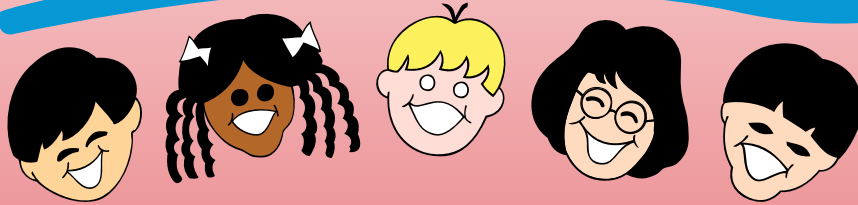


Colgate®

Bright Smiles, Bright Futures™



Teachers Dental Health Education

**A GUIDE FOR THOSE
TEACHING AND CARING
FOR CHILDREN**



COLGATE PALMOLIVE

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DENTAL HEALTH EDUCATION

Welcome to the world of Teeth!!!!!!!!!!!!!!

What is dental health?

We can take this to mean:-

1. Knowing the correct tooth nutrition
2. Cleaning teeth the correct way at the correct time
3. Visiting a dentist at least once a year for dental checkups

Why should children be taught about dental health?

1. Dental diseases are very common among school children in Africa
2. Dental diseases can affect very young children.
3. Dental diseases can be for most part be prevented or controlled through simple daily routines and dietary habits.
4. It empowers the children to practise good oral hygiene.
5. It helps in building self-esteem.
6. It reduces prevalence of dental caries through the teacher -child involvement in oral hygiene measures
7. Increase children's knowledge in preventive measures.
8. Increase understanding of nutritional foods and drinks for good oral health.
9. Instil proper oral hygiene skills or healthy teeth and gums.
10. Relate good health to high esteem.
11. Increase family awareness of the benefits of oral health.

Dental diseases can cause considerable pain, misery and disfigurement but can be reduced significantly by adopting a simple routine each day. By encouraging the correct dental health Practices amongst children we can reduce the amount of dental diseases they suffer.

What are main dental Health messages?

The main messages are based on up to date scientific information and are listed below:-

1. Restrict the frequency of sugar consumption in foods and drinks each day. Avoid sugary snacks and drinks between meals.
2. Clean teeth and gums thoroughly but not roughly, twice a day, morning and evening after meals with a fluoridated toothpaste like Colgate.
3. Visit the dentist regularly to detect early signs of dental diseases.

It is hoped that teachers will convey these messages to the children they teach.

How many sets of teeth are there?

Basically, a human being has 2 sets of teeth namely:-

1. MILK/THE PRIMARY/TEMPORARY OR DECIDUOUS TEETH.
1. THE PERMANENT TEETH.

THE PRIMARY TEETH.

These start forming from about the 6th/8th weeks after pregnancy. They start erupting (cutting the gum/coming through from about 5 (five) years. They are 20 in all by ages 2-3 years after birth.

These are:-

- 8 incisors (4 on the lower jaw and 4 on the upper jaw)
- 4 canines (1 at each corner of the mouth)
- 8 milk molars.(4 on the lower jaw and 4 on the upper jaw)

They provide a guide path and help maintain space for the permanent teeth. Their loss can cause difficult when permanent teeth come through (eruption).

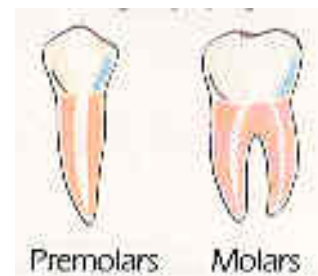
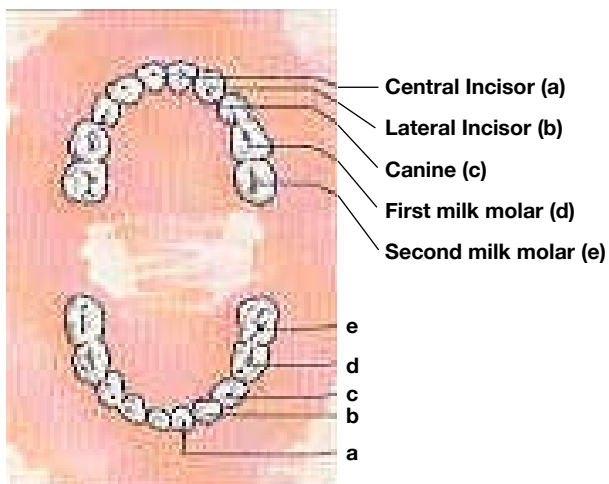


Diagram 1. A set of milk teeth

The loss of Primary Teeth.

From 6 (Six) years of age the teeth become wobbly (according to the order in which they erupted or came through) and are shed off. The last to be shed are the canine and the molars. By 12 or 13 years all the milk teeth have been replaced by the permanent teeth which are not usually as white as the milk one. To the teacher/parent: should a child above 15 years have milk toooteeth, take heher to see a dentist.

THE PERMANENT TEETH.

The frst permanent teeth come through (for some children) at about 6 (six) years of age but the last may not appear until 17 years of age or even older (the wisdom teeth). They are 32 in all. The times at which the teeth come through depend from a child or even race. The diagram below is s on thee average. The first permanent molar tooth which is called the Six-Year tooth, come through at age six. It is usually mistaken for a primary one and may be neglected and is lost through decay.

