

CELEBRATING WOMEN'S DAY

Common dental issues that affect women

With changing times, as women are catching up with work-life balance, a lot of factors have to be considered to meet their oral health needs and raise awareness for the same, says Dr Preeti Kulkarni MDS (Orthodontics and Dentofacial Orthopedics). These are a few common dental issues that women of all ages might face...

SWELLING/ BLEEDING IN GUMS

This is commonly seen in women of all ages. Hormonal fluctuations have a surprisingly strong influence on the mouth and many women have special needs at different stages of life. "Puberty, menstruation, pregnancy and menopause can all influence oral health. During these times, the body experiences hormonal changes. By understanding these changes, good oral health habits should be practised that can keep your teeth and gums healthy," explains Dr Preeti.

- Brush twice daily with soft bristle brush
- Floss between your teeth to avoid food getting stuck which might cause further swelling of gums.
- In case of excessive swelling or bleeding from gums, visit your dentist to check any underlying reasons.

MOBILITY IN TEETH

Women with periodontal disease could develop loose teeth. This occurs as the supporting structure of the gums gradually recedes and deteriorates. Known causes of loose teeth include:

- Trauma to the teeth due to improper bite
- Gum disease
- Severe infection due to tooth decay
- Teeth grinding or bruxism

"Do not ignore the problem of tooth mobility as it may lead to early loss of your natural teeth, which no one wants! It is important to find out the reason of such tooth movements in order to prevent and correct them," she adds.

- For mild to moderate mobility, teeth can be splinted with wires and made stable.
- In case of improper bite leading to tooth mobility, the best option would be to correct the bite by orthodontic treatment, which will improve the overall chewing efficiency.

Severe infections leading to mobility have to be treated with procedures like root canals etc to restore their health.

- Adverse effects of teeth grinding can be controlled by using appliances like night guards.

EARLY LOSS OF NATURAL TEETH

"Many young women also lose their natural teeth early. Lack of oral care awareness or underlying bone conditions and periodontal disease might lead to tooth loss. Failure to replace the missing tooth can hamper the position of adjacent teeth and may disrupt the bite on affected side," says Dr Preeti.

- Talk to your dentist to understand possible options to replace missing teeth.
- Dental implants can be used to give you teeth as good as your natural teeth.
- Discuss possibilities of orthodontic treatment to close the space of a missing tooth

SPACING IN TEETH

Many women, especially during pregnancy, may complain of spaces between teeth. This leads to food getting stuck in the



Dr Preeti Kulkarni

HORMONAL FLUCTUATIONS HAVE A SURPRISINGLY STRONG INFLUENCE ON THE MOUTH AND MANY WOMEN HAVE SPECIAL NEEDS AT DIFFERENT STAGES OF LIFE
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spaces leading to bad breath and tooth decay. There are a number of options to correct this:

- Orthodontic treatments with braces and invisible aligners can be used to close the spaces.
- Treatment options like dental veneers and crowns can also be done in some cases to close these large spaces and achieve a more pleasant smile and functional bite.

SENSITIVE TEETH,

Sensitivity in teeth is mostly seen due to excessive wear of teeth, leading to loss of tooth enamel. This may be due to grinding of teeth, teeth decay, gum diseases or even hyperacidity issues.

The following things need to be kept in mind:

- Do not brush too hard or use hard bristle brush
- Avoid acidic food and drinks like soft drinks or pickles
- In case of teeth grinding, ask your dentist if night guard may be an option for you
- If underlying cause maybe a tooth decay or broken filling, get it corrected
- In case of gums receding due to age or other factors, discuss with your dentist for treatment options
- Capping of worn out teeth can also be considered in few cases

Where: Creative Smiles Dental Solutions, Naupada, Thane (W) 400602. Call: 022 25457766. E-mail: preetidesh@gmail.com www.creativesmiles.in

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Are you at risk for Type 2 diabetes?

Are there any warning signs which can tell you whether you will have diabetes in the coming years, especially when you have a family history of diabetes or if you are obese and lead a sedentary lifestyle? "Yes you can and you can prevent it, too," says Dr Kalpana Suradkar MD (Med). Know your risk by doing the following tests:

- **HbA1C test:** This test gives you average blood sugar levels over the past two to three months. It can identify pre diabetes (5.7-6.4%), which raises your risk for diabetes. Find out your category from this scale.



People with 5.7-6.0% HbA1C have a five year risk of development of diabetes between 9%-25% and 6.0-6.5% have a risk of 25%-50%.

