

5 May, 2015

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To: All Members of MCCI Ladies Forum

All Members

Dear All,

Re: Brief Proceedings of the MCCI Ladies Forum Session with Dr Rajesh Venkatesh, on 'Love your Teeth – you only have one set' held on Monday, May 4, 2015 at MCCI Conference Hall

Please find attached the Brief Proceedings of the MCCI Ladies Forum Session with Dr Rajesh Venkatesh, Dental Surgeon, The Gentle Dental Care, on 'Love your Teeth – you only have one set' held on Monday, May 4, 2015 at MCCI Conference Hall.

Thanking you,

Encl: Attached below

Yours faithfully,

Muroti Chatterjee
(Assistant Director General)

Brief Proceedings of the MCCI Ladies Forum Session with Dr Rajesh Venkatesh, Dental Surgeon, The Gentle Dental Care, on 'Love your Teeth - you only have one set' held on Monday, May 4, 2015 at MCCI Conference Hall

MCCI Ladies Forum organized a Session with Dr Rajesh Venkatesh, Dental Surgeon, The Gentle Dental Care, on 'Love your Teeth - you only have one set' held on Monday, May 4, 2015 at MCCI Conference Hall.

Ms Saroj Saraf, Chairperson, MCCI Ladies Forum, at her welcome address highlighted - 'Endocarditis', 'Cardiovascular Disease', 'Pregnancy and Birth', 'Diabetes', 'Osteoporosis' are few of the diseased conditions which may be affected by or which may affect our oral health. She shared few tips to ensure gorgeous and happy and healthy gums which include

- **'Going on a White Teeth diet'** - by brushing the teeth regularly, using good bleaching agent and brushing subsequent to the consumption of tooth-staining foods and drinks'.
- **'Humming while brushing the teeth'**- to ensure two minutes are spent on brushing the teeth
- **'Drinking a Cup of Tea Everyday'** which will enable flavonoids and other ingredients in tea to prevent harmful bacteria from sticking to teeth and block production of a type of sugar that contributes to cavities.
- **'Eating tooth-cleaning foods'** like Apples, raw carrots, celery and (unsweetened) popcorn.
- **'Hydrating'** by consuming plenty of water and fluids which whitens the teeth
- **'Checking the freshness of Breath'** as smell in the breath is a precursor to teeth infection.

Dr Rajesh Venkatesh enlightened the audience by :

- **explaining** the preference of *Tooth Implants which last for 25 years over Bridges which last for 7-15 years* and also detailed 98% efficacy of dentures as perfect replacement of natural teeth
- **recommending** *usage of Fluoride - based toothpastes for kids till 8 years of age*

- **suggesting** *Brushing of teeth for 2 minutes and twice a day and using Power Tooth Brush which cleans 60% better than its manual counterpart since unclean teeth may lead to gum diseases with pus production as there is a link between gum disease and cardiac risk*
- **listing the dos and don'ts of tooth whitening** which according to him is a cosmetic process lasting for 9-15 months mandating restricted diet with no intake of 'dark chocolates', 'red wine', 'coffee', 'green tea'.

Muroti Chatterjee