

**Saraswati Dental College, Faizabad Road, Lucknow**

**Science Update Notice Board**

**October 2015**

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<http://www.rediff.com/getahead/report/specials-10-english-mistakes-indians-make/20150910.htm>

## **10 English mistakes Indians make**

Last updated on: September 10, 2015 18:37 IST

Even the best of learners struggle with basic sentence construction. Saurabh Chopra tells us how to correct them.

Learning English is simple - not easy - only if one makes a decision to be a lifelong learner. Even the best learners tend to stumble upon grammatical errors and make basic mistakes, when it comes to constructing a sentence correctly. So how can one incrementally improve one's English language skill and avoid rudimentary mistakes while learning the language? Presenting a list of common mistakes most English learners make; fixing these would go a long way in helping an individual master the minutiae of learning the English language.

### **Mistake 1: Introductions**

'Myself Amit. I belong to Delhi' or similar introductory sentences are often used and the mistakes are repetitive. Both these sentences are incorrect.

A better way of introducing oneself is to simply say

'I am Amit. I am from Delhi.' Or

'My name is Amit. I live in Delhi.'

### **Mistake 2: Forming plurals**

'I have two childrens.' 'I need some informations about the course.' English learners often make mistakes in forming plurals.

'Children' is the correct plural form of the noun 'child'. 'Information' is an uncountable noun and hence, doesn't have a plural form.

### **Mistake 3. Similar sounding words**

'Be careful. You will loose your phone.' Words like 'Lose' and 'Loose' are often used interchangeably.

'Loose' should generally be used as an adjective, the opposite of 'tight' or 'contained'

For example: This pair of jeans is loose around my waist.

'Lose' is a verb that means 'to suffer the loss of'.

Another example: Don't lose the car keys.

### **Mistake 4. Talking about past events**

'Did you met him yesterday?' 'We didn't went to Mumbai last month.'

While using the past tense, especially in negative and interrogative sentences, many learners use the incorrect verb form.

It is important to remember to use the base form of the verb while making negative and interrogative sentence in the past tense.

The correct sentences are:

'Did you meet him yesterday?' 'We didn't go to Mumbai last month.'

**Mistake 5. Making comparisons**

'He is the most tallest boy in the class.'

'This house is more big than our house.'

Both the sentences above are incorrect.

In the first sentence, we do not need the word 'most' before the superlative adjective 'tallest'. In the second one, the word 'bigger' needs to be used instead of 'more big'.

**Mistake 6. Usage of articles**

Most Indian languages do not have the concept of articles.

That is the reason many learners either do not use articles at all or use articles where they are not required. Consider the following incorrect sentences:

'I am going to the Mumbai next month.'

'Can I borrow pen?'

In the first sentence, we have used the article 'the' which is incorrect. We do not use articles before the names of cities.

In the second one, the indefinite article 'a' is required before the noun 'pen'.

**Mistake 7. Usage of 'much' and 'many'**

Another common mistake is the interchangeable use of quantifiers. Consider the following incorrect sentences -

'How many time will it take?'

'How much people are there in the room?'

The rule is that we use the quantifier 'much' with uncountable nouns like 'time' and the quantifier 'many' with countable nouns like 'people'.

**Mistake 8. Telling the time**

'It is 3 pm in the afternoon.'

'It is 6 pm and 30 minutes.'

The sentences above convey the meaning but the language used is incorrect. The correct sentences are-

'It is 3 pm'

'It is 6:30 pm' / 'It is half past six'

Note that we do not use 'in the morning / afternoon/evening' when we use 'am' or 'pm'

**Mistake 9. Subject verb agreement**

'He live in Kanpur.'

'We lives Kanpur.'

Such mistakes are the most commonly made mistakes by beginners.

It is important to use the singular verb with the singular subject and plural verb with plural subjects.

The correct sentences are:

'He lives in Kanpur.'

'We live in Kanpur.'

### **Mistake 10. Usage of prepositions**

Most English learners get confused about the correct usage of prepositions. Both the sentences below are incorrect:

'My birthday is in April 4th.'

'I will visit China on March.'

We use the prepositions 'on' with days / dates and the preposition 'in' for months / years.

Hence, the correct sentences are:

'My birthday is on April 4th'

'I will visit China in March.'

By mastering the basics, one can learn this language with fun and ease.