- **Fasting glucose:** 100 to 125mg/dl is defined as Impaired Fasting Glucose (IFG) two hour plasma glucose (during 75g oral glucose test) from 140-199mg/dl is Impaired Glucose Tolerance (IGT)

Pre-diabetes is defined by presence of impaired fasting glucose or impaired glucose tolerance test.

- **Body Mass Index (BMI):** This is based on calculation of your weight and height



Dr Kalpana Suradkar

with the help of a BMI calculator. Check if you need to lose weight, set a weight loss goal. The normal BMI for Asians is below 23.

She says, "You can diagnose pre-diabetes and obesity with the help of the above values. Usually, there are no clear symptoms. It is associated with obesity (specially abdominal or visceral obesity such as fatty liver), high triglycerides, low HDL cholesterol and hypertension. All these point towards an increased risk of diabetes and cardiovascular diseases.

Many studies have demonstrated that intensive lifestyle behaviour change to achieve and maintain seven per cent loss of initial body weight and increase moderate physical activity like brisk walking for at least 150 miles/week can effectively prevent or delay Type 2 diabetes."

Physical activity improves insulin sensitivity and reduces abdominal fat. In addition to aerobic activity, resistance training should also be included. "The dietary counselling for weight loss includes reduction in total dietary fats and calories. Emphasis should be given on whole grains, legumes, nuts, fruits, vegetables and minimal refined and processed food. Lifestyle changes along with pharmacological intervention should be considered in those with prediabetes above BMI 35 kg/m2. Even small changes in these measures can have a huge impact on delaying or preventing diabetes. So, take a moment, think and take action," ends Dr Kalpana.

Where: Highway Hospital, Thane. Call: 9820448541.

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Using homeopathy to treat various ailments

In today's fast pace competitive world, stress is playing a major detrimental role in spoiling our health. On a daily basis, women are facing the challenges of life. They have several roles to play, which includes the home and career front. It has been observed that a majority of women (including young girls) have been detected with thyroid, PCOD and hormonal imbalance, leading to weight gain, hairfall and skin-related issues etc.

Homeopathy has a vital role to play in this regard. It has proven to be a boon and many women have found solace in it. Life Globules Homeopathy multispecialty clinic is run under the specialised care of Dr Vrushali Vasaikar, who has been treating patients suffering from different diseases from age groups are treated effectively



Dr Vrushali Vasaikar

OUR MOTTO IS HEALING BODIES... TRANSFORMING LIVES
— Dr Vrushali Vasaikar

and scientifically with concern and care. The motto of the clinic is 'Healing bodies... transforming lives'. Ailments treated include hairfall, alopecia (bald patches), PCOD, thyroid disorders, skin disorders (psoriasis, eczema, hyperpigmentation), infertility, menstrual disorders, acne (pimples) and weight gain.

Says Dr Vrushali, "A lot of women nowadays tend to suffer from hairfall oc-

curing due to various reasons. Lifestyle disorders such as thyroid and prolonged stress are the major causative factors. Homeopathy provides a permanent solution to this. After detailed case taking, the root cause of the case is analysed, taking into consideration the mental status of the patient and accordingly a proper homeopathic simillimum is prescribed. Also, it is seen that a lot of young women suffer from PCOD (polycystic ovarian disorder) in which there are formation of multiple cysts in the ovaries that lead to several symptoms like irregular and painful menses, weight gain. This, if not treated, may prove to be a major cause of infertility in women. PCOD is treatable with homeopathy, also the results are long-lasting and permanent."

Where: Life Globules Homeopathy Multispecialty Clinic, Shop No. 36, Happy Valley, Mumpada, Thane (W). Call: 8591181316/ 7977467080.

www.drvrushalihomeopathy.com Disclaimer: The views/ suggestions/ opinions/ data in the article are the sole responsibility of the expert/ organisation

Health issues commonly faced by women



Dr Jaydeep Shinde

EARLY DETECTION OF PRE-DIABETES CAN HELP PREVENT DIABETES IN THE FUTURE AS THERE ARE PREVENTIVE MEASURES FOR IT
— Dr Jaydeep Shinde

- Immediately inform your gynaecologist if there is any breast lump; the earlier the better
- Try to complete your family before the age of 35, so that the chances of deformity in your baby is lesser
- Annual screening of HbA1C by HPLC method and Free P4, TSH after the age of 30-40 years of age, especially in those who have a strong family history of diabetes and thyroid disorders for early diagnosis and treatment
- Early detection of pre-diabetes can help prevent the incidence of diabetes in the future as there are preventive measures for the same

"The most important part is to learn to take care of your health first," he ends. Call: 9920099532, 9920459532. www.mydiabetesclinics.com

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consultant diabetologist Dr Jaydeep Shinde who specialises in diabetes, thyroid and obesity, says, "On this Women's Day, I would like to appreciate all of the women for their untiring efforts during these Covid times. Women are often our pillar of strength, but we hardly do anything for them."

