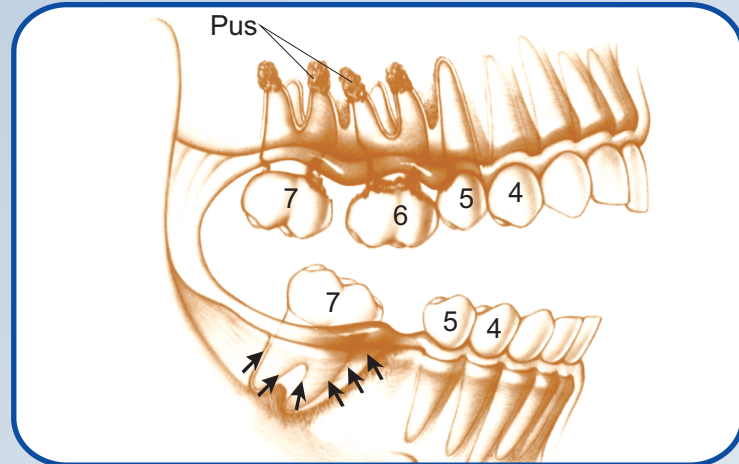
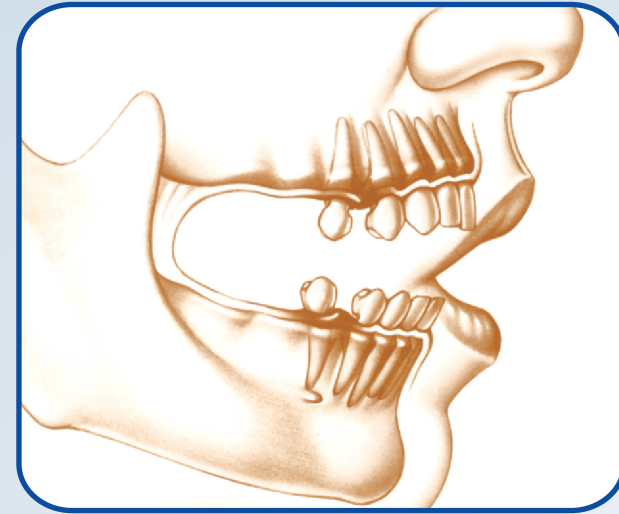


DESTRUCTION CONTINUES: Gum disease, gum inflammation & loss of bone continue to worsen. The upper 6 & 7 teeth have decayed & are so badly damaged that they will have to be extracted. Because of inflammation from the gum pocket of lower 7, bone loss (outlined by arrows) has spread around the front root of this tooth & extends to part of the back root too. This tooth has lost so much bone support that it is now loose & must be extracted.



EXTRACTION OF ONE TOOTH CAUSES SLOW DESTRUCTION OF ALL TEETH: Because all molars of the mouth have been removed, the destructive process moves forward. **The front teeth will start to spread apart,** gum pockets will form & decay begins. Now you may lose your front teeth too.



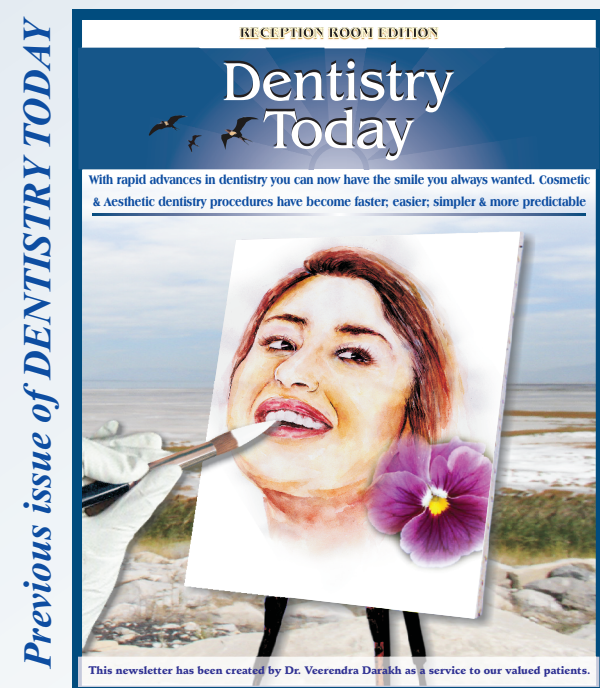
CONCLUSION : Failure to replace a single tooth starts a chain of events; **Overeruption, tilt, drift, gum pockets, decay, bone loss.** Over the years this can lead to the loss of all of your teeth. Inserting an artificial tooth today will avoid grief & much greater expense tomorrow.



Think it over!!!
A toothless person is
Dentally Retarded !!!

