

# Journey of a Smile Designer |Business of Dentistry in Dubai | Dr. Ritul Agarwal

**Host: Rupa Jha, Founder and CEO of Black Swan Business Set Up Services**

**Guest: Dr. Ritul Agarwal, Cosmetic Dentist - Ethical Smile Designer, DXB, AUD**

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## Glimpse of the Podcast

In this episode of "Healthy Smiles, Happy Lives," host Rupa talks with Dr. Ritul Agarwal about the importance of dental hygiene and its impact on overall health. They discuss cultural differences in dental care habits, the effects of modern diets and stress on oral health, and the importance of preventive check-ups. Dr. Ritul explains how lifestyle choices, including food and stress management, influence dental well-being and highlights the connection between oral health and systemic issues like heart problems. The conversation ends with Dr. Ritul sharing his vision of educating people and promoting holistic health.

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### **Rupa:**

Hello and welcome to another episode of "Healthy Smiles, Happy Lives." I'm your host, Rupa, and today we're diving deep into a topic we often overlook – dental hygiene. Joining me is the renowned dentist, Dr. Ritul Agarwal, who's here to shed light on oral health and its surprising connections to our overall well-being. Welcome, Dr. Ritul!

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### **Dr. Ritul:**

Thank you, Rupa! I'm excited to be here and talk about something so crucial yet often neglected.

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## Segment 1: The Importance of Regular Dental Visits

**Rupa:**

You know, Dr. Ritul, growing up in India, I only visited the dentist when there was extreme pain or discomfort. But I've noticed my friends abroad have fixed dental appointments, even for their kids. Why do you think there's this difference in mindset?

**Dr. Ritul:**

That's a great observation, Rupa. In countries like Australia and the UK, preventive healthcare is deeply ingrained in their culture. They understand the importance of regular check-ups to catch issues early. In contrast, in India, we tend to be more reactive than proactive. We wait for pain or visible problems before seeking help.

**Rupa:**

Absolutely! I realized my 8-year-old hasn't been to the dentist yet, and my friends take their kids every few months. Is there a rule about how often we should visit?

**Dr. Ritul:**

Not exactly. The 6-month rule is more of a guideline. Some people with excellent oral hygiene might only need a yearly visit, while others with specific issues might require more frequent check-ups. It all depends on individual needs, lifestyle, and oral habits.

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## Segment 2: Lifestyle and Oral Health

**Rupa:**

Speaking of lifestyle, food habits have changed a lot lately. Are modern diets affecting our dental health?

**Dr. Ritul:**

Oh, absolutely! Today's diets are loaded with acidic foods and drinks – from lemon water to apple cider vinegar, energy drinks, and even sparkling water. These erode the enamel over time. I always advise my patients to use a straw for anything that isn't plain water to minimize direct contact with teeth.

**Rupa:**

Wow, I didn't realize even sparkling water could be harmful! And social media is full of health tips – but we rarely hear the dental side of it.

**Dr. Ritul:**

Exactly! There's a flood of influencers promoting these trendy drinks, but no one talks about the dental consequences. It's crucial to balance health trends with oral hygiene awareness.

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### **Segment 3: Stress and Dental Health**

**Rupa:**

This brings me to another curiosity – I recently read that stress is linked to dental problems. How does that work?

**Dr. Ritul:**

That's a great question, Rupa! Stress often leads to habits like teeth clenching and grinding, known as bruxism. This can cause headaches, neck pain, and significant tooth wear. There's also a link between stress and acid reflux, which brings stomach acid into the mouth, further eroding enamel.

**Rupa:**

I never connected stress with dental health! And to make it worse, we often brush harder, thinking it'll clean better.

**Dr. Ritul:**

Exactly! Overbrushing or using abrasive electric brushes can worsen the problem. It's about using the right technique and tools.

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### **Segment 4: Dental Health and Overall Well-being**

**Rupa:**

I also heard that poor dental health can affect overall well-being. Is that true?

**Dr. Ritul:**

Yes, oral health is linked to several systemic issues. For instance, gum disease is associated with heart problems, uncontrolled blood pressure, and even low birth weight in newborns. It's not a direct cause, but there's a strong correlation. Maintaining good oral hygiene can contribute to better overall health.

**Rupa:**

That's eye-opening! I had no idea it could be that impactful.

**Dr. Ritul:**

Yes, and that's why awareness is so important. It's not just about having a bright smile – it's about safeguarding your health.

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## Segment 5: Personal Story and Education for Mothers

**Rupa:**

You know, after my pregnancy, I suddenly had to get multiple root canals. I never had dental issues before that. Could it be related?

**Dr. Ritul:**

Absolutely. Hormonal changes during pregnancy, morning sickness, and acid reflux can all affect dental health. Plus, as new mothers, women often neglect their health while focusing on the newborn. Educating mothers on self-care and their child's oral health is crucial.

**Rupa:**

I can completely relate! And you're right, I barely paid attention to myself during that phase.

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## Segment 6: Vision and Future Plans

**Rupa:**

Before we wrap up, I'm curious – what's your vision for the future, Dr. Ritul?

**Dr. Ritul:**

Great question, Rupa. My aim is to educate more people and be a trustworthy voice in dentistry. I want to teach more and eventually open my clinic, either here or back in India, where I can make a difference. And, of course, to lead a happier, stress-free life – just like I advise my patients!

**Rupa:**

I love that! You're not just a smile doctor but a happiness advocate too!

**Dr. Ritul:**

(Laughs) I try my best!

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## Closing and Takeaways

**Rupa:**

Thank you so much, Dr. Ritul, for sharing your valuable insights today. I've learned so much – from food habits to stress management, and I'm sure our listeners have too.

**Dr. Ritul:**

Thank you, Rupa! It was a pleasure being here.

**Rupa:**

To our listeners, what did you find most surprising today? Are you rethinking your dental

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routine? Let us know in the comments or on social media. And don't forget to preserve that beautiful smile!

This is Rupa, signing off from "Healthy Smiles, Happy Lives." Until next time, keep smiling and stay healthy!

**Thanks for downloading this podcast script. We hope you have learned something new from here! If you have any questions regarding this podcast, do let us know.**



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