

# DENTAL HEALTH EDUCATION

**The public awareness program**



# IMPORTANCE OF TEETH



Healthy teeth and gums enable you to:



Chew food thoroughly

Speak clearly

Give shape and structure to your mouth

# Structure of your teeth



## **Enamel** (top)

The hard material on the outer surface of the tooth.

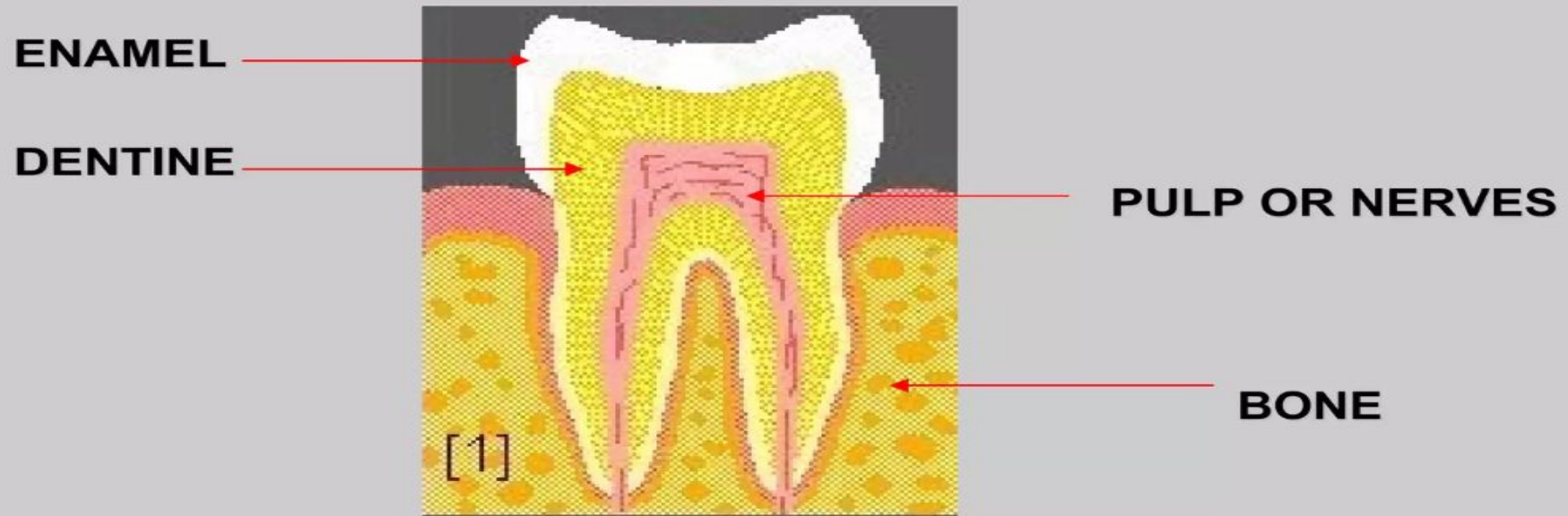
## **Dentin** (middle)

Below the enamel – the bonelike material that surrounds the sensitive inner parts of the tooth.

## **Pulp** (inside)

Tissue that contains nerve endings and blood vessels.

# What is tooth?





# What is Dental Caries?



If we do not care properly for our teeth, we may get **Dental Caries**. Caries make holes in teeth caused by plaque. Often, caries is a very painful disease.

# Plaque



A thin, sticky film that builds up on teeth and contributes to tooth decay.







