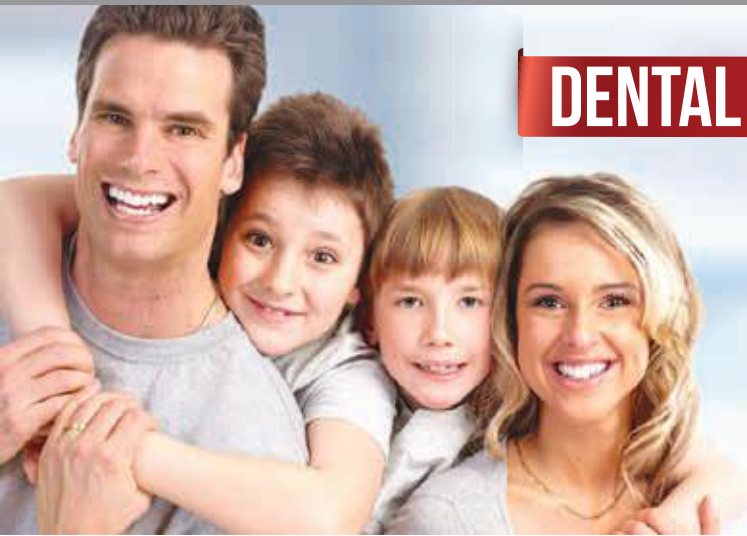


# AMBER HEALTH BITES



March 2018



## DENTAL ESTHETICS



**Dr. Devvrat Singh**  
Specialist Restorative Dentist



Smile is the most beautiful aspect in human personality. Dentistry plays major role in enhancing and beautifying it.

While esthetic treatment goes deeper than just visual attractiveness. It also creates harmony and balance between teeth gums and other features of face. It is customized for everyone.

Dental esthetic treatments deal with 3 components of face i.e. Teeth (white), Gums & Lips (pink) & cheek / teeth natural or pathological spaces (black). These all components have finely balanced as per individual demand and condition of mouth to provide a pleasant smile.

**Below are some of the most common Dental Esthetic Procedures:**

- ✓ White Component (Teeth)
- ✓ Composite Restorations



### ✓ Veneers & Laminates

These are pre manufactured or customized laboratory fabricated front layer of teeth made from ceramics and sometimes in composite. These are bonded on teeth to change shape, size, color of teeth and close small imperfections as crooked teeth or multiple small to big gaps or in cases of small teeth. Mostly done on 6 or more teeth but can be done for less too.



### ✓ All Ceramic Crowns and Bridge

Crowns are made repair severely broken down or worn out teeth. Bridge is made to replace missing teeth with help of remaining teeth in back & front. These are made as pure metal or porcelain fused to metal or all ceramic crown or bridges. These all ceramic metal free crowns are highly durable and more natural looking and doesn't show black line near gums as in traditional porcelain fused to metal crowns.



Gold Crown



PFM Crown



All Ceramic Crown

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- ✓ Bleaching or Teeth Whitening Procedures
- ✓ Pink Component (Gums & Lips)
- ✓ Gingivectomy / Gingivoplasty
- ✓ Gingival Grafting & Pink Colored Composite Restoration
- ✓ Gingival Depigmentation
- ✓ Gummy Smile Correction
- ✓ Black Component (Pathological / Iatrogenic)

## ✓ Dental Jewelry

These are artificial crystals which are added on your front teeth without cutting and damaging them just like braces. It is completely reversible procedure. It is for people who want something different and want to display a style statement



For more detailed information, queries, & to know how to improve your smile, kindly visit us in person in Dental Department

## Amber Clinics

## PUT ON YOUR BEST **SMILE** EVERYDAY

TRANSFORMING LIVES WITH A SMILE

The first thing that people notice about you is usually your SMILE. Especially, when you put up a wide smile with all your teeth shining away in its full glory, it simply creates the magic of another kind! Straight teeth not only give you a flawless smile but also generally ensures better oral hygiene - Healthy teeth also means healthy gums.



