



# Health & Fitness



pg 16-17 If you're prone to allergies, read how you can keep your home free of allergens

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pg 19 Find out more about speech impairments and dealing with them

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## SAY CHEESE

Brushing in a vertical motion instead of horizontal ensures proper cleaning of your teeth so that you can have a smile you are proud of



Keeping that million dollar smile intact is not an easy task and more often than not, most of us take our dental regime very lightly. **Henna Achhpal** finds out all that you need to know about taking care of your pearly whites so that they stay that way...



### AGE DOES MATTER

Most people assume that our teeth become an issue only when we reach old age. Dr. Mukul Dabholkar, Senior Cosmetic Dentist at International Centre for Dental Care, throws light on some of the common dental problems that people face at various stages in their life.

#### WARNING SIGNS

"Some warning signs to watch out for include sensitivity or pain when eating cold or hot food, food getting stuck in between teeth, darkening of tooth margins or whole teeth, bleeding on brushing and of course pain of any magnitude and type."

— Dr. Darshan Parulkar

**Between 2 to 4 years:** For a child between the ages of 2 to 4 years, the most common problems are rampant caries (decay) which is caused by ignorance of the parents who might feed the child using milk bottles, resulting in generalised decay also known as 'Nursing Bottle Caries' or 'Milk Bottle Syndrome'. This can be prevented by avoiding feeding at night or after the child has finished drinking, the milk bottle should be replaced with a bottle of water. The baby should take a few sips as the water helps wash their teeth and milky residue. Additionally, child's teeth can be wiped with wet cotton after drinking milk during the day.

**Between 4 to 12 years:** At this stage, dental problems are limited to decay which is generally caused due to negligence by children to brush teeth after their meals and eating sweet and sticky food between meals. This can be prevented by rinsing after every meal and brushing teeth after having sticky food using fluoridated toothpaste. Brushing of teeth can be encouraged by keeping the mirror at eye level for your child and also by using an electric toothbrush telling your child that it is like a game.

Other common problems in this age group include crooked or broken teeth caused by accidental injury to children. This can be corrected by braces in case of crooked teeth and restoring the broken teeth with a tooth coloured material followed by a cap if required when the child is much older. It's advisable to get braces between the ages of 8 to 14 using the preventive interceptive orthodontics

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