SUGAR



+ BACTERIA

=



ACID



ACID

+



HEALTHY TOOTH

=



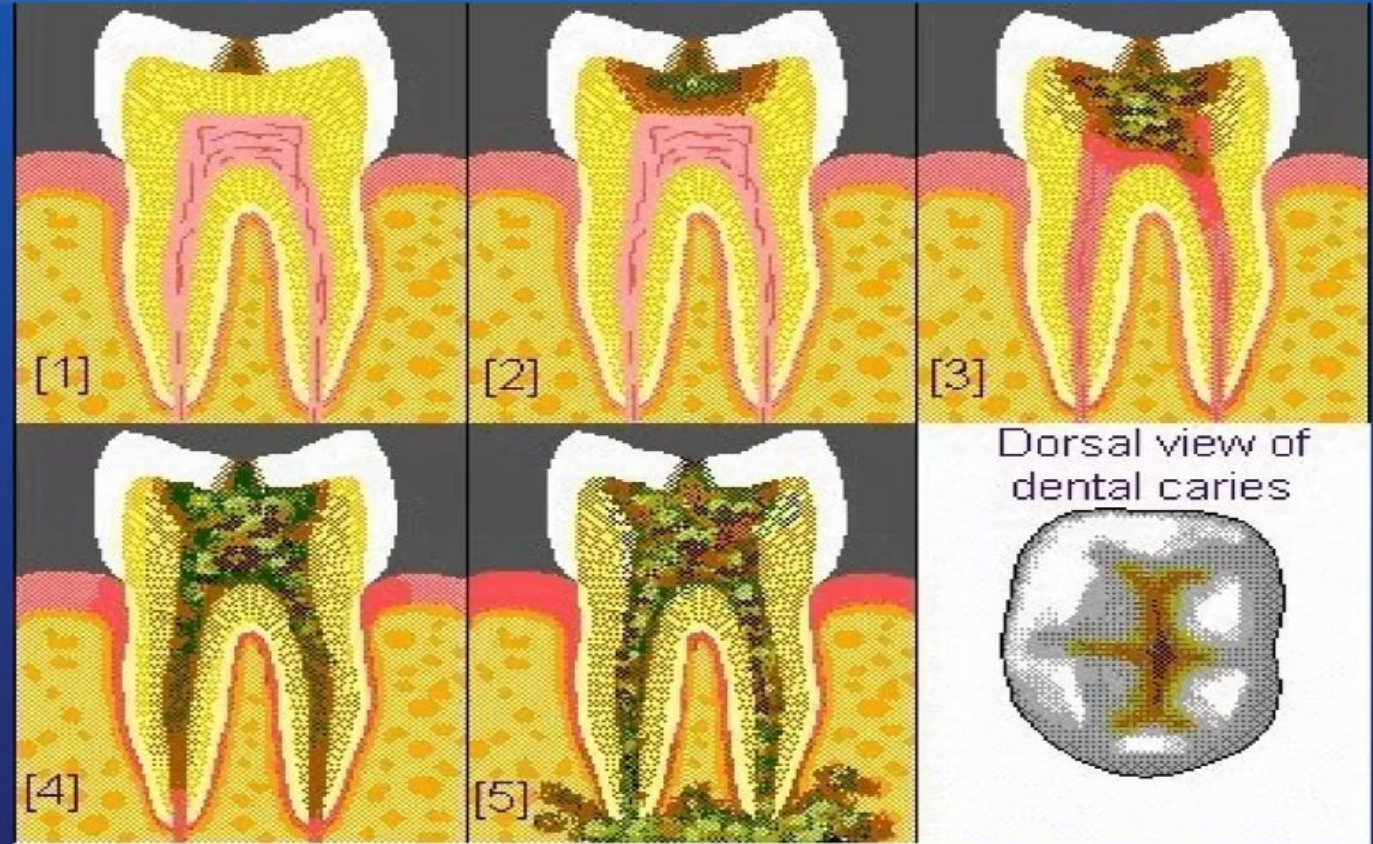
DECAY



# STAGES OF DENTAL CARIES



- 1- It begins into outer layer Enamel (painless)
- 2- Spread into Dentine (hot & cold)
- 3- Reaches nerves (painful)
- 4- Kill the pulp
- 5- Abscess