Did you enjoy this newsletter. If yes, please let us know. Also let us know what we can do better

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For more information on tooth whitening kindly contact the editorial office

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RECEPTION ROOM EDITION

Dentistry Today

Good Health is one of the most precious gift
one can give to himself.

To be in good health you need a
good set of teeth.

Just as a necklace would look unsightly even
with the loss of one of it's pearls,
the loss of even one tooth can cause a series
of problems affecting the entire jaws and face.



Why Replace a Missing Back Tooth?

If you fail to replace an extracted
tooth with a artificial tooth, you could lose all
of your teeth.
This booklet explains how.

This newsletter has been created by Dr. Veerendra Darakh as a service to our valued patients.

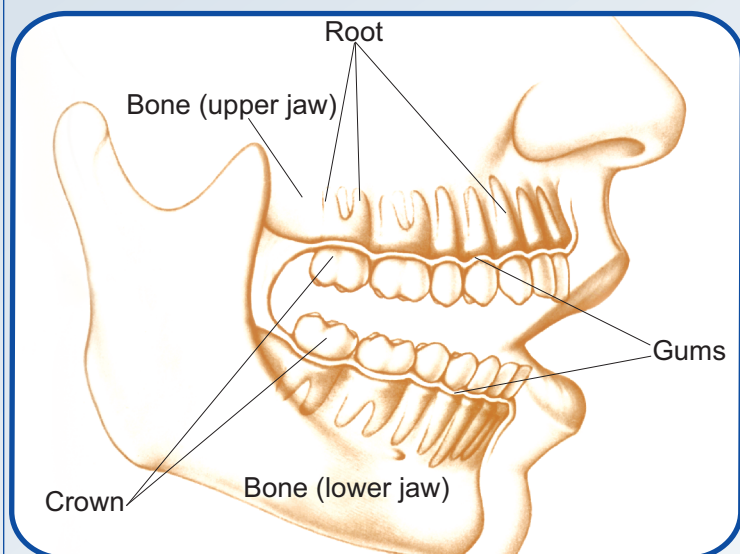
For more information please contact: Dr. Veerendra Darakh, 1 Meenakshi, Ground Floor, Vijayanagar, Marol-Maroshi Road, Andheri East), Mumbai-400059. Timings: 10:00a.m. to 12:00p.m. and 6.00pm to 9.00pm

EDITORIAL

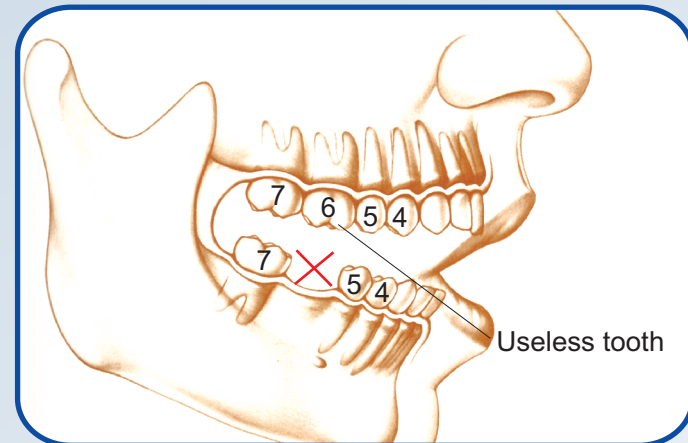
One of the most profound changes that has occurred in the 20th century is a massive increase in life span. We can now lead better & more satisfying lives. We can devote some time to reading, spirituality, social work etc. However increase in life span is not always accompanied by good health. In fact, increase in life span becomes meaningless if one suffers from ailments during the older years. Most of the ailments in older years are "lifestyle diseases". If one takes care of his own body during his younger years the chances are that he will enjoy his golden years. Regular exercise, proper diet & rest are must. Regular medical & dental checkups are also required. It is now proved that most of the lifestyle diseases like blood pressure, diabetes etc affect the gums also. Good teeth are a part of good health. You cannot be in good health with a mutilated dentition. How can one imagine going through your golden years without a beautiful pearl like set of teeth?? Right from the earliest days of my practice since 1990. I have always emphasized on preserving each & every natural tooth. In fact, this pamphlet is also a means towards that end. We have also initiated a computerised recall system for our patients so that the teeth are monitored at regular intervals & treated at the first sign of disease.

We remain committed to save and preserve each and every natural tooth.

