

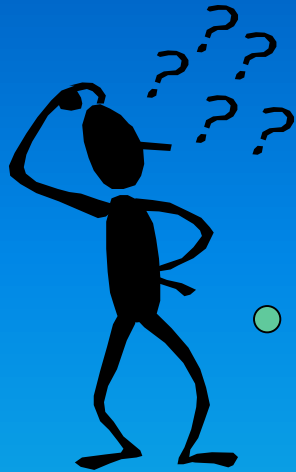
Carbonated  
Drinks  
Or soda-water



- Take out the  $\text{CO}_2$
- Drink with a straw







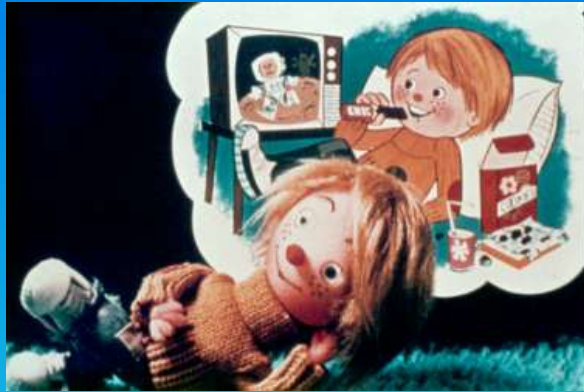
Why not to let a child go to bed with a bottle of milk/sugared drink



During lying and darkness there is decrease in the secretion of saliva

# Prevention of dental caries

## Conclusions



- Eat maximum 6 meals /day (do not eat when you watch TV/ computer)

- Drink only water between meals



**Does the amount of carbohydrate consumed in one meal affect the amount of secreted acid or the extent of the demineralization?**



**No, the amount of the consumed food in one meal almost does not affect the amount of the secreted acid**



**However, the high number of meals/day increases the damage**





# Factors that affect the interval between meals

Sticky food- every food that composed of baked flower and sugar





What damages the tooth  
more?



Toffee



Hard candy for  
sucking





## Factors that induce stickiness of the food

- Anatomy of the tooth crown- deep fissures, high inclination of the food
- Muscle's activity



Is there any healthy food for the teeth?



Almonds



peanut

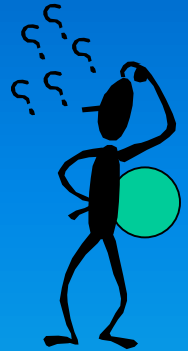


## The anti- caries effects of food

- Neutralizing the acid
- Increase the mineralization (proteins, calcium and phosphate)
- Inhibit bacterial activity (contain tannins (cacao) and casein (yellow cheese))



# What about chewing gums ?



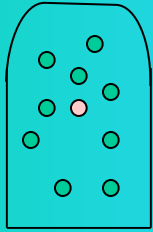
- Chewing gum, of any type ,when consumed immediately after meal, is healthy, but in between meals- causes demineralization
- Chewing gum in between meals- xylitol
- Chewing over 3 hours can cause damage to the TMJ



# Xylitol

- The only sugar that is not fermentable
- Inhibits the metabolism of the sugars by the bacteria
- Induces secretion of saliva
- expensive





# The role of saliva in dental health

- The saliva inhibits demineralization by coating the enamels by proteins (barrier between acid and enamel)
- The calcium and phosphate in the saliva increase re-mineralization
- Contains buffers that neutralize the acid
- Increase the elimination of the food remnants from the teeth

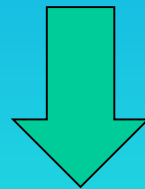




**The ingested fluoride (from food and drinks) is absorbed by the blood and transferred via the saliva to the tooth – increase demineralization process**

# The role of saliva

- Contains proteins that inhibit bacterial growth
- Increase taste sensation
- Helps in swallowing
- Protect the oral mucosa



Decrease in saliva secretion- risk for caries development



Is the disease genetic after all?

