

ADC - FEELINGS MAGAZINE ARTICLE

PEHLA JAANO ANE PACHIJ MAANO!

Internet ane social media prabhaav temaj prasaare loko nu jeevan khare-khar badly naakhu che. Aa badlaav ma ghani badhi saari babato janaay che, jevi ke, samay no bachaav, vadhu saaro ane satat sampark, vagere... Parantu, aa vij-vege mahiti na aap-le ma Ghana badhi maanyatao ane bhramik vichaar dhaarnaao ae pun ghar kari lidhu che. Have koi pun vyakti, gamme te Vishay upar lakhi, boli ane prachaar kari khoti evam ardh-satya maafak janati vaato ne ek satya samaan lok-matt ma parivartit kari shake che.

Dant-chikitsa evam daant sambandhit aavij ketlik khoti ane ardh-satya vaato upar aadhaarit ketlik maanyataao thi aaj nu samaj pedatu ane aakhre pratyaghaat no bhog bani jatu hoy che. Aa lekh dwara, hun, Dr Tanmay Shah (BDS, Advance Dental Clinic, Vadodara), aap sau ne daanto sambandhit evi ketlik saachi-khoti vaat thi parichit karava no prayas karva maagu chun.

Brush jor aapi ne karva thi daant vadhu saaf thaay che!

Dental Clinics ma patient dwara aa ek sadhaaran fariyaad hoy che "Hun roj savaar saanjh baro-bar jor aapine brush karu chun, pun chataay mane daant ni samasyao thaay che". Ek anubhavi dentist maate aavi fariyaad upar haswa sivaay bijo koiyy vikalp hoto nathi, karanke aa jor aapi ne brush karva ni maanyataaj ketleek daant ni takleefo nu mukhya karan hoy che. Sauthi pehla aapne ek daag laagela kapda ane aapna daant vachhey no farak samajhvaani jaroor che. Daant ni safaayi ae ek rasaayanik prakriya vadhu ane shaararik prakriya ochi che. Tooth paste na froth (feen) dwara daant upar rasayanik starrey thanari tamaam prakaar ni jamaavato athwa _____ (gujarati name for deposition) aapo aap ukelai jaay che. Brush nu mukhya kaam fakt ae froth na madhyam dwara tamaam _____ ne saaf karvunjj hoy che. Vadhu jor aapi ne brush karvani bhraamak maansikta na karane ketlaak loko emna swasth evam majboot daanto ne samay thi pehla vadhu nabda ane unhygienic banavi deta hoy che.

Liquid ane bread samaan naram khoraak khavathi daant vadhu samay sudhi swasth rahe che!

Aa vadhu ek prakhyaat ger-maanyata che. Khoraak na naram ke liquid hova thi jo tamey evun maani rahya hoy kea a padhhati dwara tamey

daant ni asal kaarya-shakti no laamba samay sudhi sanghrah kari shaksho toh aa ek khubajj hasyaspad vaat kehvaay. Daant nu sarjan manav evam anya stan-dhaari praniyo ma, kadak ane majboot khaadya padaartho ne todva, cheerva, faadva ane kaapva matejj thayo che. Jo tamey daant ne temna khara maksadd etle ke vapraash thi vanchit raakhsho to aa daant ne majboot nahi parantu vadhu nabda banavanu kaam kari shake che. Aapnu shareer ek evi car samaan che, jema koi purjo laamba samay sudhi na vapraay, toh ae kharaab thayi samagra car na sanchaalan upar vipreet asar naakhe che. Aapna shareer na hadka ane daant banney sachavva matey nahi parantu rojinda kaam dwaara sattatt upyog ma leva ne lakshya thi rachit che. Jem avkash ma safar karnaara astronauts ne emna hadka ne khokhla thayi java thi atkava maate extra vyayaam karvo padey che, evij reetey, aapna daanto ane pedha ne poorti kasrat ni jaroor chokkas pane rahe che. Aa arth no anarth em na karsho ke daant vade jetli majboot ane kadak vastu todvama aave, daant etlaaj majbut bane. Jaroorat karta vadhare kathor ke kadak padaarth ne daant vadey todva na prayog, ghani vaar dentist ni mulaakat leva no short-cut bani jaay che.

Root Canal Treatmentajj daant ni badhi samasyao nu ek maatr samadhaan che!

Root canal treatment etle ke RCT, ae ek chella upaay tareeke, levati, destructive (etle ke) khandnaatmak prakriya che. Tunk ma samajavun hoy toh, RCT, daant ni under thi tamaam jeevant pulp (gujarati name for pulp) ne canal samaan maarg dwara bahaar kaadhine filling no vapraash kari daant ne nirjeev roop ma tena roots (paya) upar takaavi rakhva ni prakriya hoy che. Jyare koi pun prakaar nu infection athwa decay (sado) daant na upari starr thi under na pulp ma parvesh karva ane bija daant ne sankramit karva jevi vikat paristiti sudhi pohonchi jaay, tyaare, dentist tamne RCT ni salaah aapta hoy che. Parantu, ketlaak cases ma jaroor vina pun RCT ne ek maatr vikalp tareeke prastut kari daant ne nirjeev kari naakhvama aavto hoy che. Computer ke laptop na repairing ma tamey ghani vaar joyun hashe ke kashun pun sadhaaran problem hoy, repairing na kaarigar taatkaalik aakhi hard-disk format maarvanij salaah aapi deta hoy che. Bilkul evij reetey ketlaak dentists, aarthik faayda ke ochi mehnat ma patient ne pacha vadavi deva maate prakrutik daant ne bachaava ni mehnat vagarajj RCT kari deta hoy che. Vadhti competition ane patients na vishwaas no ger-faaydo uthaavi ghana dentist ane aprashikshit hakeemo ketleek vaar root canal treatment ne ek samaanya upchaar no protocol banavi deta hoy che. Aa prakaar na problem ne atkaava no ek maatr upaay che ke tamey, vishwaasu ane samay ni pariksha upar khara utrela dentists paase thij upchaar karavo. Tamara dentist ne bane tatla vadhu savaal pucho ane x-ray evam anya reports na adhyan pachi, chokaas evam vistaar thi samjhya

pacheej RCT ke anya destructive treatment matey aagal vadhvun hitaavah che.