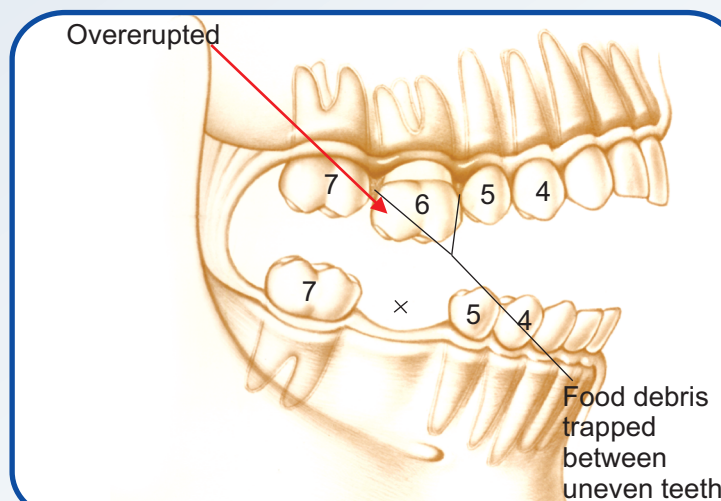
Anatomy of Teeth: Each tooth consists of two parts; the crown & the root. Only the crown is visible. The roots are under the gums.



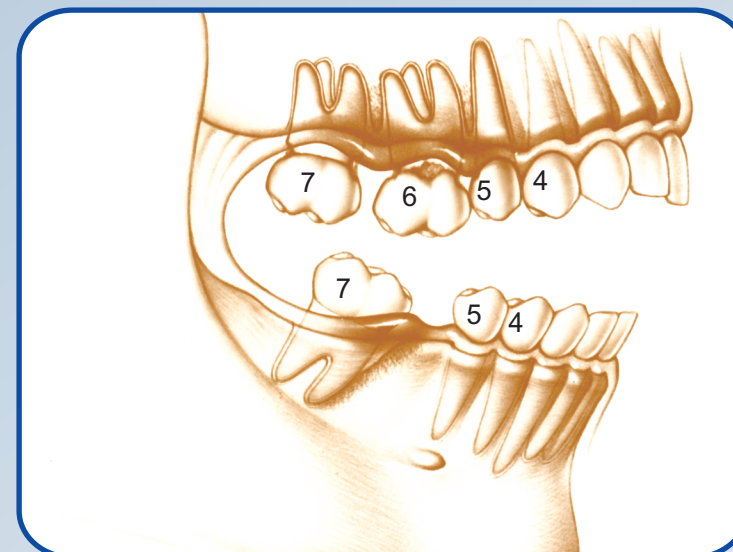
Losing Teeth Two-For-One: Extraction of a lower molar has created space X. Upper tooth 6 is **now useless** because it no longer has a tooth to chew against. Therefore, losing one tooth can result in the loss of the use of two. Losing two teeth can result in the loss of the use of four, & so on.



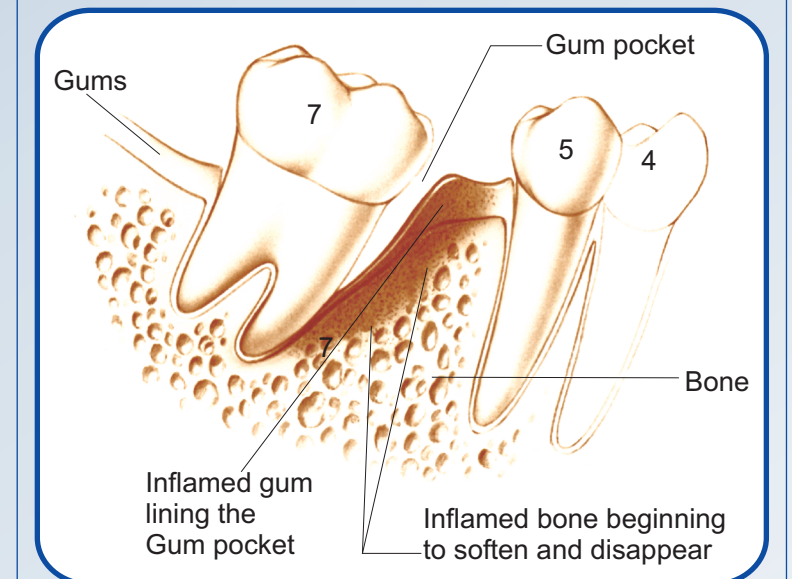
Overeruption: Upper Tooth 6 has **overerupted**. Lower molar 7 is jamming food in between over erupted 6 & 7 during eating (arrow). This pressure between upper 6 & 7 has caused upper 7 to move backward & separate slightly from upper 6. It has caused a space between these teeth. Food packs into this space with great force during chewing. This creates a serious inflammation of the gum. Note that overeruption of upper 6 has caused some of its root to become exposed. **Exposed root decays faster than the crown of a tooth.**