Yes but is it preventable by correct oral hygiene

# Caries prevention

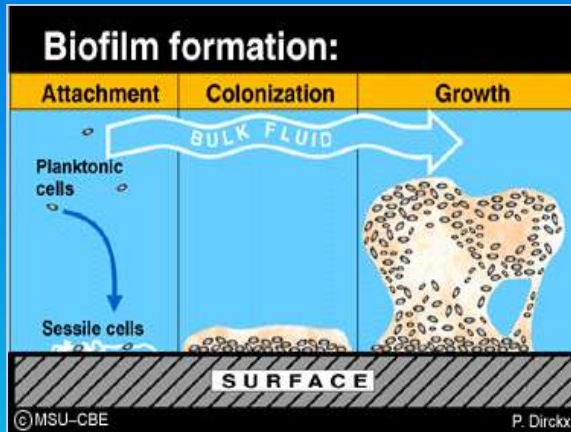


# Caries prevention

Tooth brushing twice a day and after eating sticky food,  
starting from the eruption of the first tooth



# Caries prevention

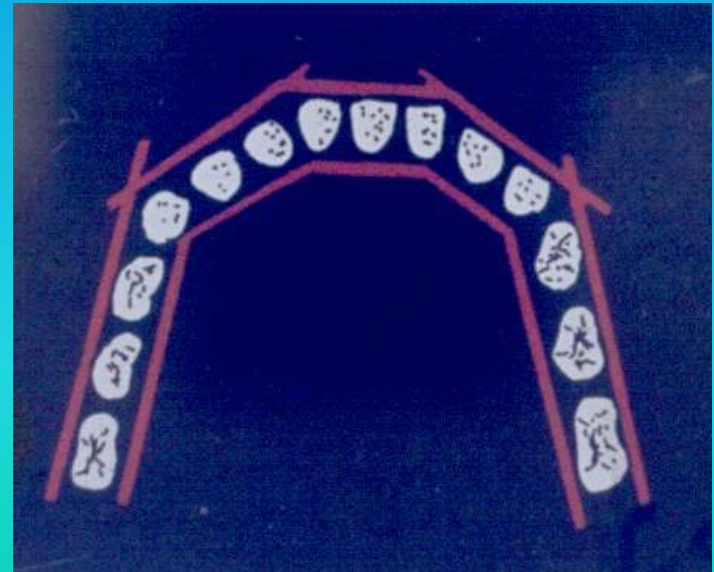
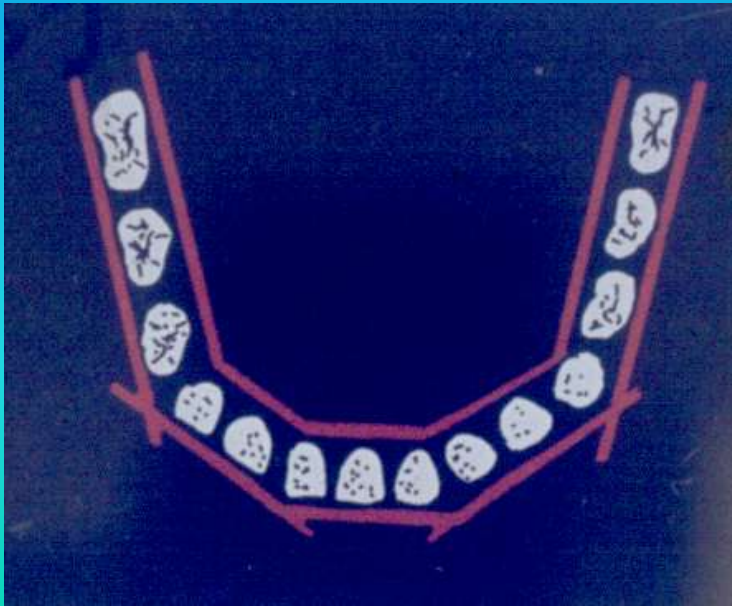


Brushing with toothpaste that contains fluoride  
(1450ppm from age 6)



# Correct tooth brushing

We have to brush each tooth from three aspects:  
buccal , lingual and occlusal



# Correct tooth brushing

The bacterial plaque accumulated mainly at the border of tooth with the gingiva,  
Therefore we have to place the toothbrush half on the tooth and half on the gingiva