Root Canal pachi crown karava ma khotto kharcho na karavaay!

Anek vakhat patients temna dentist dwara apaati aa treatment ne arthik drashtiye ek fisool kharcho samajvani bhool kari bese che. Root Canal Treatment karaavya baad, daant ma jeevant kashujj baaki nathi rehtu ane etleej matey samay na prabhaav evam rojinda vapraash na ghasara saamey root canal karaayel daant ne rujhava matey kojij vikalp nathi hoto. Dentist tamne root canal baad crown ni salaah etle aapta hoy che karanke crown ae nirjeev abni gayela daant upar ek suraksha kavach tareeke kaam kari eni sthirta evam majbooti vadhaarvama madad roop thaay che. Root Canal Treatment karavelo daant vagar crown na rakshan ae khoobaj ocha samay maa nasht thayi jaay che athwa anya infection ne notarvanu karan bani rahe che.

Daant na implant, asli daant karta vadhu saarun vikalp che!

Kudrat dwara sarjaayela prakrutik daant jevi jatil ane paarangat sanrachna ni hoo-ba-hoo nakal kari shakvana samay ne haju ghani vaar laage em janaay che. Ketlaak adhirya swabhaavna ane ger-maarge dorayela patients ghani vakhat implant ne daant thi pun vadhu saaro vikalp samjhvani bhool kari besta hoy che. Eva pun ghana anubhavo saamey aavya che ज्याारे dentists prakrutik daant bachaavana prayatno karva ni jagyae implant no vikalp aapi deta hoy che. Ek jinmedaar dentist tareeke aapna prakrutik daant ne bachava ane swasth raakhva ae amaaro dharam che ane jo anya koi pun maarg visesh na bachey maatr ane maatr tyaarejj Root Canal ke Implant ni salaah aapvi ichhaneey che.

Daant padva matey dentist paase javani koi jaroor nathi hoti. Ae toh gher betha pun paadi levaay!

Ghana patients ni aa ger-samaj ek gambheer akasmaat nu roop layi letu hoy che. Doodhya daant ne naahnpun ma gher betha padta joyi ne ghana vayasko ne pun thodaak paisa bahava khaatar gharelu upkarano jem ke saansi, chipyo athwa pakkad no prayog kari gher betha daant paadvano chasko laagi jato hoy che. Paruntu aa bhool ghani vakhat ek maha-sankat nu swarop pun layi leti hoy che. Daant paadva ae khoobaj jatil ane saavcheti thi karaati kala che, jema maharat haasil karta dentists ne pun ghano samay laagi jato hoy che. Ochha ma occho dukhaavo, anya daant ni sambhaad ane bhavishya ma aakru infection naa thaay te reetey daant paadva ae koi gher betha local expert no

vishay nathi. Etlej daant paadva matey maatr vishvaasu dentist paasej javun ek yogya maarg che.

Dentist ni mulaakat jyaare takleef hoy tyaarejj javaay!

Thoda haasya-spad vadank ma, aa vaat bilkul evij che, jem ae kehvun ke "Petrol bharva toh taanki saav khaali thaay pacheej javaay". Samagra duniya ane khaas karine Bharat jeva jugaadu desh ma loko ne samajhta khoob vaar laagey che, ke Dental clinic ae maatr daant nu repairing center nahi parantu swasth daant nu maintenance centre pun che. Samay sar dentist ni mulaakat lavun ae daant ni ketleek samasyao ne upajta pehlaaj naash kari shakey che. Ane etlej, Dentist ni mulakaat levun ae ek emergency ni daud karta regular routine baanaavun vadhu swasth aadat che.

Hummsha khata pehlaaj brush karaay!

Varsho juni aa aadat ne badalva maa na jaane ketlaay desh ane dentist mathi rahya che pun haju sudhi loko ne aa saral vaat gade utaarvi aghree laagti hoy che. Saral udaharan tareeke aapne vaasan ane eni safaayi no sahaaro laiye. Jo tamey khavanu khavana tarat pehlaaj vasan dhovaano aagrah raakho, ane janya pachi ae vaasan aagla bhojan na samay sudhi eva ne evaaj padya rehva do, to shun thashe? Bilkul evij reetey daant ne khare khar khata pehla nahi parantu jamva ke nashta na 30 minute pachi brush karva ni jaroor hoy che. Pehla brush karine tarat jamva ni aadat ae brush ni safaayi ni aakhi mehnat maathe padva barabar che. Swasth daant ane vaasi mo ni paristhiti taadva hummsha janya ke nashto karva na 30 minute pacheej brush karvaani aadat raakho.

Aa article na lekhak Dr. Tanmay Shah, Advance Dental Clinic na mukhya Dental Consultant evam anubhavi Implant Specialist che.

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