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### **Comments**

*Padmanabhan Ramasubramanian on Sep 13, 2015 09:29 AM*

Excellent informed the very common mistakes most of the people commit in day to day life. P.R.Padmanabhan

*Why? by Tom Dick on Sep 11, 2015 07:34 PM*

I guess, we think in our mother tongue and then try to translate it to a foreign language. To master a foreign language, one should be able to think in that language. By reading English news papers or listening to radio broadcast one can easily master English language.

*English by Parameswaran K on Sep 11, 2015 11:41 AM*

Cousin brother / cousin sister. Most commonly made mistakes. It should be only cousin. There is nothing like cousin brother/sister. It is a wrong usage by even the most English educated persons.

*English by Parameswaran K on Sep 11, 2015 11:38 AM*

A most common mistake everyone does is to start a sentence with "due to". This is absolutely incorrect and it should be "owing to". No sentence can start with "Due to".

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### **QUOTE OF THE DAY**

*The only person you should try to be better than  
is the person you were yesterday.*

10/8/2015 Jackfruit milk to offer dental filling  
file:///C:/Documents%20and%20Settings/Dr%20MM%20Singh/Desktop/Jackfruit%20milk%20to%20offer%20dental%20filling.html 1/2  
Oct 07 2015 : The Times of India (Lucknow)

## **Jackfruit milk to offer dental filling**

Shailvee Sharda  
*Lucknow:*

Those suffering from tooth decay tooth will soon have a natural option to get their cavity filled. A team comprising faculty at prosthodontics department of King George's Medical University and National Botanical Research Institute has developed a resin from jackfruit milk. Resin is a primary material used to manufacture tooth-colored composite dental fillings.

“The technique is about converting the extracted milk first into latex and then into resin,” said Dr Jitendra Rao, who leads the project which has been funded by the Council of Science and Technology , UP government.

The team has applied for a patent which has achieved first round of clearance. “We are working on artificial teeth at the moment and are exploring possible side effects. So far, no side effects have been identified,” said Dr Rao, adding, “the filling would then be compared with available options.” At present, material like gold, porcelain and silver amalgam (a mix of mercury with silver, tin, zinc, and copper) is used for the filling. The jackfruit-based resin would be several times cheaper than the available options.

Getting a dental cavity filled is the most common problem for which people head to a dentist. As per estimates from the Indian Dental Association, every third person needs a filling. “Cavities are the hollow left behind after tooth decay which happens because of Read the article and share your views on

<http://www.medicalnewstoday.com/articles/293727.php>

## Soda and fruit juice are 'biggest culprits in dental erosion'

Published: Monday 11 May 2015 at 7am PST

Soft drinks are the most significant factor in severity of dental erosion, according to a new study published in the *Journal of Public Health Dentistry*. The most severe cases of dental erosion in the study were among people who regularly drank sugary soft drinks and fruit juices. Many sodas and fruit juices contain at least six teaspoons of sugar, and as they often come in portions that are larger than recommended, they can lead to tooth decay as well as dental erosion.

Dental erosion is when enamel - the hard, protective coating of the tooth - is worn away by exposure to acid. The erosion of the enamel can result in pain - particularly when consuming hot or cold food - as it leaves the sensitive dentine area of the tooth exposed. The enamel on the tooth becomes softer and loses mineral content when we eat or drink anything acidic. However, this acidity is cancelled out by saliva, which slowly restores the natural balance within the mouth. But if the mouth is not given enough time to repair itself - because these acid attacks are happening too often - the surface of the teeth is worn away. **Anything with a pH value (the measure of acidity) lower than 5.5 can damage the teeth.** Diet and regular sodas, carbonated drinks, flavored fizzy waters, sports drinks, fruit and fruit juices are all known to be harmful to teeth if they are consumed too often. The study finds that a substantial proportion of adults show some evidence of dental erosion, with the most severe cases being among people who drink sugary soft drinks and fruit juices.

Examining 3,773 participants, the researchers found 79% had evidence of dental erosion, 64% had mild tooth wear, 10% had moderate tooth wear and 5% displayed signs of severe tooth wear. The participants in the study with moderate and severe tooth wear consumed more soft drinks and fruit juices each day than the other groups. Among participants with lower levels of tooth wear, the researchers found that milk was a more popular drink than soda or fruit juice. **Men were also found to be at twice the risk for dental erosion as women, and tooth wear became more severe with age among the participants.**

Commenting on the study, Dr. Nigel Carter OBE, Chief Executive of the British Dental Health Foundation, says that while fruit juice may be a nutritious drink, the high concentrations of sugar and acid can lead to severe dental damage if these drinks are consumed often each day. **"Water and milk are the best choices by far, not only for the good of our oral health but our overall health too,"** says Dr. Carter. "Remember, it is how often we have sugary foods and drinks that cause the problem so it is important that we try and reduce the frequency of consumption."