### Who will help me straighten my teeth?

An Orthodontist is a dental specialist who is the right person for you to get your dream smile.

Crooked teeth, and/or a misaligned bite like an underbite or overbite, that do not fit together correctly are harder to keep clean and are at risk for tooth decay and gum disease.



**Dr. Varun Jain**  
Specialist Orthodontist

### When & Why Should I plan to do Braces?

The first visit to an Orthodontist for a child should be at the age of 7 years. Often, we get too used to the misaligned or faulty positions of our teeth and accept it as a part of the facial structure. But the problem here is that misaligned bites can affect not just our confidence and daily lifestyle, but can also affect our periodontal health and the overall body as well. Here's a list of why we say that you really need to get it fixed. It can lead to issues like:

- Tooth Decay
- Earaches / Headaches
- Teeth Chipping
- Jaw Pain



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## What braces should I do ?

Modern braces come in all shapes and sizes – so you can rejoice in the knowledge that traditional metal braces are not your only choice.

Braces are constantly improving and there are some that are so discreet that even we can't spot them (unless we have our dental mirror handy).

Here are some of the most popular types of braces that we are proud to offer at Amber Clinics – Al Rigga.

The different braces suitable for you, of course with the help & advice from your dental experts.

- ✓ Traditional Metal Braces
- ✓ Ceramic Braces
- ✓ Self-Ligating Braces
- ✓ Lingual Braces

## ✓ Clear and Removable Aligners

Invisalign is one of the leading Names in the aligner industry. This is a USA based company and has been a boon to all those who want the most aesthetic option for braces.

Invisalign aligners are absolutely clear and are virtually invisible. Invisalign braces are the future of orthodontics and they're here to give you a flawless smile without having to go through the pain of getting those metal braces as it is in most cases!

C'mon, give your smile a confident spark today! Take a free smile assessment with our Specialist at Amber Clinics. You really wouldn't have to hide away from the camera now. Go cheese!



## MEET OUR DENTAL EXPERTS



**Dr. Sajith Mathew**  
Specialist Orthodontist  
Available at :  
Dr. Joseph's Polyclinic, Karama



**Dr. Devvrat Singh**  
Specialist Restorative Dentist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Shaji Wahabuddin**  
Specialist Orthodontist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Varun Jain**  
Specialist Orthodontist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Vinoo Sudhakaran**  
General Dentist  
Available at :  
Dr. Joseph's Polyclinic, Qusais



**Dr. Maria Carmen Arribe**  
General Dentist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Violie Gondales**  
General Dentist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Maria Cleofe M Famador**  
General Dentist  
Available at :  
Al Noor Polyclinic, Satwa



**Dr. Wilmel Adamos**  
General Dentist  
Available at : Amber Clinics,  
Int'l. City, Dr. Joseph's Polyclinic Karama



**Dr. Reynald Balajadia**  
General Dentist  
Available at :  
Amber Clinics, Al Rigga



**Dr. Ishrat Lukman**  
General Dentist  
Available at :  
Al Noor Polyclinic, Deira



**Dr. Joseph Ryan**  
General Dentist  
Available at :  
Amber Clinics, Al Rigga

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## DIABETES & YOUR SMILE

Diabetes affects your body's ability to process sugar. All food you eat is turned to sugar and used for energy. In Type I diabetes, the body doesn't make enough insulin, a hormone that carries sugar from your blood to the cells that need it for energy.

In Type II diabetes, the body stops responding to insulin. Both cases result in high blood sugar levels, which can cause problems with your eyes, nerves, kidneys, heart and other parts of your body.

### Why People with Diabetes are more prone to Gum Disease

All people have more tiny bacteria living in their mouth now than there are people on this planet. If they make their home in your gums, you can end up with periodontal disease.

This chronic, inflammatory disease can destroy your gums, all the tissues holding your teeth and even your bones. People with diabetes are at a higher risk for gum problems because of poor blood sugar control.