**Dental Caries**



# Prevention



- If you wish to save your teeth
- You must maintain your oral hygiene

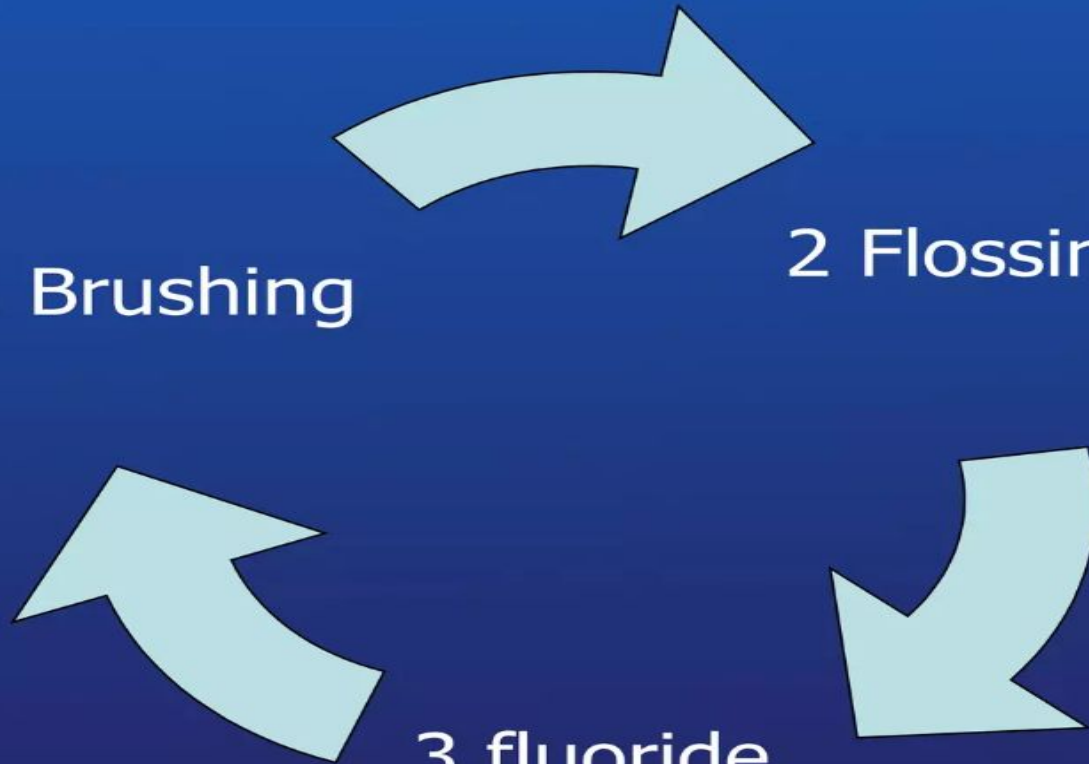
# To maintain oral hygiene Three things You Can Do



1 Brushing

2 Flossing

3 fluoride







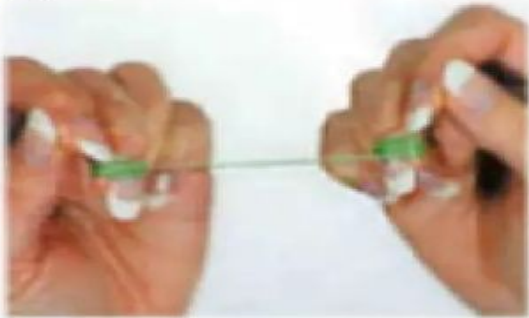
# 1 Brushing



- Properly **brush** your **teeth**,
- paying extra attention to the gum line
- and hard-to-reach back **Molars**
- Avoid decay and bad breath by brushing



# How to floss?



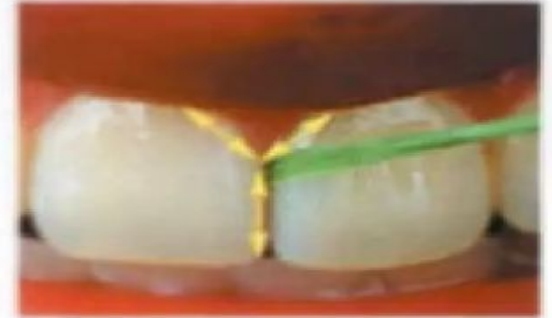
Using 18 inches of dental floss, wrap it lightly around your middle fingers.



Firmly grasp the dental floss with your index fingers.



Forming a C-shape, carefully slide the floss up and down between your tooth and gum line.



Gently slide the floss in between both sides of your teeth and repeat until finished.



# What is fluoride?

- **Fluoride** is a mineral in your bones and teeth. It's also found naturally in the following:



Soil



Plants



Rocks



water



Air

# What are the benefits of fluoride?

- Fluoride is commonly used in dentistry to strengthen enamel, which is the outer layer of your teeth. Fluoride helps to prevent cavities. It's also added in small amounts to public water supplies in the United States and in many other countries. This process is called water fluoridation.





# 3 Fluorides

- Fluoridation is the line of defense against dental Caries.



