysfunction every five years, beginning at age 35. People with symptoms or risk factors may need tests more often. Hypothyroidism more frequently affects women over age 60. Hyperthyroidism is also more common in women and in people over 60. A family history raises your risk of either disorder.

If your doctor suspects a thyroid disorder, a blood test can help provide an answer. This test measures the level of thyroid stimulating hormone (TSH), a kind of master hormone that regulates the work of the thyroid gland. If TSH is high, it typically means that your thyroid function is too low (hypothyroid). If TSH is low, then it generally means thyroid is overactive (hyperthyroid).

COMPLICATIONS

When left untreated, hypothyroidism can raise your cholesterol levels and make you more likely to have a stroke or heart attack. In severe cases, very low levels of thyroid hormones can trigger a loss of consciousness and life-threatening drop in body temperature. Untreated hyperthyroidism can cause serious heart problems and brittle bones.

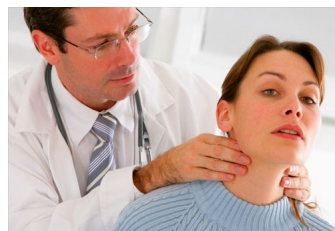
If you are diagnosed with hypothyroidism, your doctor will most likely prescribe thyroid hormones in the form of a pill. This usually leads to noticeable improvements within a couple of weeks. Long-term treatment can result in more energy, lower cholesterol levels, and gradual weight loss. Most people with hypothyroidism will need to take thyroid hormones for the rest of their lives.

GREEN TEA : 6 BENEFITS

- **Weight Loss.** Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories.
- **Heart Disease.** Scientists think, green tea works on the lining of blood vessels, helping keep them stay relaxed and better able to withstand changes in blood pressure. It may also protect against the formation of clots, which are the primary cause of heart attacks.
- **Esophageal Cancer.** It can reduce the risk of esophageal cancer, but it is also widely thought to kill cancer cells in general without damaging the healthy tissue around them.
- **Cholesterol.** Green tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.
- **Tooth Decay.** Studies suggests that the chemical antioxidant "catechin" in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions
- **Blood Pressure.** Regular consumption of green tea is thought to reduce the risk of high blood pressure.



“An unexplained change in weight is one of the most common signs of a thyroid disorder.”



OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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**Do write to us with
feedback, queries,
articles on health be
it humor or
educative & we will
make sure they
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CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed & satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East & South East Asia to be a truly global organization in this industry.

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