COMMON HEALTH PROBLEMS FACED BY WOMEN:

- High risk of PCOS (Polycystic ovarian Syndrome) and hypothyroidism due to obesity
- High incidences of spontaneous abortions due to underlying problems
- Higher incidence of diabetes, high blood pressure and hypothyroidism especially in post menopausal women
- Higher incidences of breast and ovarian cancers

"To tide over these problems, the following things need to be kept in mind," he says.

- Dedicated brisk walk for at least half an hour, any time of the day
- Regular self breast examination and PAP Smear every year after menopause

Providing advanced cosmetic treatments



Dr Archana Dhas Jadhav

Dr. Archana Dhas Jadhav (M.D. Homeopathy) is a known name in the field of cosmetic solutions and laser. With over 22 years of experience, she has set up the Dr. Archana's Advanced Laser Skin, Hair and Weight Loss Center in Thane. She has completed a Certificate Course in Modern Pharmacology from the Rajeev Gandhi Government Medical College, Thane, and specialises in skin, hair and weight loss procedures by laser technology.

Procedures conducted at the clinic include treatment for skin diseases such as fungal, bacterial and viral infections, psoriasis, herpes etc. anti-ageing + rejuvenation, removal of acne, acne marks, scars, dark spots, under eye circles, warts,

moles, tattoo marks and double chin, skin whitening + tightening by laser, unwanted hair reduction by laser, treating dandruff, hair fall, tinea, hair regrowth PRP laser weight reduction, body shaping which includes six pack for men and hour-glass, tummy, breast shaping and uplifting for women.

Other treatments include modern microblading, micro pigmentation of uneven eyebrows, permanent lip colour instead of daily lipstick application and vitiligo masking by micro-pigmentation.

"I believe it is a blessing to be born as a woman. God has created multi-talented, multi-tasking women, who have such strong personalities," says Dr Jadhav,

who keeps herself updated with the latest laser technology in India as well abroad.

Where: Dr Archana's Advanced Laser Skin, Hair and Weight Loss Center, Shop No. 11, Building No. 8, Pokharam Road 1, Devdaya Nagar, Thane (W). Call: 9422754317, 7756029791. www.drarchanaslasercenter.com

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Nurture your dream of motherhood

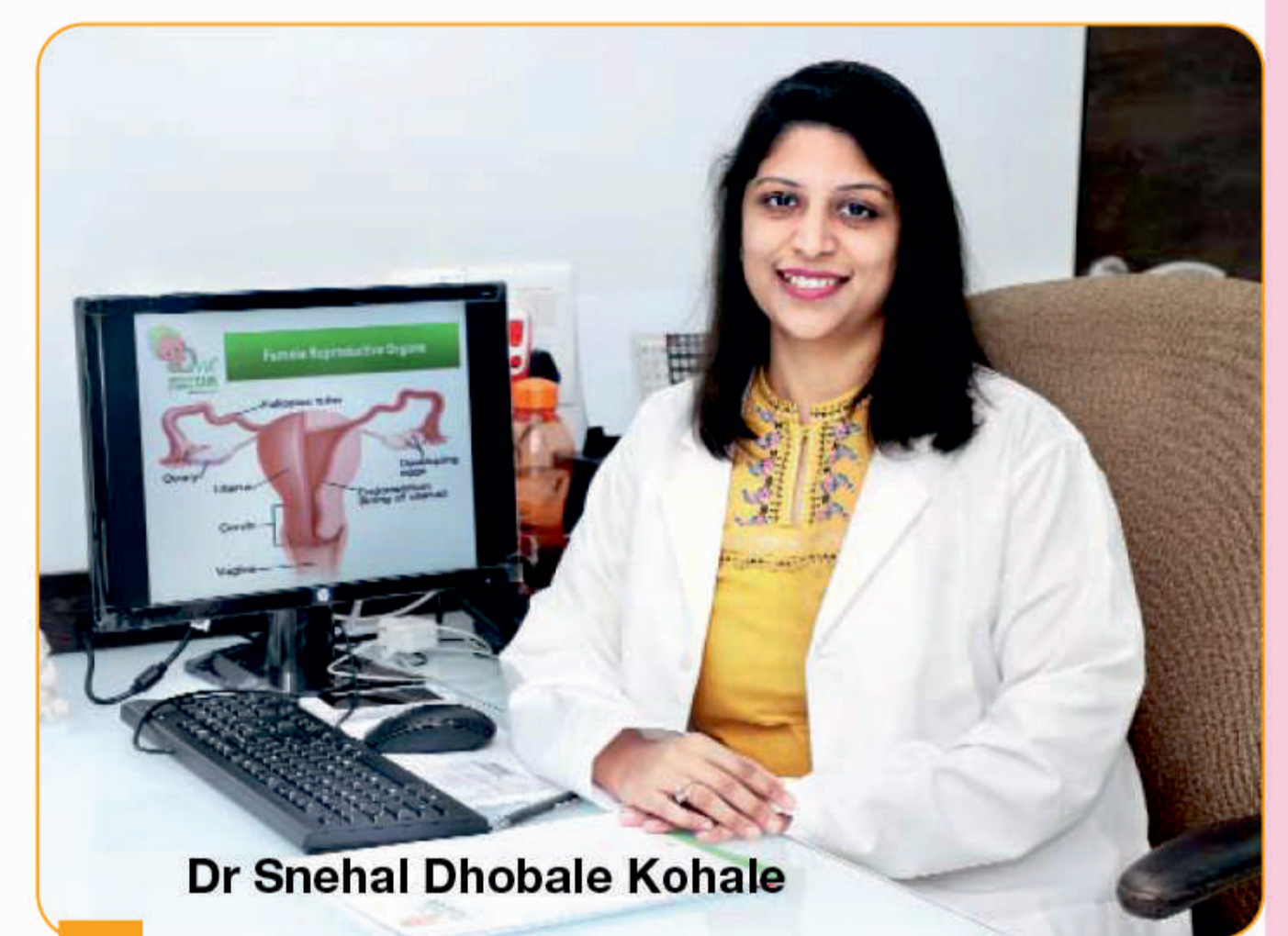
Fertility specialist Dr Snehal Dhobale Kohale says, "In the current era, we, as women, have many challenges in our professional and personal lives. While achieving our dreams of having successful careers, we also need to keep in mind that our biological clock is ticking, which might interfere with our dream of motherhood."

