



# Save the Tooth

Healthy Smiles, Wealthy lives

An oral health awareness initiative by Dentist Channel Online



CATEGORIES	PAGE NOS
Oral hygiene aids and maintenance	2-3
Diet & dentition	4
Approaching dentist	5
Oral medicine and radiology	6
Periodontology	7
Endodontics	8
Oral surgery	9
Orthodontics	9
Prosthodontics & Implant dentistry	10-11
Smile designing & full mouth rehabilitation	11
Miscellaneous	12



## Oral hygiene aids and maintenance

- 1 What is a tooth made of? How to take care of your teeth?
- 2 What is the right way of Brushing Teeth?
- 3 How to maintain your teeth with household ingredients?
- 4 Which is the Right Tooth brush for you?
- 5 Which is the right Tooth paste for you?
- 6 Brushing before or after a meal, which is Correct?
- 7 How many times do you need to brush every single day?
- 8 What happens when you don't brush your teeth before going to bed?
- 9 What are the tips to maintain white teeth all throughout life?
- 10 What are the Responsibilities of the Tongue in maintaining oral hygiene?
- 11 Fluoride Tooth paste vs Non Fluoride Tooth paste. Which is the right one for you?
- 12 What are the Advantages and Disadvantages of Flossing?
- 13 What is Oil Pulling? Can you use Coconut Oil, for Oil Pulling?
- 14 What are the advantages of drinking water in Oral Hygiene?
- 15 What is a Vegan Toothpaste? Is this helpful for you?



## Oral hygiene aids and maintenance

- 16 Is Anti-aging related to oral hygiene?
- 17 What is the relation between workout & oral hygiene?
- 18 Is headache related to Bad Oral Hygiene?
- 19 Why do Teeth Stain?
- 20 How to maintain Oral Hygiene during COVID-19?
- 21 How is your Immune System connected to Oral Hygiene?
- 22 How to select the right Tooth paste for your child?
- 23 Which is the right Tooth brush for your Child?
- 24 How to teach your child the right way for Brushing Teeth?
- 25 Why should schools focus on Oral Hygiene?
- 26 Guide for Pregnant Women to Maintain a Healthy Oral Hygiene
- 27 How to maintain a Healthy Oral Hygiene in your 60s
- 28 Effects of Diabetes on Oral Health & Hygiene
- 29 How to maintain a healthy oral hygiene if you are diabetic?
- 30 How to maintain a healthy oral hygiene if you have hypertension?



# **Diet and Dentition**

- 31** Which Food is Good for your Teeth?
- 32** Which Diet is good for your Teeth?
- 33** Which is the right food to intake before you go to bed?
- 34** What are the benefits of eating spicy food?
- 35** effects of Sugar on Teeth
- 36** Effects of Sugar on Oral Hygiene
- 37** Why is Soda & Carbonated Drinks bad for your teeth?
- 38** Vegetables you must consume to keep a good oral health
- 39** Side effects of Tobacco on Oral Health
- 40** Is cow milk (lactose) good for oral hygiene?
- 41** What vitamins are good to maintain a healthy oral hygiene?
- 42** 10 Junk Foods that can lead to tooth decay in Children



# **Approaching Dentist**

- 43** How can you prepare yourself before visiting a dentist?
- 44** Check-list before visiting a dentist
- 45** What does a General Dentist do?
- 46** What are the questions you must ask your Dentist?
- 47** Who is the right dentist for your dental problem?
- 48** What are the various branches in dentistry?
- 49** What is patient consent in Dentistry?
- 50** What is Consent Form in Dentistry?
- 51** Why is Consent Form Important?
- 52** What will the dentist do when you have a severe toothache?
- 53** Is Dental Treatment a necessity or a Luxury?



## **Oral medicine and radiology**

- 54** What is Sensitivity?
- 55** What is the best solution to sensitivity? Is there a longterm solution to sensitivity?
- 56** How to treat a toothache?
- 57** Is headache related to your teeth?
- 58** Easy home remedies for toothache
- 59** Why are pain killers bad for a toothache?
- 60** What is sinusitis? How is this related to Dentistry?
- 61** What does the color of the tongue indicate?
- 62** What are the signs and symptoms of Oral Cancer?
- 63** What are the possible signs and symptoms of Oral Cancer?
- 64** What is Hyperdontia?
- 65** What is Leukoplakia?



# **Periodontology**

- 66** What is Periodontitis?
- 67** What does a Periodontist do?
- 68** How periodontal (gum) diseases cause heart attack and other illnesses?
- 69** What are the different types of Mouth washes? Which is the right Mouth wash for you?
- 70** What are the reasons for Tooth Loosening?
- 71** What is Tartar? How to avoid it?
- 72** Advantages & Disadvantages of Scaling
- 73** What is Gingivitis?
- 74** What is Halitosis?
- 75** Home Remedies for Halitosis
- 76** What is trenching in dentistry?
- 77** Side effects of Smoking on your Teeth?



## **Endodontics**

- 78** What does an Endodontist do?
- 79** Simple Tips to avoid Tooth Cavities
- 80** Gold or Cement, which filling is better? Why?
- 81** What is Root Canal Treatment?
- 82** When to extract your tooth? What is the Possibility to preserve your tooth before extraction?
- 83** Why do you need a Root Canal Treatment?
- 84** What are the Advantages of Root Canal Treatment?
- 85** What are the side effects of a Root Canal





## **Oral surgery**

- 86** What is the truth behind wisdom teeth? Demystifying the myths
- 87** What are minimal invasive surgeries in Dentistry?

## **Orthodontics**

- 88** What does an Orthodontist do?
- 89** What are the questions you need to ask your dentist before Orthodontic procedure?
- 90** Are clear aligners really the best solution?
- 91** Are clear aligners better than traditional braces?



## **Prosthodontics & Implants dentistry**

- 92** What are Dentures? What is the best alternative to Dentures?
- 93** When to opt for Dental Implant Procedure?
- 94** Advantages of Dental Implants
- 95** Are you a patient suitable for Dental Implants?
- 96** How much does Dental Implant Procedure Cost?
- 97** What is artificial grafting? Why is this needed?
- 98** What are Short Dental Implants?
- 99** Which type of dental implants are required for you?
- 100** What are Zygoma Dental Implants? Are you a Candidate for this?
- 101** What are Single Piece Implants?
- 102** What are Basal Implants? Are you a candidate for Basal Implants?



## **Prosthodontics & Implants dentistry**

- 103** What is All on 4 Dental Implant Procedure?
- 104** What is All on 6 Dental Implant Procedure?
- 105** What is the difference between Single Piece Implants vs 2 Piece Implants?
- 106** What are the questions you need to ask your dentist before dental implant procedure?

## **Smile designing and full mouth rehabilitation**

- 107** Are Veneers good for you?
- 108** What does a Cosmetic Dentist do?
- 109** What is a Hollywood smile? How to achieve it?
- 110** What are the types of Teeth?
- 111** What is occlusion in dentistry?



## **Miscellaneous**

- 112** Why is Saliva the most important thing in the mouth?
- 113** What is Sjogren's Syndrome? How to treat it?
- 114** What is Sleep Apnea?
- 115** What is TMD in dentistry?
- 116** What is Digital Dentistry?

**Kindly tell us the serial number of your topic**

**If you wish to contribute for the campaign,  
get in touch with us:**

**Dr. Ashwin Bhat :  
+91 80503 64485**

**Mr. Ruben Lobo :  
+91 7045195369**

**Thank you for contributing**