

Monthly News Letter

The Truth About 4 AM Biryani and Your Oral Health

Late-night biryani at 4 AM has become a quirky modern trend — but your teeth are paying the price! Whether it's after a night shift, during hostel life, or just cravings, this habit can quietly harm your oral health.



Pairing spicy biryani with fizzy drinks like Thums Up? That combo creates a perfect storm of acid, sugar, and enamel damage, especially dangerous when consumed while your mouth's natural defense (saliva) is asleep!



Why Midnight Munching Harms Your Teeth

Tooth Decay

Sugary carbs feed bacteria, causing enamel erosion



Bad Breath

Overnight food residue + bacteria = strong odors.

Gum Infections

Plaque build-up irritates gums.



Enamel Erosion

Fizzy drinks and brushing immediately after acidic food are risky!

Break the Habit. Save Your Smile:

- Brush before late-night meals
- Rinse with water or mouthwash after eating
- Avoid sticky, sugary midnight snacks
- Keep a travel toothbrush nearby
- Get regular dental checkups

Warning Signs?

Notice bad breath, bleeding gums, tooth sensitivity, or discoloration?

It's time for a checkup

Visit

Srinivasa Dental Kakinada
— Kakinada's trusted
name in preventive and
advanced dental care.



From Dr. Kiran Raju:

“Oral health isn’t just about brushing twice. Timing matters. Don’t feed your teeth biryani in the dark and expect them to shine in the light!”

**Book Your Appointment
Today!**



92900 19948



Srinivasa Multispeciality Dental
Hospital, Kakinada



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“Oral Health is Overall Health”