"Dental erosion does not always need to be treated. With regular check-ups and advice your dental team can prevent the problem getting any worse and the erosion going any further. The more severe cases of tooth wear can often result in invasive

and costly treatment so it is important that we keep to a good oral hygiene routine to make sure these future problems do not arise."

### **Sports & Energy Drinks too Damage Teeth**

Sports drinks hit the wire today with a red light that their level of acidity is increasingly responsible for irreversible damage to teeth, especially amongst adolescents and younger adults, their predominant target market. **Young adults consume these drinks assuming that they will improve their sports performance and energy levels and that they are 'better' for them than soda.** Most of these patients are shocked to learn that these drinks are essentially bathing their teeth with acid. The acidity levels are responsible for eroding tooth enamel, the hard, shiny, white outer surface of the teeth. Once this is compromised, the inner softer dentine can start to decay quite easily, with the tooth cavity making a perfect breeding ground for bacteria.

Researchers looked at acidity levels in 13 different sports drinks and found levels varied greatly between both brands and different flavors of the same brand. Scientists immersed samples of tooth enamel in each beverage for 15 minutes and then replaced them in artificial saliva for two hours. The cycle was repeated four times per day for five days to mimic the equivalent of drinking four smart drinks per day. At all other times, the teeth were stored in the artificial saliva. **After just five days, the damage was already evident, with energy drinks causing double the damage of more balanced sports drinks.** Some fifty percent of US teenagers are reported to consume energy drinks and as many as sixty two percent consume at least one sports drink per day. Parents and young adults should be made aware of the downside to the heavily marketed products, says the report.

AGD spokesperson Jennifer Bone, DDS, MAGD advises her patients to minimize their intake of sports and energy drinks and also consider chewing sugar free gum to promote saliva production, as well as washing the mouth with water, to assist the body in returning the mouth to its natural pH a little quicker. Another good point she makes is to wait at least an hour before brushing teeth to avoid rubbing the acids directly onto the tooth surface. Although marketers might not want to admit it, **natural fruit juices and especially coconut water which has excellent re-hydrating properties,** might make a better alternative to smart drinks, which are often loaded with sugar, caffeine and artificial ingredients, and can be costly, not only in purchase price, but also in dentistry bills.

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### **QUOTE OF THE DAY**

*Don't educate your children to be rich.  
Educate them to be Happy.  
So when they grow up, they will know  
the value of things, not their price.*

<http://www.rediff.com/getahead/report/health-dengue-myths-and-facts/20151023.htm>

## Dengue: Myths and facts

October 23, 2015 15:31 IST

'Hospitals are full and ICUs are packed; the two hospitals I work for have 50 patients each suffering from malaria and dengue. Television broadcasts are non-stop, and people have begun to panic. It is shameful that a mosquito-borne infection like dengue is nowhere near control.' Dr P Jagannath, Chairman, Department of Surgical Oncology, Lilavati Hospital and Research Centre, and Professor of Gastrointestinal Oncology, Asian Institute of Oncology, S.L. Raheja Hospital, shares some interesting facts about dengue, debunks popular myths, and throws light on necessary steps to take in case someone contracts the dreaded disease.

### Facts about dengue

1. Dengue is spread by Aedes mosquitoes. It is the female mosquito that bites, as it needs blood to lay eggs. The peak biting happens at dawn and dusk. The mosquito becomes infectious approximately seven days after it has bitten a person having the virus. It lays eggs and dies in two weeks.
2. Construction sites with stagnant pools of water are 'literal piles of ammunition'. These stagnant pools of water are never sprayed. Almost all the workers working there are partially suffering from either dengue or malaria, and are a fertile source of the virus or malarial parasite.
3. In case of confirmed dengue, for seven days you have to ensure that mosquitoes all around are completely eradicated. Yes, it can be eradicated.

### Debunking popular myths

#### **Myth 1: We are affluent and will not be affected by dengue and malaria.**

There is absolutely no way that your posh apartment can really protect you. In every home, you will find plants, flowerpots, toilet bowls and cisterns, ornamental containers, etc. Also all homes have curtains, which are very often drawn to keep pollution at bay. Look closer and you will discover that lurking behind these curtains are the safe havens of mosquitoes.