### 5 Ways Diabetes Can Affect Your Mouth



#### Gum Disease

Notice some bleeding when you brush or floss? That may be an early sign of gum disease. If it becomes more severe, the bone that supports your teeth can break down, leading to tooth loss. Early gum disease can be reversed with proper brushing, flossing and diet.

#### Dry Mouth

Studies have found people with diabetes have less saliva, so you might find yourself feeling parched or extra thirsty. Fight dry mouth by drinking water. You can also chew sugarless gum and eat healthy, crunchy foods to get saliva flowing. This is especially important because extra sugar in your saliva, combined with less saliva to wash away leftover food, can lead to cavities.

#### Change in Taste

Your favorite flavors might not taste as rich as you remember if you have diabetes. It can be disappointing, but take the opportunity to experiment with different tastes, textures and spices to your favorite foods. Just take care not to add too much sugar to your food in an effort to add flavor. Not only can this affect the quality of your diet, it can also lead to more cavities. If you have a persistent bad taste in your mouth, see your dentist or doctor.

#### Infections

Diabetes affects your immune system, leaving you more vulnerable to infection. One common among people with diabetes is a yeast infection called oral thrush (candidiasis). The yeast thrive on the higher amount of sugar found in your saliva, and it looks like a white layer coating your tongue and the insides of your cheeks. Thrush is more common in people who wear dentures and can often leave a bad taste in your mouth. See your dentist if you think you have thrush or any other mouth infection.



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## Slow Healing

Have you ever noticed a cold sore or a cut in your mouth that doesn't quite seem to go away? This can be another way that diabetes may affect your mouth.

You should call your dentist if you:

- **Have bleeding or sore gums**
- **Get infections often**
- **Have bad breath that won't go away**

## Prevent Problems

Take good care of your gums and teeth. Brush & floss at least twice a day. Rinse with an antiseptic mouthwash daily. Get a dental checkup every 6 months. Let your dentist know that you have diabetes. Keep your blood sugar under control. If you smoke, quit.

1. Make sure you brush at least twice a day and floss once a day.
2. Use an antibacterial mouth rinse twice a day to help curb bacteria that can cause plaque buildup on teeth and gums.
3. Check your mouth for inflammation or signs of bleeding gums. If you notice either, let your dentist know as soon as possible.
4. Have your teeth professionally cleaned every 6 months, or even every 3 or 4 months. Your dentist may suggest stepping up the cleaning schedule if you tend to build up plaque or tartar quickly.
5. Make sure your dentist knows that you have diabetes. Give her the names of all prescription and over-the-counter drugs you take.
6. Make sure your diabetes is well controlled.
7. Your dentist may refer you to a periodontist -- a dentist who specializes in gum disease -- if your gum problems persist or seem to get worse.



## How Your Dentist Can Help You Fight Diabetes?

Regular dental visits are important. Research suggests that treating gum disease can help improve blood sugar control in patients living with diabetes, decreasing the progression of the disease. Practicing good oral hygiene and having professional deep cleanings done by your dentist can help to lower your HbA1c (this is a lab test that shows your average level of blood sugar over the previous three months; it indicates how well you are controlling your diabetes).

## ENROLL NOW

This month we have gathered 4500 enrollees for our Diabetes Program. The utmost dedication and compliance towards their care plays a key role to make this happen. The success of the Diabetes Program is not only ours, it has been perceptively designed to provide the best care to our dear patients. Many thanks to all your support.

As part of the Chronic Care (Diabetes) Program, we have conducted several patient education programs in **Al Noor Polyclinic, Deira**. Using conversational maps, it has successfully completed **5 sessions with around 10 participants** each session. An overwhelming response from each patient makes us more eager to extend the program to all our clinics. We would also like to thank the patients who dedicated their time and appreciated the program.

Join us on our next upcoming patient education session. for details, please call

**Al Noor Polyclinic, Deira - 04 22 333 44**



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