

Saraswati Dental College, Faizabad Road, Lucknow
Science Update Notice Board

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Brushing more than twice a day can damage your teeth

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"The most common myth I have seen is the clients coming in and saying that they brush four times a day. "Your oral hygiene does not depend on the number of times you brush. "It's the reverse; if you brush more than twice a day you might actually end up damaging the teeth." Dental cosmetologist Dr Rajesh Shetty talks about some of the common mistakes people make that eventually damages their teeth and gums. In the following interview, Dr Rajesh Shetty, Dental Cosmetologist at Dazzle Dental Clinic, Mumbai offers insights into dental trends amongst the youth and suggests the right way to care for your teeth.

How can youngsters best take care of their dental health?

From what I understand about the youth and their requirements, primarily they are always facing a shortage of time. The general trend right now is that all we do as far as dental health is concerned, is that we brush our teeth daily, and then we'll only attend to things when they really start bothering us. So, that's an area where we want to change the youth's perception and want them to realize that dental issues are not something which you damage control or fix when you have pain; you attend to it in preventive and proactive basis. Every person should make it mandatory to visit a dental clinic once every six months whether or not there is any pain.

What kind of food should one have and not have to keep up dental health?

To keep our mouth clean, a lot of fibrous food like carrots or salad adds on to the cleaning effect in the mouth due to the intense chewing action. Besides this, we all have a social urge to have alcoholic beverages and colas and sugary food stuff. What matters is the amount of time that you let it to remain in the oral cavity after consuming it. If you immediately rinse it out, then it is okay, but if that sugary food is allowed to be in the mouth for a long time that's when the damage starts. So, I wouldn't put restrictions to anything, since one cannot change their lifestyle around their teeth, but one should know what to do and how to combat negative effects of the food stuff.

What does a routine checkup entail?

The protocol varies from clinic to clinic, but first there would be a detailed check-up of the patient's entire oral cavity and then every six months if the need arises we would recommend a professional clean up. The larger part of our guidance or counseling is that we try and gauge as to where they are going wrong in maintenance and try to modify them by home maintenance techniques, whether it is brushing, the brushing technique, the frequency of brushing, or the use of add-ons.

Are there any myths that you'd like to clear out?

So the most common myth I have seen is the clients coming in and saying that they brush four times a day. I would like to highlight that it's not directly proportional; your **oral hygiene does not depend on the number of times you brush.** It's the reverse; if you brush more than twice a day you might actually end up damaging the

teeth. If you put a lot of pressure and use incorrect techniques, you could be accelerating tooth wear and lot of people are not aware of that. Also, when you consume orange juice or citric juices as part of your diet, you shouldn't brush your teeth right after it. It's not very commonly known that any type of **citric juices lead to softening of teeth's external structure.** So to **brush immediately after having orange juice or lime juice, you wear down the outer layer.**

What dental procedures do you recommend (or don't recommend) for youngsters?

We have a large proportion of youngsters, who mostly come for midrange cosmetology treatment. Youngsters or young corporate executives are very clear about what they want, they've done the research. Today, with the evolution of cosmetology in every field, smile designing or smile makeover is a large part of it. It ranges from a simple clean up to a smile makeover to teeth whitening. One needs to understand that **anything done in dentistry has a shelf life.** That's where approaching the right professionals is very important in the beginning, who are not hard selling procedures, but also make you aware of what could happen 10 years later or how much of maintenance you would need or often you need to get the work done.

How do you motivate youngsters to go for dental checkups?

We have this really barbaric idea about what dental treatment is like. Every patient has a fear or paranoia about going to dentist. But using the right equipments and right expertise, almost all the treatment can be done in a relatively zero pain environment where most of the cosmetic procedures we talk about like smile makeover can be accomplished in a single sitting. Be it for health needs or cosmetic needs, now it's all very smooth. The whole process of getting the analysis and actually undergoing the treatment can happen in only two sittings. So we have lot of clients who do online consultation and set a date for treatment and fly back the same night.

The wackiest responses you received from men for their dental beauty...

The Gold Diggers: Some of them want gold crown covering on their front tooth.

Fake Braces: Teens and kids, even though they don't need braces, would come to us as they consider braces to be a fashion trend.

The Perfectionist: Men love to look perfect for their wedding too, and can be as demanding as bridezillas, from wanting to straighten their teeth overnight to the whitest brightest smiles.

The Twilight Fan: Fangs for real that will surely impress the vampire obsessed girls.

