



Researches have shown that

- ❖ Toothbrushing in wrong way can lead to gum problems as reported by Swedish Journal, 2011
- ❖ An article published in J.Gifu Dent. Society, vol.38, no.3, 129-134 in Jan 2012 in Japan, research was conducted on 104 people showed that improper brushing can lead to clinical wear of teeth.

Does more toothpaste means cleaner teeth?



NO, in reality it is the **right technique** of brushing that gets better results. A dab of toothpaste & gentle pressure on the tooth would be sufficient to ensure clean teeth.



Which
Tooth paste
to Use?

A wide variety of toothpastes are designed for many Conditions including cavities, gingivitis, tartar, & stained teeth and sensitivity, therefore ask your dentist which is the right toothpaste for you.



WHICH BRUSH TO USE?

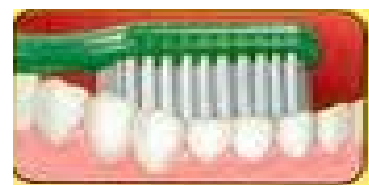
- ❖ A soft-bristled, small-headed brush is best for daily use and preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth.
- ❖ For many, a powered toothbrush can be useful after consultation with dentist.

**HOW OFTEN
SHOULD I
REPLACE MY
TOOTHBRUSH?**

- ❖ *You should replace your toothbrush when it begins to show wear, or every three months whichever comes first.*
- ❖ *It is also very important to change toothbrushes after you've had a cold, since the bristles can collect germs that can lead to re infection.*

Brush in the right way to have healthy teeth

1. Place the brush at 45° angle against the tooth, making certain that the bristles are at the gumline. Gently brush the surfaces of each tooth using a short gentle vibrating motion.
2. Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gumline. Repeat the same method on the inner surfaces of the teeth as well.
3. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several gentle up and down strokes using the front half of the brush.
4. Scrub the chewing surfaces of the teeth using a short back and forth movement. Brushing the tongue will remove bacteria and freshen your breath.



Research Achievements:

Publication:


- ❖ **Prevalence and causalities of tobacco consumption(TC) among adolescents: A cross sectional study at pune** by D.S.Kelkar ,M.Patwardhan, VD Joshi; JAPI MARCH 2013, VOL.61
- ❖ **Cytomegalovirus infection as a cause of Cytopenia After Chemotherapy for Hematological Malignancies** by Shailesh Kanvinde, Pallavi Bharghava and Sampada Patwardhan; Indian Pediatrics, vol.50, february 16, 2013
- ❖ **Therapeutic hypothermia for non ventricular fibrillation/ ventricular tachycardia, cardiac arrest** by S.Jog, D.Patel, M.Patel et al; Critical Care 20 March 2012
- ❖ **Early application of high frequency oscillatory ventilation in ‘H1N1 infleunza’ related ARDS is associated with better outcome- A retrospective study** by Sameer Jog, Divyesh Patel, Tejal Dravid ,et al; published online 12 March 2013
- ❖ **Early application of high frequency oscillatory ventilation in ‘H1N1 infleunza’ related severe ARDS is associated with better outcome** by Sameer Jog, M Patel,Divyesh Patel, Critical Care 20 March 2012

Conference arranged: “Emerging issues in Ethics and Regulation of Medical Research”: 12/01/2013.

Training Arranged:

- ❖ “Informed consent documents” by Dr. Chetan Deshmukh: 13/09/2012
- ❖ “GCP Training” by Pfizer : 18/12/2012
- ❖ “ICH GCP” by Quintiles 22/02/2013
- ❖ “Revised SOP and GR” by Dr. Avinash Joshi: 21/03/213

Contact Us: If you are interested in sharing your research work and ideas with us, please contact Research Department at Deenanath Mangeshkar Hospital & Research Centre, Pune.

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