Ova Fertility & Women Care has an experienced and dedicated fertility team and state-of-the-art modern facilities. With the advanced Artificial Reproductive Technology (ART), you can now plan your pregnancy by preserving the eggs and/or embryos at right time before their quality gets affected due to advancing age. "These fertility

preservation techniques are also useful for those who have been diagnosed with cancer. Treatments given in cancer like chemotherapy and radiotherapy destroy the eggs, and reduce the chances of pregnancy. Oncofertility is an upcoming field in medicine where a fertility team and an oncology team work together to improve the quality of life in young cancer patients," says Dr Snehal.

Where: Ova Fertility and Women Care, 1st Floor, Vedant Hospital, Ghodbunder Road, Thane. Call: 7035801111. E-mail: ova fertility@gmail.com www.theovacare.com

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Dr Snehal Dhobale Kohale

ALL FERTILITY PRESERVATION SERVICES ARE PROVIDED AT THE CLINIC

— Dr Snehal Dhobale Kohale

A campus with a difference

Education plays a pivotal role in the development of society. It lays the foundation for a society of enlightened and civilised citizens. The founder and chairman of Dnyan Ganga Education Trust (DGET), Prof. B.D Patil envisioned a globally recognised education hub providing holistic development to students, which would help them hone life skills for a promising future. Now, his daughter, director and trustee Anita Patil More is determined to take her father's passion forward.

Thanks to her unending pursuit for excellence in education, Anita is someone who believes that learning should never end. She is currently pursuing her Phd in Physics after completing her LLB, P.G.D.M.E., M.Sc (Physics), B.Ed and M.Ed. She often lends legal expertise towards social causes concerning women. She also lays emphasis on women education by imparting free education to the underprivileged through the first campus of the trust, which is located in Kandivali (E). The campus provides underprivileged students, especially girls, an opportunity to equip themselves with knowledge and skills to come up in life.

Her philosophy of holistic education has taken the second campus of the trust located at Ghodbunder Road to a com-



Anita Patil More

TWO THINGS KEEP ME GOING — MY FATHER'S BLESSINGS AND THE UNSTINTING SUPPORT OF MY STAFF
— Anita Patil More

a majority of women employees. It has various scholarship programmes for girls and women alike.

Anita's aim is to create a campus that not only contributes to society, but also helps students become successful in life. The educational institutions uphold her philosophy of providing an environment for young minds to dream and realize their true potential. She says, "Two things keep me going in this pursuit of greatness — my father's blessings and encouragement and the unstinting support of my principals, teachers, staff members and our patrons."

Where: D G Educational Campus, Behind Hypercity Mall, Hware City Road, GB Road, Thane (W). Call: 7506943462. www.dnyanganga.in