The Selfie King: They don't want yellow teeth ruining their selfies, and ask for better smiles to get better pictures.

Thought of the week

We do not remember days, we remember moments.

Cesare Pavese

ClinicalTrials.gov

What Is a Clinical Study?

A clinical study involves research using human volunteers (also called participants) that is intended to add to medical knowledge. There are two main types of clinical studies:

Clinical Trials (also called interventional studies) and observational studies. ClinicalTrials.gov includes both interventional and observational studies.

Clinical Trials

In a clinical trial, participants receive specific interventions according to the research plan or protocol created by the investigators. These interventions may be medical products, such as drugs or devices; procedures; or changes to participants' behavior, such as diet. Clinical trials may compare a new medical approach to a standard one that is already available, to a placebo that contains no active ingredients, or to no intervention. Some clinical trials compare interventions that are already available to each other. When a new product or approach is being studied, it is not usually known whether it will be helpful, harmful, or no different than available alternatives (including no intervention). The investigators try to determine the safety and efficacy of the intervention by measuring certain outcomes in the participants. For example, investigators may give a drug or treatment to participants who have high blood pressure to see whether their blood pressure decreases.

Clinical trials used in drug development are sometimes described by phase. These phases are defined by the Food and Drug Administration (FDA). Some people who are not eligible to participate in a clinical trial may be able to get experimental drugs or devices outside of a clinical trial through an Expanded Access Program.

Observational Studies

In an observational study, investigators assess health outcomes in groups of participants according to a research plan or protocol. Participants may receive interventions (which can include medical products such as drugs or devices) or procedures as part of their routine medical care, but participants are not assigned to specific interventions by the investigator (as in a clinical trial). For example, investigators may observe a group of older adults to learn more about the effects of different lifestyles on cardiac health.

Consent for clinical testing now to be on camera

TIMES NEWS NETWORK

Lucknow: Conducting clinical testing and research on patient participants at SGPGI and other medical research institutes will not be an easy task for doctors anymore. The institute, following Supreme Court orders and Indian Council for Medical Research (ICMR) research ethics guidelines, will have to take on-camera informed consent of volunteering patients.

GUIDELINES ON BIO ETHICS

This and more such facts about bio ethics and new guidelines laid down were revealed at the 3rd National Conference of Forum of Ethics Review Committees in India (FERCI) at Sanjay Gandhi Post Graduate Institute of Medical Sciences on Friday.

Dr Roli Mathur, scientist with ICMR, said that the body was set to bring in a revised set of bio ethics guidelines by early next year with addition of chapters and elaboration on issues according to new laws. According to the new orders, unlike taking only signatures of the participants, doctors will now have to record the consent on camera in the audio visual format. Doctors are also not allowed to conduct more than three clinical testings (for a new drug) in a year.

"Those found guilty will be charged under the Drug & Cosmetic Act, 1940," said Dr Subhash Yadav, in charge of the bioethics cell at SGPGI.

Under the new guidelines, the drug controller of the government of India is eligible to carry out surprise checks.

British Dental Health Foundation

16 Dec 2015 12:00

The new President of the British Dental Health Foundation aims to address the issue of public accessibility to quality dental information during her presidency

Janet Goodwin made the pledge as she took up her position as President of the leading UK oral health charity. Ms Goodwin replaces outgoing President Dr Tony Newton having been a trustee of the charity for four years and has contributed immeasurably to its success through, amongst other things, her support of their two major campaigns - **National Smile Month and Mouth Cancer Action Month**.

Having worked in dentistry for more than 40 years, Janet brings a wealth of experience to the position of President which will be invaluable as they continue to try and improve the nation's oral health.

Speaking at her inauguration Ms Goodwin said: "Firstly, I'd like to acknowledge the work done by Tony Newton in leading the board over the last two years. **Three in ten adults suffer from tooth decay in the UK** and although oral health has improved recently that is still far too many. A lot of this can be put down to a perceived lack of accessible information around oral health which leads to misconceptions about what people can expect from their dentist. "By improving accessibility to quality oral health information we hope to alter this; making visiting the dentist something people don't worry about and feel safe and comfortable doing by increasing their own knowledge.

