

Preventive Dentistry 5th Year- Dental Students
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Prevention of oral diseases: is concerned with maintenance of a normal masticating mechanism by fortifying the structures of the oral cavity against damage and disease.

Preventive dentistry: It is a branch of dentistry, deals with the preservation of healthy teeth and gingiva and the prevention of dental and oral disease. The field involves dental procedures, materials and programs that prevent the occurrence of oral diseases or retard their progression.

There are three levels of preventions:

Level 1: Primary prevention

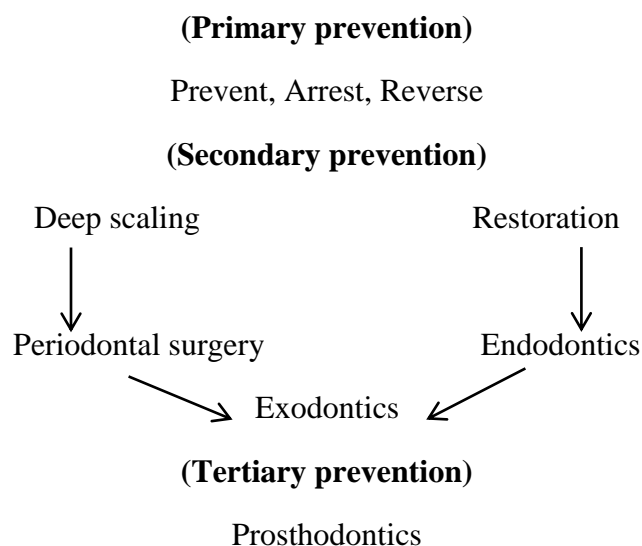
Pre pathogenic stage employs measures that forestall the onset of the disease, to reverse the progress of the initial stage, or to arrest the disease process before treatments becomes necessary. It is the maintenance of the intact dentition, ie prevention of dental caries, gingivitis, and periodontitis in a completely healthy mouth.

Level 2: Secondary prevention

Pathogenic stage employs routine treatments methods, to terminate a disease process .and to restore tissues as near normal as possible. It is the prevention of recurrence of diseases after successful symptomatic treatment

Level 3: Tertiary prevention

It employs measures necessary to replace lost tissues and to rehabilitate patients to the point that functions is as near normal as possible, after the failure of the secondary preventions.



Prevention is a philosophy of practice based on a perspective that focuses on maintaining health rather than on treating a disease.

The patient is a person (not a case), **the first step of motivations** is:

1-Getting to know the person. Help him enough to tell us about him self, to see if he can understand dental instructions.

2-Developing honest relation ships. Doctor- patient relation ship.

3-Developing an effective oral self - care habits

4-Reinforcing patient's responsibility.

As a mean of providing guidance for clinical practice in correlation with the philosophy of preventive dentistry a procedural sequence is suggested. These sequences are considered the basis for treatment planning.

Five phases are suggested:

Phase 1 — Urgent care is the treatment of emergency conditions ie relief of an existing condition as extraction, endodontic.

Phase 2- Gingival and periodontal therapy is the attempt to control soft tissue diseases.

Phase 3- Prophylaxis and anti caries therapy involves periodic dental prophylaxis, fluoride therapy, and fissure sealants

Phase 4- Occlusal adjustment achieved by surgery, restorative procedure and construction of prosthesis.

Phase 5- Counseling in self care

Involves a complete educational program in Oral health, started from the first visit and continue through out the entire period of patient care even in recall period.

Oral Disease:

In general dental diseases can be grouped in to four categories, these are:

1- Dental caries.

2-Periodontal disease.

3-Acquired oral condition.

4-Hereditary disorder

The most prevalent oral diseases are dental caries and- periodontal disease these are known as **plaque related diseases.**

These are infectious diseases caused by bacteria of dental plaque. Strategies to prevent, arrest or reverse the plaque disease are based on:

- 1-Reducing numbers of challenge oral pathogens.
- 2-Building up the defenses of teeth.
- 3-Enhancing the repair process.

These three points can be achieved by:

-Mechanical and chemical plaque control

Mechanical plaque control by using of tooth brush and inter dental cleaning devices (as tooth picks, dental floss, inter dental brush). While chemical plaque control is through the uses of chemo prophylactic agents as tooth paste and mouth rinses (as chlorhexidin).

- Uses offluoridated products either systemic or topical fluoride agents.

- Diet and sweet restriction by controlling the frequency and consistency of sugar intake.

-Uses of *fissure sealants*, this will mechanically prevent accumulation of bacteria on tooth surfaces.

-Health education, by:

- Patient's educations and motivation,
- Well- planned programs as school based programs
- Public educational programs.