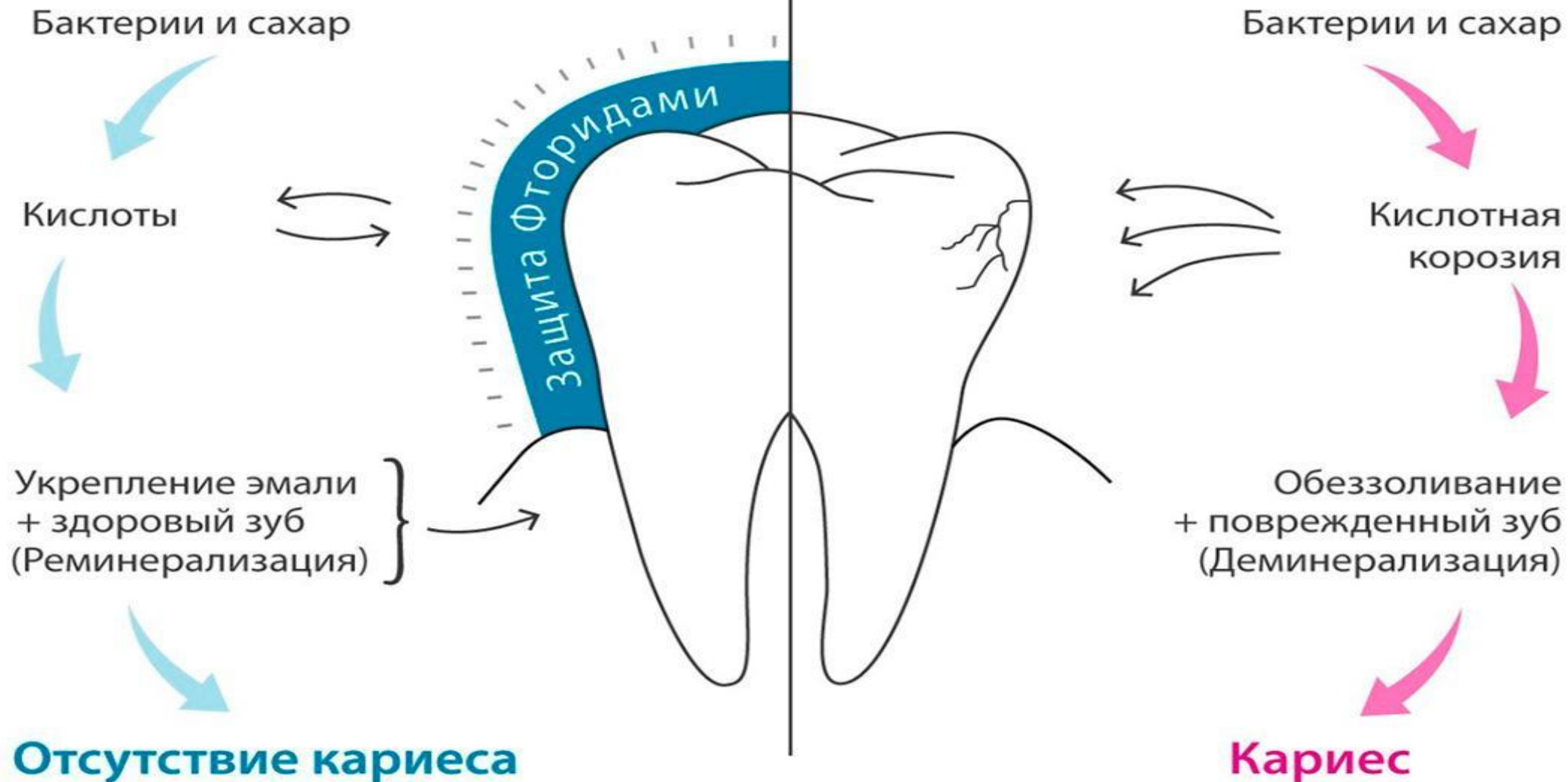
- Fluoridation is important for any person who desires to prevent or control both of main dental disease.



- Tooth past which contain fluoride compound is effective in dental disease.

С Фторидами

Без Фторидов



# Summary



- Brush at least twice daily
- Floss at least once a day
- Use water or tooth past which contain fluorides
- Visit your dentist regularly



# Tips To Improve Your Work-time Brushing Habits:



- **Post a sticky note on your desk or computer as a reminder**



- **Brush teeth after lunch, before you become absorbed in work.**



- **Store your toothbrush and toothpaste at work in a convenient place.**



A close-up photograph of a young woman with dark hair, smiling as she brushes her teeth with a pink toothbrush. The background is a soft, out-of-focus blue and white, suggesting a bathroom setting. The text 'Importance of Toothbrushing Techniques' is overlaid in a dark red, serif font.