#### **Myth 2: Spraying by municipality staff controls mosquitoes, and so it is their responsibility.**

Not true. Mosquitoes are in your home, not outside. They hide behind curtains, under sinks, in the pots and everywhere else. During public (mosquito control) spraying, these mosquitoes comfortably migrate to your home. Every time I sit in my car, there are a couple of mosquitoes accompanying me on my trip. So there is no escape from mosquitoes.

#### **Myth 3: We use mosquito repellent vaporizers, so we are safe.**

A closer look at the composition of these repellents - and in fact after testing them too - I discovered that most of them contain allethrin or pyrethrin (analogue). I can



actually spot mosquitoes merrily going around despite the use of these vaporizers, because their concentration is not adequate to repel mosquitoes. Despite having vapourisers placed 24/7 in every single room in my house, I still had plenty of mosquitoes at home.

**Myth 4: There are plenty of effective herbal mosquito repellents in the market.**

When I wanted to purchase a mosquito repellent, I checked online on Amazon and Flipkart. There were plenty of herbal mosquito repellents. However, I cannot vouch for their effectiveness, as I have not seen any tests for them. I then looked up at the recommendations of the Centre for Disease Control (CDC) for best mosquito repellents and discovered that CDC recommends DEET N, N-Diethyl-metoluamide. I was surprised that in India we do not have DEET-based mosquito repellents. I really cannot say why DEET, an effective agent used in 10-20 per cent concentration, which is recommended by CDC, is not available in India.

## **Things you must know**

### **Mosquito nets**

Mosquito nets are of very little use. That is because you normally use these nets at night, while Aedes mosquitoes bite at dawn or dusk. So while they have little utility, these nets do not ensure complete protection against dengue.

### **Protection from mosquito bites**

1. The best option is to apply mosquito repellent on the exposed parts of your body. As we don't have DEET-based repellents in India, the next best option seems to be Odomos or similar products. Remember to apply it every evening, and not at night.
2. However, the most effective step would be to spray in potential breeding areas like behind curtains, under sinks, in cisterns, in potted plants, empty pots, etc. In the absence of DEET, allethrin-based mosquito repellents like Hit mosquito spray can be used.
3. It is time to get rid of unwanted potted plants, pots, empty vases, etc.
4. Kitchens, unfortunately, are the biggest culprits. Be ruthless in ensuring that there is effective garbage disposal and spray under the sink, cupboards and storage areas.
5. Dispose off junk now!

## **What if a family member or friend is diagnosed with dengue?**

If there is suspicion, contact your doctor immediately. Dengue is like any other viral fever. The confirmatory test is NS1 Test. Not all fever is dengue fever. We are fortunate that nearly 95 per cent of dengue infections have a self-limiting course.

**However, the real problem is the blood counts, particularly platelet counts that start falling.**

**Platelets are those blood cells which are responsible for blood clotting. The real risk of dengue fever is that there can be bleeding if the platelet count drops substantially.**

By 'substantially' I mean that the **normal platelet counts are around 2-3 lakh, and these can come down to even less than a lakh. Bleeding can occur after it drops to 20, 000 or below.** This is unpredictable. It does not happen in every case, but that's a cause for worry and the patient will need to be admitted in a hospital. So that every day the blood count needs to be tested to ensure that the platelet and white cell count is monitored.

### **Treatment for dengue**

1. Plenty of intake of oral fluids (2-3 litres a day) is important. A bland diet is important to maintain good nutrition and oral intake.
2. The only drug to be given is Paracetamol 650 mg, 3-4 times a day, and not more than that. You can sponge to reduce fever, if it is more than 101-102 degrees.
3. The fever is likely to remain for at least six days unrelentingly.
4. **Do not give Brufen or Aspirin like Combiflam or Dispirin for fever.**
5. Antibiotics have no role till the White Blood Cells (WBC) show a fall below 2000.

### **What to do when the platelet counts starts falling?**

This is a very difficult question to answer. There are no drugs available to increase platelets in dengue, as it is due to destruction of platelets by cytokines. The production is normal. I researched, and found many anecdotes and articles on the use of papaya leaf extract. I wanted to look into the scientific information available. As allopathy does not offer any solution for platelets, people have panicked and started planting papayas in their backyard. Papaya leaf extract in the form of pills, which are exorbitantly priced, have disappeared from the market. At this point, I can only say that as a doctor, I cannot recommend papaya leaves, but in desperation if someone wishes to use it, go ahead!

\*Disclaimer: The opinion expressed here are personal and not that of any hospital.

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### **QUOTE OF THE DAY**

*Happiness is not something readymade.*

*It comes from your own actions.*

**Dalai Lama**