Removes the plaque

Massages the gingiva



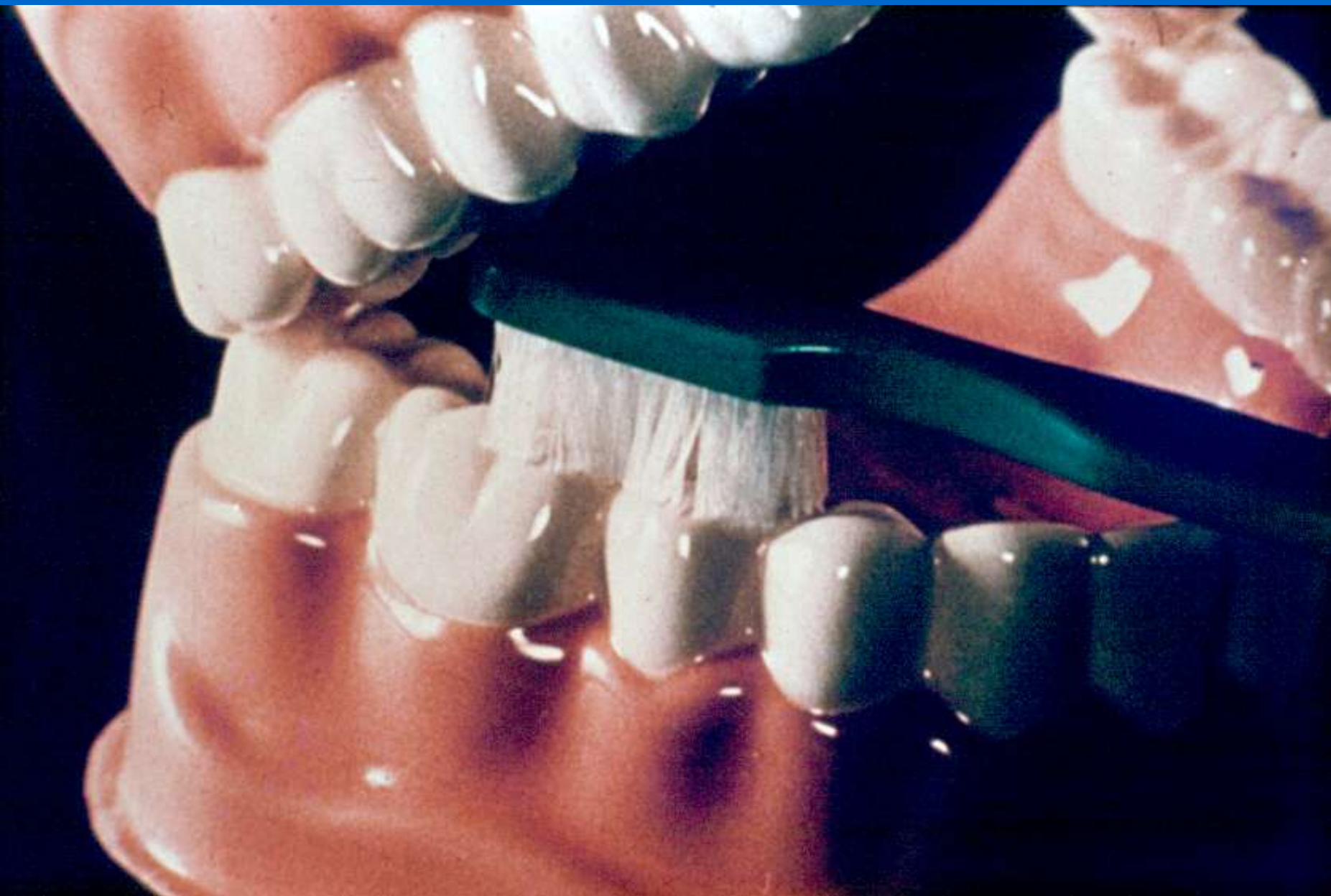
















# Correct tooth brushing

- The plaque is sticky, therefore we have to perform 10 strokes forward and backwards in each group of teeth to remove the entire plaque