# Importance of Toothbrushing Techniques

- It is important to remove bacterial plaque from all tooth surfaces.
- Plaque produces dental caries and periodontal disease.



# STAGES OF GUM DISEASES

STAGE 1



Healthy  
Tooth

STAGE 2



Gingivitis

STAGE 3



Early  
Periodontitis

STAGE 4



Advanced  
Periodontitis



Moderate  
Periodontitis



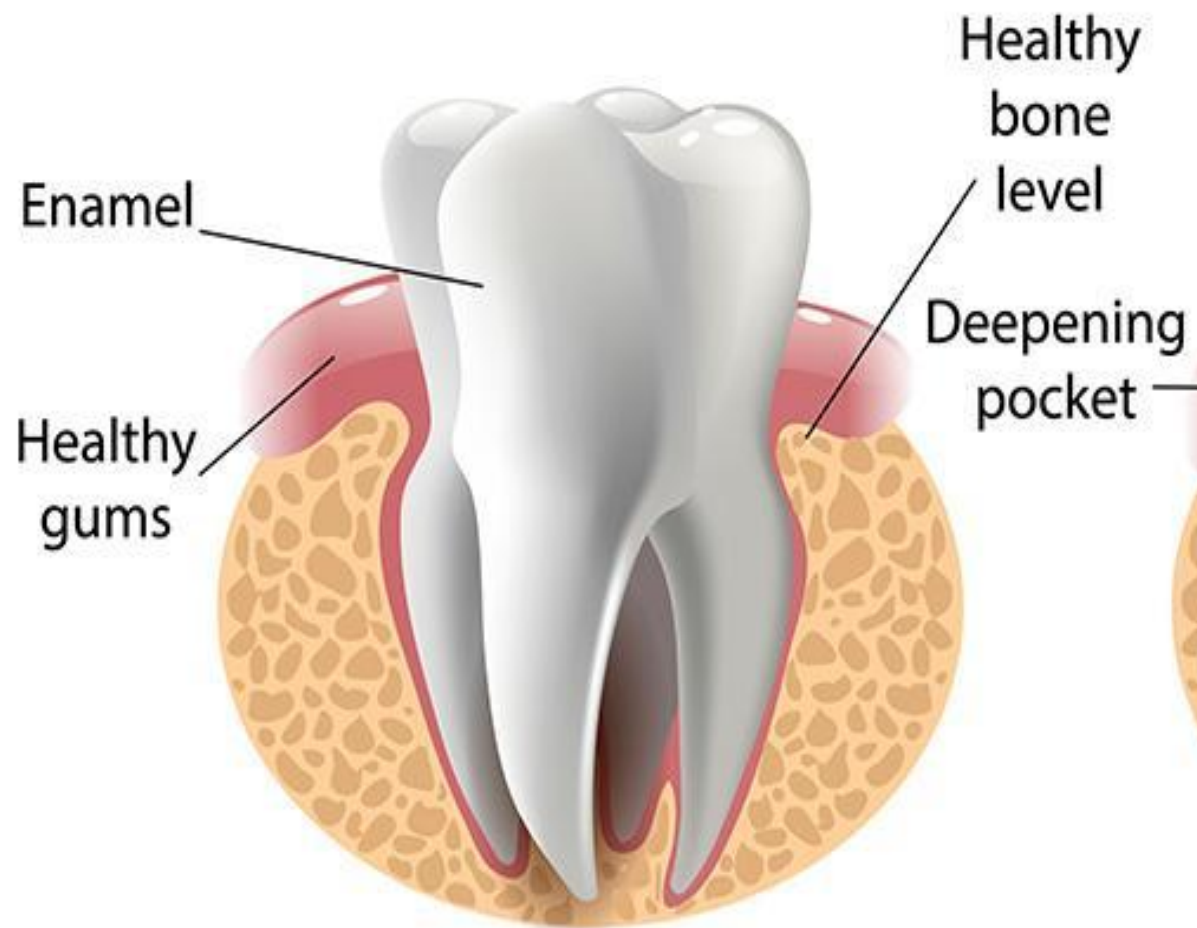
# Gingivitis

- Gingivitis is a mild form of gum disease, and the most common.
- It is reversible and involves only the gum tissues around the teeth.
- Signs: Bleeding when brushing or flossing, puffy, red tissues between the teeth, and pain or tenderness.

