

Florida Dentist Esha Persad, DDS Discusses Preventative Measures for Gum Health

Esha Persad, DDS



Seminole, Florida Sep 10, 2024 ([IssueWire.com](https://www.issuewire.com)) - In the realm of dental health, [Esha Persad, DDS](#) encompasses expertise and innovation. With an impressive academic background that includes a Doctor of Dental Surgery degree from the University of Colorado and a Bachelor of Dental Science from Bangalore, India, Esha Persad, DDS, located in Seminole, Florida brings a wealth of knowledge and a diverse skill set to her practice. Her proficiency spans from implant crowns and dentures to advanced periodontal care, underscoring her commitment to enhancing patient wellness through comprehensive dental solutions.

Operating from Monticciolo Family and Sedation Dentistry in Seminole, Florida, Esha Persad, DDS emphasizes the importance of preventative care, particularly when it comes to maintaining healthy gums. Her approach is deeply rooted in servant leadership, fostering a collaborative environment that prioritizes patient needs above all else. By personalizing treatment plans and actively working to reduce wait times by 20%, she has significantly improved patient care and satisfaction.

The Importance of Preventative Care

Preventative care is the foundation of Dr. Esha Persad's approach to gum health. She advocates for simple yet effective measures that patients can easily incorporate into their daily routines. These preventative strategies are designed not only to maintain gum health but also to prevent the onset of more serious dental issues.

1. Regular Dental Check-ups

Dr. Esha Persad stresses the importance of attending bi-annual dental check-ups. These visits are crucial for the early detection and prevention of gum disease. During these appointments, patients receive professional cleanings and have their gum health monitored closely. This proactive approach allows for the identification of potential issues before they escalate into more serious conditions.

2. Proper Brushing Techniques

A fundamental aspect of gum health is proper brushing technique. Dr. Persad advises using a soft-bristled toothbrush with fluoride toothpaste and employing gentle circular motions to clean the gum line without causing irritation. Brushing twice a day effectively removes the plaque and bacteria that can lead to gum disease.

3. Flossing Daily

Flossing is another critical step in maintaining oral hygiene. It removes plaque and food particles from between teeth—areas a toothbrush cannot reach. By flossing daily, patients can significantly reduce their risk of developing gum disease, ensuring that their oral health is maintained in the long term.

4. Healthy Diet and Hydration

Dr. Persad also highlights the role of diet and hydration in maintaining gum health. A balanced diet rich in vitamins and minerals is essential for overall dental well-being. Limiting sugar intake and staying hydrated helps wash away food particles and bacteria, further reducing the risk of plaque build-up.

5. Avoiding Tobacco Products

Tobacco use is a significant risk factor for gum disease. Dr. Persad strongly encourages her patients to

avoid tobacco products to preserve both oral and overall health. Quitting tobacco not only benefits gum health but also improves general health outcomes.

6. Stress Management

Finally, stress management plays a vital role in maintaining oral health. Stress can lead to teeth grinding and gum inflammation, which negatively impacts gum health. Incorporating stress-reducing activities into daily life can improve both mental well-being and dental health.

A Commitment to Continuous Learning

[Esha Persad, DDS](#)'s dedication to patient wellness is evidenced by her commitment to continuous learning. She consistently pursues courses in the latest dental practices, integrating these advancements into her care protocols to improve patient outcomes. Her strategic involvement in marketing and special events has resulted in a high rate of patient retention and return visits, a further testament to her effective approach to dental care.

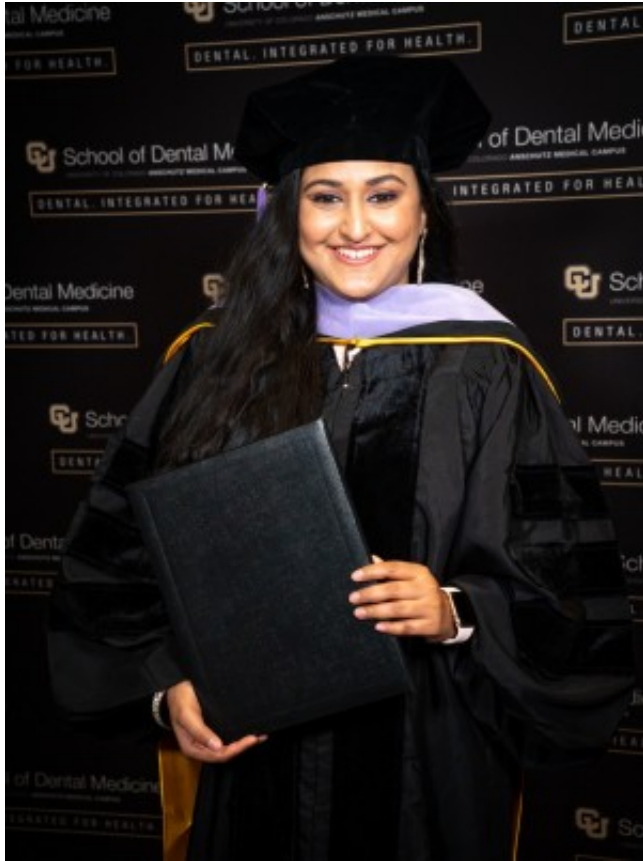
Currently, Dr. Persad is furthering her professional capabilities by obtaining sedation certification from the ASAASD, which will allow her to enhance patient comfort and care during dental procedures.

Community Involvement

Beyond her practice, Dr. Persad is actively involved in community health initiatives aimed at raising oral health awareness. Her efforts have made significant impacts, educating the community on the importance of oral hygiene and preventative care.

Through her leadership and expertise, Esha Persad, DDS continues to set new standards in dental care. Her focus on preventative measures for gum health not only empowers her patients but also fosters a broader understanding of the importance of maintaining oral health. By following her guidance, patients can enjoy healthier gums and a brighter smile, contributing to their overall well-being.

For those looking to enhance their gum health, Esha Persad, DDS expert advice offers a pathway to better dental health and a more fulfilling life.



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