

Change your mask frequently to avoid bacterial growth. REPRESENTATION PICS



Teeth too take hit by masking

Extended periods of wearing a face mask can affect your oral health. Here's how to safeguard your dental hygiene

ANINDITA PAUL
anindita.paul@mid-day.com

WHILE the importance of mask-wearing cannot be undermined, it also turns out that long periods of wearing a mask can cause a slew of oral hygiene-related concerns. Collectively termed as mask mouth, this condition is typified by dry mouth, bad breath (halitosis), tooth decay, and even inflammatory gum disease. There are a number of factors that come together to create this condition, explains Dr Neetika Modi, a dental surgeon and holistic wellness consultant at Studio Aesthetique.



to a dry mouth, increasing the chances of tooth decay and bad breath. Finally, a face mask traps more carbon dioxide in the mouth, which can increase the acidity of your oral microbiome. This, again, increases the risk of inflammation in your gums and other infections," Dr Modi explains, adding that in the case of children who tend to avoid eating while wearing a mask, late night snacking on carbohydrate-rich foods can cause dental decay. Fortunately, this condition is quite easy to reverse if arrested in a timely manner, she points out.

Mask up with care

The first and most important step is to focus on oral care. "Brush your teeth for two minutes twice a day and clean between your teeth with floss or other interdental devices daily. You can also use a mouthwash to freshen your breath and fight bacteria between cleanings. Ask your dentist to recommend a mouthwash that does not exacerbate oral

'Practice pranayam and other breathing exercises to correct your breathing pattern' Dr Neetika Modi



Sensitive gums and teeth are an indication of mask mouth

dryness. Practice pranayam and other breathing exercises to correct your breathing pattern," Dr Modi explains. Contact a professional if you experience bad breath, bleeding while brushing your teeth or sensitivity in your teeth and gums. Additionally, she stresses on the importance



Dr Neetika Modi



of drinking enough water throughout the day and limiting your consumption of alcohol and coffee, which can cause dehydration. Finally, regularly replace or clean your face mask to prevent bacterial growth. In case of disposable masks, make sure to use a fresh one every day and wash your cloth masks after every use. "A dental check up every six months can enable early detection and correction of any irregularities in your oral health," Dr Modi concludes.

An eclectic canvas

Twelve galleries have come together for the latest edition of In Touch, a collaboration to bring art shows to the virtual space for public viewing



TANISHKA D'LYMA
theguide@mid-day.com

IN its seventh edition launched this month, In Touch, an online exhibition showcases the works of 13 contemporary Indian artists. With the closure of public spaces and cultural institutions due to COVID-19, the art world quickly adapted to online models to exhibit art. In Touch, launched in April 2020, was one such response.

Six months since its last exhibition, Shireen Gandhi, creative director at Chemould Prescott Road, Mumbai, exclaims that the online platform comes back to life with two more Mumbai-based galleries as well as a new website that will help navigate the exhibitions in an experiential way. She continues, "We are delighted to bring together eclectic exhibitions that show varying programmes, but also hold together in terms of a contemporary language."

Make the most of it

To mark this edition's launch, the 12 participating galleries hosted a webinar — a virtual walkthrough led by artists and gallerists. A recording of this session is available on In Touch's website. Ensure you watch it for a deeper understanding of the artworks.

Gallerist Mortimer Chatterjee and Lal, Mumbai, shares about his gallery's takeaways: "We are showing the work of Arshi Ishaad Ahmadzai, and her work consistently probes contemporary social themes using historical and mythological



Mortimer Chatterjee and Tara Lal

narratives [as metaphors]. We would be thrilled if viewers are provoked to consider the deeper themes suggested by the individual works." Ahmadzai's series titled Naguftanha-E-Havva (The Unspoken Words Of Havva) comprises works on fabric done between 2020 and 2021 when she was living between India and Kabul.



Shireen Gandhi

Digital-first format

The gallerists welcome the digital format for its accessibility. Roshini Vadehra, director of Delhi's Vadehra Art Gallery, which is another participating gallery, believes the digital format has allowed for increased accessibility for both domestic and international collectors and curators, and has expanded the market for both new and seasoned collectors. Artist Sameer Kulavoor, whose series titled Fragile is on display, mentions that online exhibitions can be the next best thing when denied the sensory experience of viewing art in person. "Feed your mind, be stimulated and stay inspired," says Kulavoor.

FREE TILL April 30
LOG ON TO artin-touch.in



Raag-o-Ragini, 2021, PIC/
ARSHI ISHAAD AHMAZAI AND CHATTERJEE AND LAL; (right) Arshi Ahmadzai



Breakable, 2021, PIC/
SAMEER KULAVOOR AND TARQ; (right) Sameer Kulavoor



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Raag-o-Ragini, 2021. PIC/
ARSHI IRSHAD
AHMADZAI AND
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