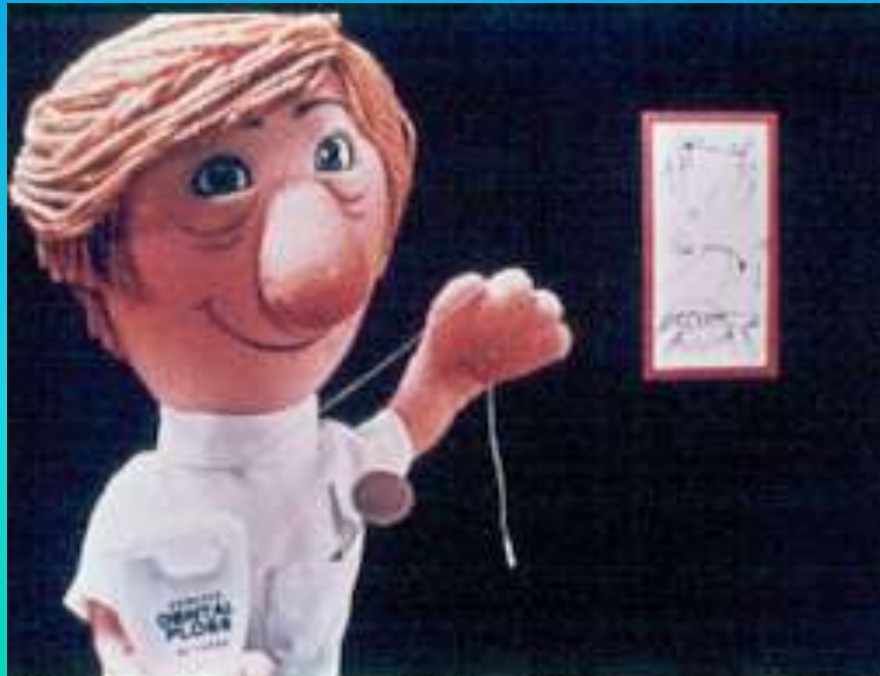


**It is recommended not to rinse the teeth after tooth brushing – only to spit**

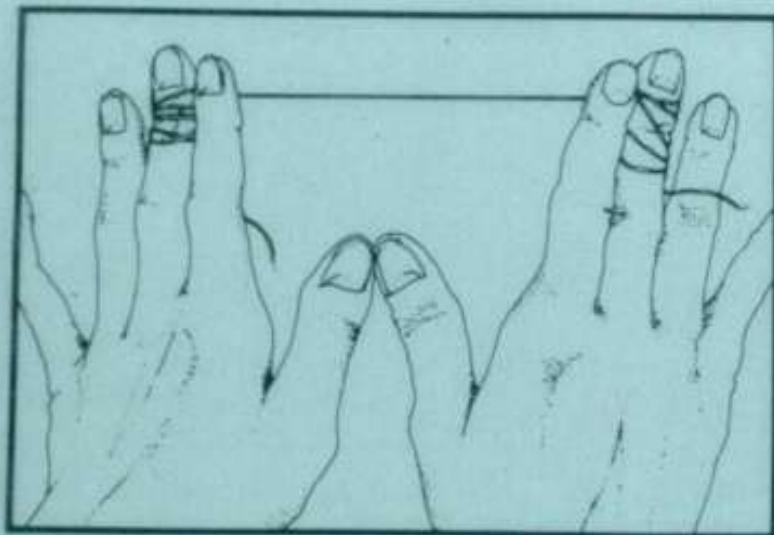


It is recommended to floss once a day , before brushing the teeth at the evening

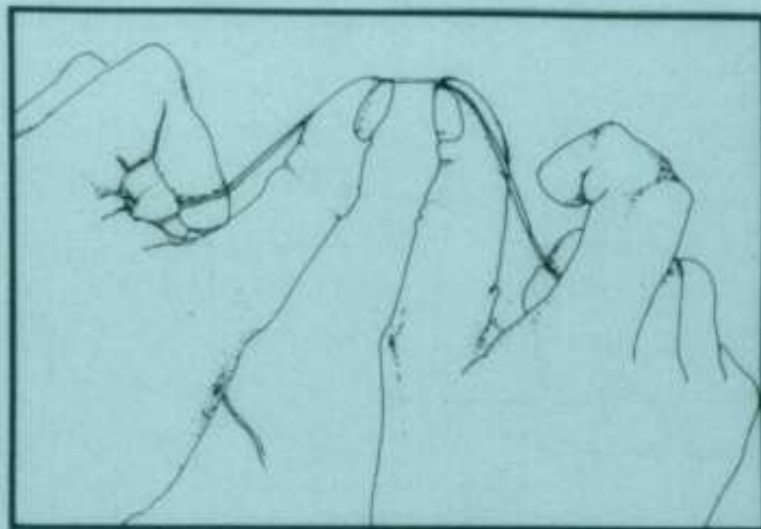
To let the fluoride in the toothpaste to come in contact with the proximal surfaces of the teeth