"The British Dental Health Foundation is highly regarded as one of the leading voices on oral health in the UK and during my presidency I hope to build upon this and use our position to help influence how the public view their oral health. "We are facing some major issues in the UK, such as a shortage of NHS dentistry in certain areas of the country and the **devastating effect that sugar is having on the public's teeth**. In my new role I hope to draw attention to these areas so that we can make a real difference. "I am extremely honoured to be elected president of the foundation and confident that in during my tenure we will continue to enhance the public's experience, information and knowledge of important dental issues. Outgoing President Dr Tony Newton said: "I have really enjoyed my tenure as President and Board Chair of the British Dental Health Foundation, in what has been an incredibly busy period. "One of the key goals during my presidency has been achieved through the translation of our website into nine additional languages. This has helped to harness the ubiquity of the dental health message in a multi-cultural, global society to help influence oral health globally. "I will continue to support the charity to my fullest in my continuing work as a trustee. "I am handing over the Presidency to the capable hands of Janet who will oversee an exciting era in which the foundation looks to review and increase their global identity."

What is your 'New Year's Resolution'?

https://en.wikipedia.org/wiki/New_Year%27s_resolution

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day. Some examples include resolutions to donate to the poor more often, to become more assertive, or to become more environmentally responsible.

Popular goals include resolutions to:

- **Improve physical well-being:** Eat healthy food, lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails, get rid of old bad habits.
- **Improve mental well-being:** Think positive, laugh more often, enjoy life.
- **Improve finances:** Get out of debt, save money, make small investments.
- **Improve career:** Perform better at current job, get a better job, establish own business.
- **Improve education:** Improve grades, get a better education, learn something new (such as a foreign language or music), study often, read more books, improve talents.
- **Improve self:** Become more organized, reduce stress, be less grumpy, manage time, be more independent, perhaps watch less television, play fewer sitting-down video games.
- **Take a trip.**
- **Volunteer to help others,** practice life skills, use civic virtue, give to charity, volunteer to work part-time in a charity organization.
- **Get along better with people,** improve social skills, enhance social intelligence.
- **Make new friends.**
- **Spend quality time** with family members.
- **Settle down,** get engaged/get married, have kids.
- **Pray more,** be closer to God, be more spiritual.
- **Be more involved** in sports or different activities.

Success Rate

New Year's resolutions are a bit like babies: They're fun to make but extremely difficult to maintain. A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail despite the fact that 52% of the study's participants were confident of success at the beginning. Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set; such as, losing a pound a week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends. A much smaller percentage of people actually make good on those resolutions. A 2002 study found that while about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later. The most common reason for participants failing their New Years' Resolutions was setting themselves unrealistic

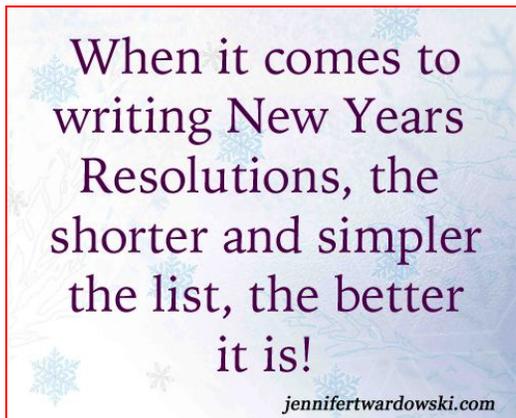
goals (35%), while 33% didn't keep track of their progress and a further 23% forgot about it. About one in 10 respondents claimed they made too many resolutions.

Regardless of what your resolutions are, follow these steps to increase your chances of realizing them in 2016:

1. **Get specific:** Getting as concrete as possible will help you stay focused and motivate you more than vague promises. Once you've got a specific goal, take some time to visualize yourself achieving it. The act of visualization has also been shown to help goal-setters meet their objectives.
2. **Start small:** Break down that concrete, year-long goal into smaller, actionable steps. You'll have an easier time meeting the smaller goals, and each one you hit will be a small win that you can celebrate on your way to the big pay off. Plus, if you miss once, you'll give yourself the opportunity to get back on the horse the following month.
3. **Tell a friend:** Confiding in a buddy about your goals will also serve to motivate you and keep you on track to meet them. More than 70% of people who told a friend about their goals and sent them weekly updates were successful in goal achievement, compared to about 35% of those who kept their goals to themselves.
4. **Use technology:** There are great tech tools that can make it easier to nail all of the top three personal goals. Online tools can make it a lot easier to track and see whether you're meeting your goals.

It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one worthy resolution and stick with it.

Thought of the Week



*Wishing you a very happy, prosperous,
productive and peaceful new year 2016.*