

## **NEELA GANDHI DMD-BIO**

Dr. Neela Gandhi received her DMD degree from Tufts University School of Dental Medicine in 2006. Prior to that, she earned her BDS (Bachelor of Dental Surgery) degree from University of Manchester, UK in 1994. Dr. Gandhi practiced as an associate in Nairobi, Kenya for several years and also worked as a clinical associate in the Craniofacial Pain Center at Tufts University School of Dental Medicine.

In addition to her clinical practice, she contributes a tremendous time to organized dentistry. Dr. Gandhi is an active member of the American Dental Association, Massachusetts Dental Society (MDS) and is a Fellow of the Academy of General Dentistry (FAGD).

Dr. Neela Gandhi has always taken a strong leadership position in being an effective liaison for the Metropolitan District Dental Society to the Massachusetts Dental Society. Dr. Gandhi was an enthusiastic contributor to the Give Kids a Smile effort of the district. In 2007, Neela was nominated to participate in the Massachusetts Dental Society Leadership Institute, resulting in her eventual selection as representative for Council on Membership for Metropolitan District Dental Society and ultimately to the position of District Chair and to the position of Trustee to the MDS Board. Dr. Gandhi received the 2010 William McKenna Volunteer award from the Massachusetts Dental Society. Neela is always ready, willing and able to approach every issue with wisdom, determination and enthusiasm. She was recently awarded the 2017 Robert L. Burke, DDS Memorial Volunteer Award, established in 1999 in Dr. Burke's honor to recognize outstanding volunteer efforts and contributions which have been put forth for the betterment of the dental society.

She has also served as President of a local non-profit organization called United India Association of New England (UIANE) for five years where she has organized cultural events and health fairs to bring all members of the community together.

In her spare time, Dr. Gandhi likes to swim, cook and visit Kenya where she enjoys spending time with her family

## **TOPIC: ORAL HEALTH IS OVERALL HEALTH**

The condition of your oral health plays a very important role in your overall health. More than 90 percent of all systemic (overall) diseases have oral health symptoms. Research shows that poor oral health is a sign of heart disease, stroke, diabetes, premature births, and osteoporosis.

By educating you on the association between your oral health and your overall health, you'll understand that a healthy mouth is connected to a healthier you.

We are going to talk about the different life stages and the Healthy Habits, Concerns and Nutrition.

The Importance of Regular oral care and how regular brushing and flossing and visits to the dentist will not only give you a healthier mouth, but will help maintain an overall healthier you.