A



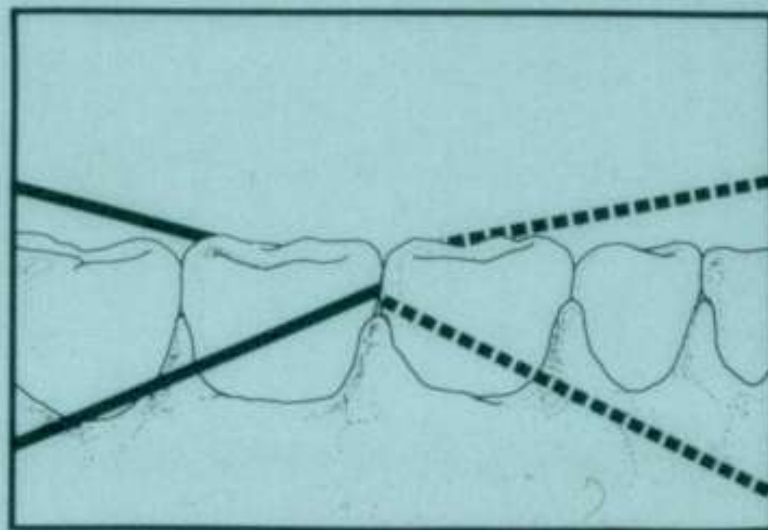
B



C



D



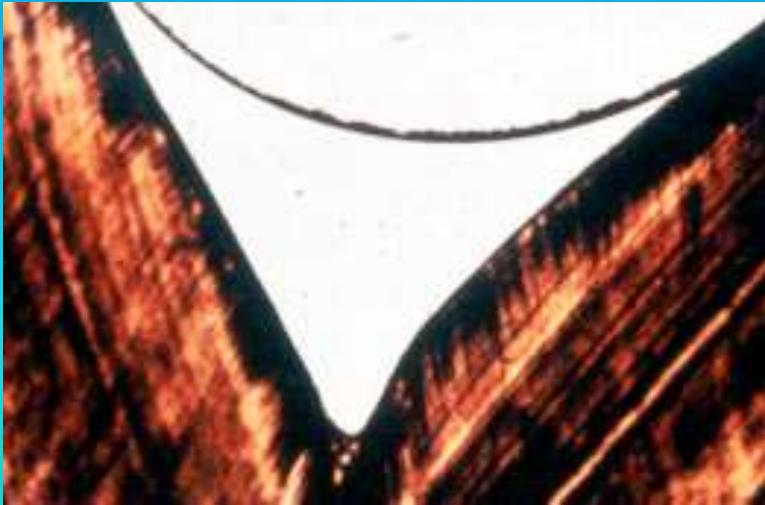
# Floss holders







Placing fissure sealants for prevention immediately after eruption



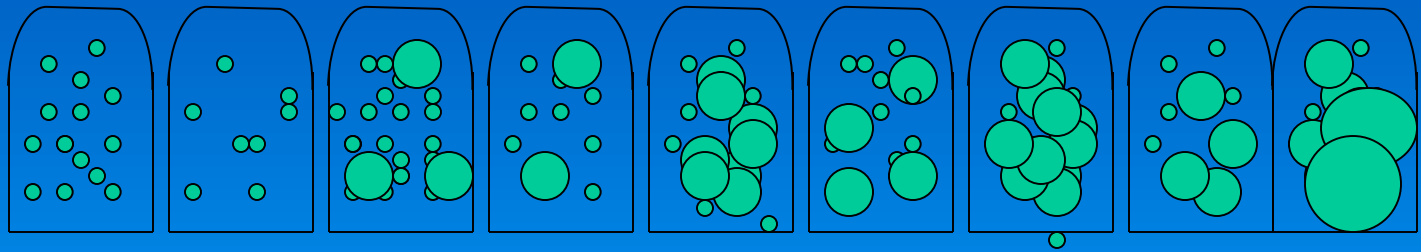




Molar before and after fissure  
sealants

Coating the teeth (by a dentist) twice a year with high concentration of fluoride gel/lacquer