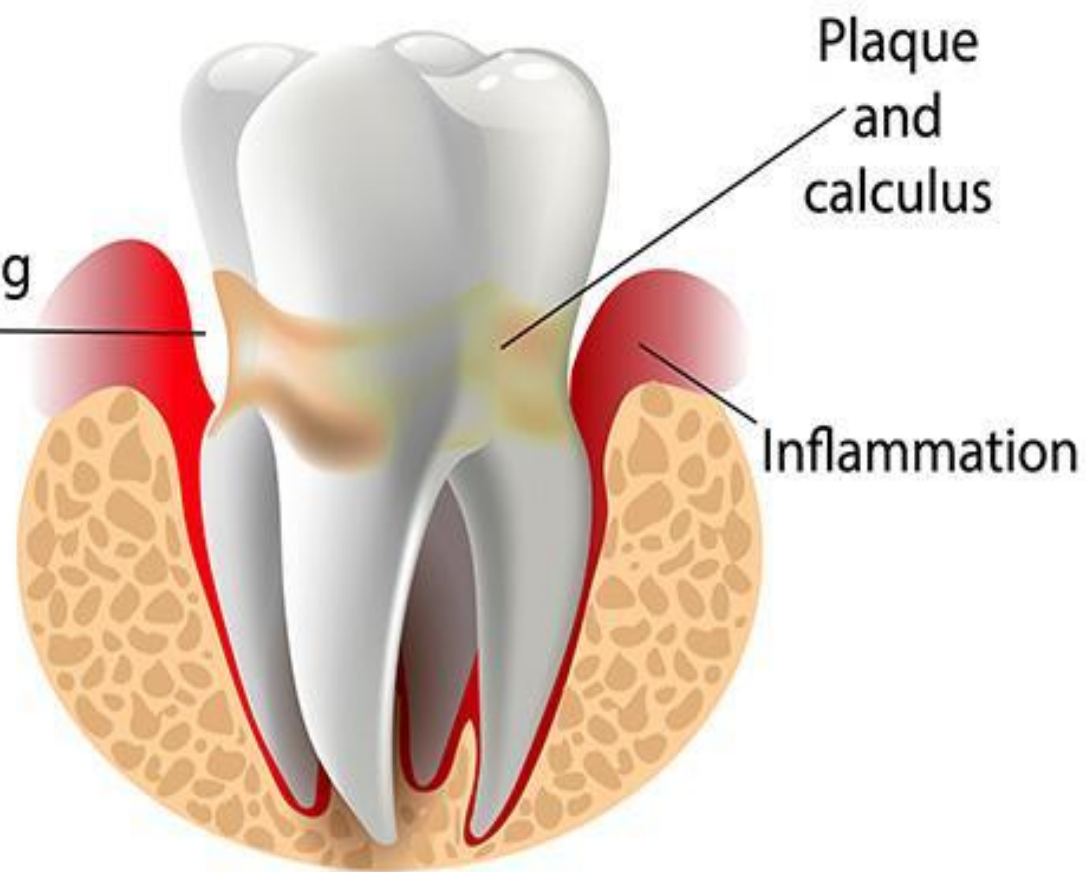
# Periodontitis

- (also called periodontal disease) is gum disease. This infection damages the soft tissue around your teeth and wears away the bone supporting them. If left untreated, the disease eventually ruins the bone, loosening the teeth and causing them to fall out.
- The most common cause of periodontal disease is bacterial plaque that develops on the surface of your teeth. If not removed with regular cleaning, the plaque can harden and turn into tartar and calculus.

## Normal tooth



## Periodontitis





# Symptoms of Periodontitis

- If you notice any of the following symptoms, it's time to make a dentist appointment.
  - Red or swollen gums
  - Easily bleeding gums
  - Loose or shifting teeth
  - Bad breath
  - Gum inflammation
- Even though the above symptoms could also signal other conditions, you still need to take immediate action.

# Homework

- Write an essay about the following topic

“Why is the teeth bleeding?”