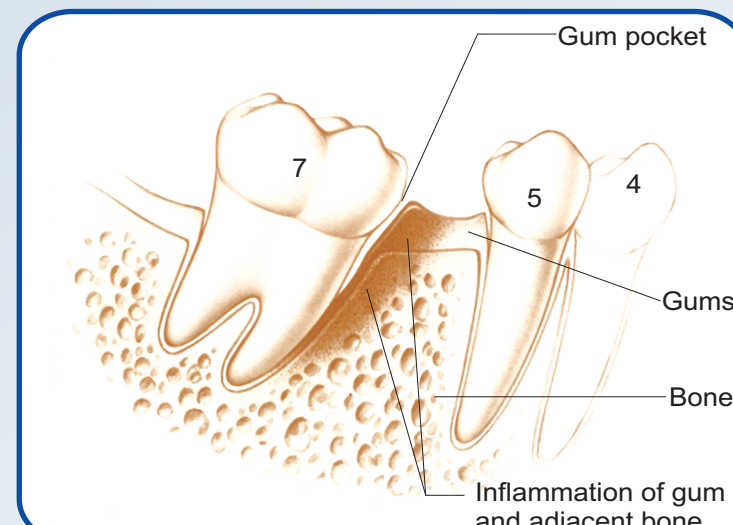
Tilt & Drift: Now that a tooth has been extracted from position X a space is left. This allows lower molar 7 to tilt & drift forward. Lower 7 will tilt farther & farther over as you chew on it.



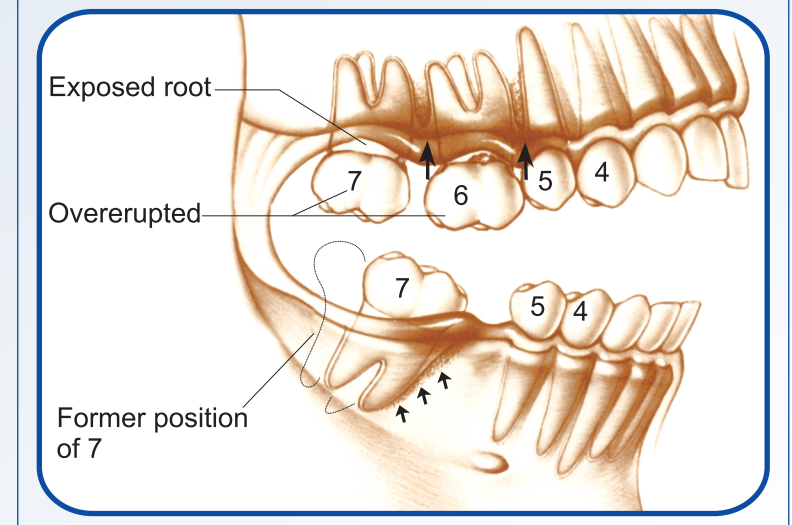
Loss of bone supporting the tooth: When an area of gums is constantly inflamed, as you see in this gum pocket the bone immediately adjacent to it becomes inflamed too. Inflamed bone softens & begins to disappear.



Gum pocket formation: A tooth tilted over will develop a gum pocket along its root. Gum pockets are narrow abnormal spaces that develop between the gums & the root. These pockets trap food debris & bacteria. Gum pockets can never be kept clean. The debris & bacteria that collect lead to ever-worsening inflammation of gums.



Destruction Spreads: Lower molar 7 has drifted and tilted so far forward that upper 7 no longer bites on it. This allows upper 7 to overerupt too. Arrows show **advancing gum pockets, gum inflammations & bone loss**. Decay has begun on upper teeth 6 & 7, particularly on the exposed portions of the roots of 6 & 7. Both upper molars are deeply decayed. Decay has also started on lower 7.



Surely, I cannot look that old!

While waiting for my 1st appointment with a new dentist, I noticed his certificate, with his name. Suddenly, I remembered a tall handsome boy with the same name had been in my class 30 years ago. Upon seeing him however, I discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. After dental examination, I asked him if he had attended the local school. "Yes" he replied. "When did you graduate?" I asked. He answered, "In 1977. Why?" "You were in my class!" I exclaimed. He looked at me closely & asked, "What did you teach?"

Persons/ Corporates/ NGOs/ Co-operative Societies/ Schools who are interested in organising complimentary presentations on Dental care and Hygiene, latest techniques in dentistry & on cosmetic aesthetic dentistry may please contact Dr. Veerendra Darakh. **Address:** M1 Meenakshi, Gound Floor, Vijaynagar, Marol-Maroshi Road, Andheri (East), Mumbai 400 059. **E-mail:** dentistrytoday@rediffmail.com

GOOD HEALTH BEGINS WITH PROPER INFORMATION