

BIZARRE?

Dog runs away from home and sneaks into heavy metal band's concert



A dog named Storm made headlines after sneaking into a heavy metal band's gig, surprising her worried owners. According to the report, Storm's disappearance led her family on a frantic search, but she was nowhere to be found. It wasn't until a family member suggested posting a missing dog notice that they discovered Storm's viral photo. Initially thought to be abandoned, an animal foundation clarified the situation upon receiving a message from her parent, Arizbeth Hurtado.

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Dental decay might impact your self-confidence and appearance: Doctor

Every delay in your dental visit due to fear of pain or treatment comes at a cost, says Dr Ritu Sharma. "By the time you seek treatment, the disease can spread to other teeth, making the treatment more complex, expensive, and time-consuming. Dental decay not only affects your appearance but also impacts your self-confidence. It compromises your ability to chew, digest, and absorb nutritious food," she adds.

According to the doctor, "To achieve a goal of zero cavities and improve your oral and general health, invest a few minutes daily in following these three steps - proper oral hygiene, proper diet and regular dental checkups."

PROPER ORAL HYGIENE

- Proper brushing
- Proper flossing before brushing at night
- Cleaning tongue



Dr Ritu Sharma, Sante Dental Clinic

- Rinsing after meals and after sugary acidic drinks.

PROPER DIET

- Foods to avoid are sugars and easily fermentable carbohydrates (eg breads, pasta,

buns etc). Also avoid acidic foods and beverages (eg aerated drinks).

■ Foods that help to prevent cavities:

Green leaves and fibre containing salad. They provide the essential enzymes, minerals, vitamins; have a cleansing effect on tooth surfaces and boost saliva production. Saliva is our best friend against cavities. Vitamin C is important for gum health and immunity against bad bacteria. Dairy reverses early dental decay. ■ Regular dental cleaning and checkups: Plaque (thin layer of bacterial bio-film) and tartar (its calcified version) contribute to most dental problems and need to be professionally removed on regular basis.

DENTAL CHECKUPS

- Decreased salivation or

acidic saliva (increasing cavity risk) should be checked.

- Early cavity lesions, known as white spot lesions, can be reversed if detected early.

■ Teeth factors that may lead to cavities, such as gaps or overlapping, need checking.

The doctor adds, "Habits like nail biting, tongue thrusting, clenching, and grinding, which can cause cracks in teeth and make them more susceptible to decay, as well as facial pain and headaches. Begin with small goals, taking one step from each of these three pillars, and gradually work toward better oral health."

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Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

Dutch designer shows adjustable fashion for all shapes and sizes



Dutch fashion designer Ruben Jurrien said that bigger man, he could not find fashion in his size. "I missed that, so I designed it," he added

Dutch fashion designer Ruben Jurrien showed his take on size diversity at Amsterdam Fashion Week on Friday with not only different-sized models but adjustable garments that fit all body types. Going beyond the trend of showing models who are more than a size zero, Jurrien made his entire collection either one size fits all or adjustable. The same pair of pants can fit between four sizes, either XXS to M or M to XXL, with adjustable straps.

Jurrien, 23, said he created his inclusive Super Femboyant collection because as a bigger man, he could not find fashion in his size. "I missed that, so I designed it," he said. He says getting people to feel included is his biggest goal. "Your body should not be a barrier to participating in the world of fashion," Jurrien said.

He stressed that his "gender-free clothes" adjust to all body types, not only plus sizes but also people who fall outside other fashion norms, like the very thin or the very tall. "My collection is all about being able to be yourself and find your inner child because life is already serious enough," Jurrien said.

My brand is all about that openness and my brand is for everyone. Also for children. After all, the clothes are adjustable in sizes, so the items can also be worn by adults

Your body should not be a barrier to participating in the world of fashion... My collection is all about being able to be yourself and find your inner child



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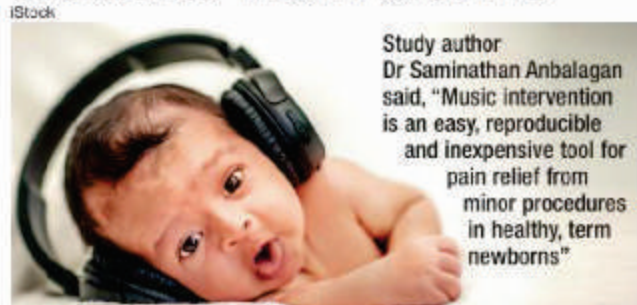
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'Mozart's music can soothe newborns'



Study author Dr Saminathan Anbalagan said, "Music intervention is an easy, reproducible and inexpensive tool for pain relief from minor procedures in healthy, term newborns"

A study from Thomas Jefferson University in Philadelphia has found that listening to Mozart can reduce signs of pain in infants. Scientists surveyed 100 two-day-old babies. The infants underwent a standard blood test done by pricking the heel. Half of them lis-

tened to an instrumental lullaby by Mozart. Researchers scored the babies' pain on the Neonatal Infant Pain Scale (NIPS). On the seven-point scale, the Mozart listeners scored an average of under five while babies who got the heel prick in silence scored almost seven.