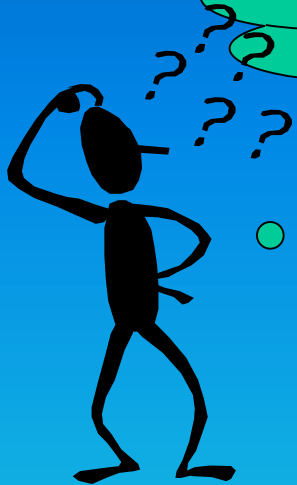
**Fluoride**



**No treatment**

**Ideal treatment**  
**Prevention in the early stages of the disease**

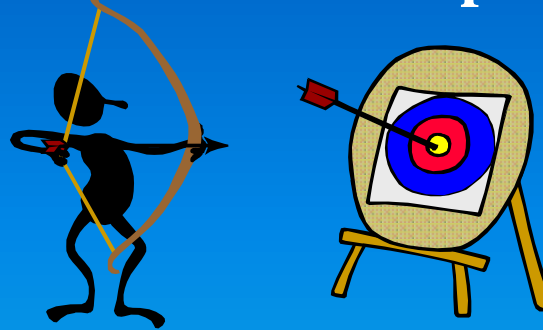
# Carries prevention



Periodic check-ups twice a year



# Periodic check-ups



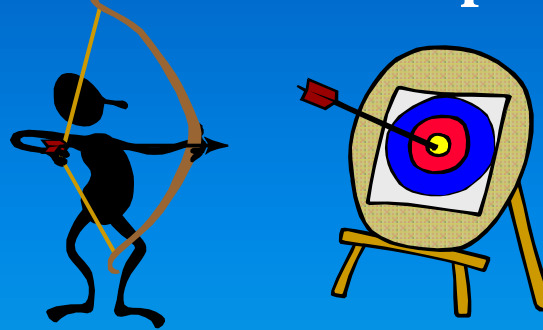
## Verifying

- Correct tooth brushing
- Correct toothpaste
- Correct eating/drinking habits





## Periodic check-ups



**Repairing the fissure sealants- if necessary**

**Treating small/initial caries lesion**

**Scaling to prevent periodontal disease**

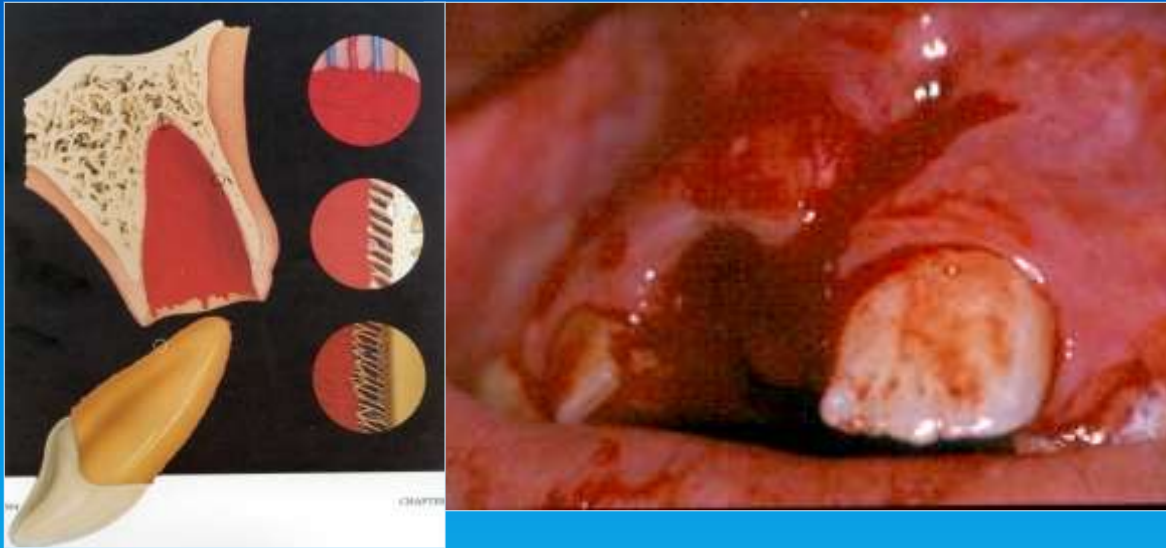
**Following destructing oral habits**





# Dental traumatic injury





**In avulsion of permanent incisor the best treatment is to re-implant the tooth to its original place and hurry to the pediatric dentist**

**If not- preserve the tooth in cold milk and hurry to the pediatric dentist**



*Thank you*