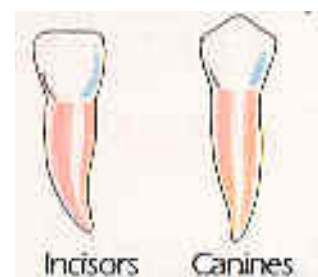
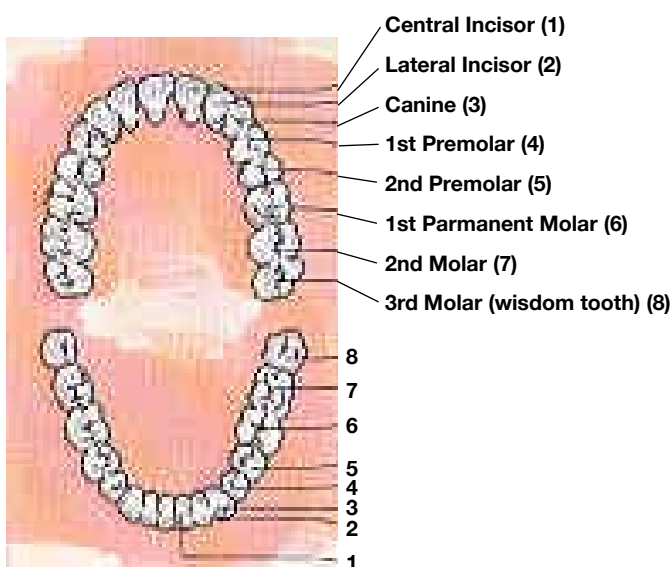
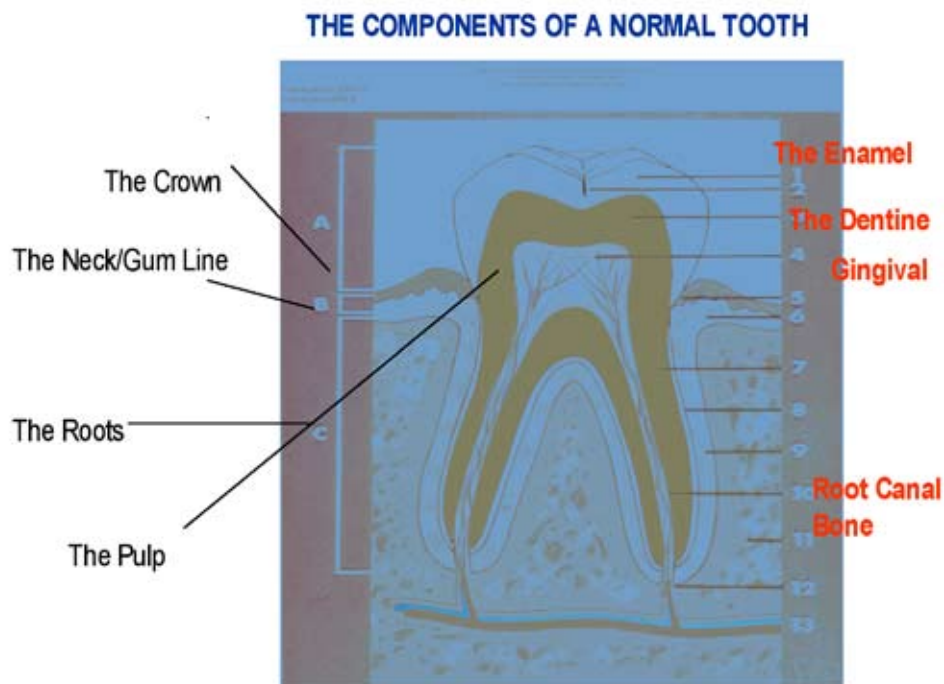


Diagram 2: The Permanent Teeth (Dentition)

Dental health Education



As shown on the diagram above, the tooth consists of three main sections:-

The Crown:- The part of the tooth above the gum that forms the “biting” surface. There are pits and fissures on this biting/occlusion surface where food particles often collect.(A on the diagram.)

The Neck:- This is between the crown and the root(B) on the diagram

The Root:- This is the part which is embedded in the jaw(C)

Other parts are:-

Enamel:- Very hardest outer layer made of dead cells ,hence no feeling(1/2 on the diagram)

Dentine:- This forms the bulk of the tooth. It is tough but not as tough as the enamel(3 on the diagram)

Pulp:- This contains the nerve and the blood supply to the tooth. (4 on the diagram)

Cementum:- This the hard rough covering of the root(8 on the diagram).

Teeth are held firmly in place and supported by the following structures:-

Bone/alveolar:- This provides the socket for the tooth(11 on the diagram)

Gum/gingival:- This protects the bone and the roots of the teeth(5 on the diagram)

Periodontal fibers:- these are thousands of tiny fibers which anchor the teeth. One is attached to the Cementum and the other to supporting bone(9 on the diagram).

Nerves and blood supply:- The nerves carry sensation to the brain, whilst the blood supply carry the oxygen and nourishment for the teeth and periodontal fibers and also remove waste products(12 on the diagram)

Types of Teeth

Incisors:- These are 8 and are found at the front of the mouth. and are shovel shaped. They are used for cutting food.

Canines:- These are 4 and are found at each corner of the mouth. They sharp and are used for tearing off tough fibrous food like meat.

Pre-molars:- Are 8 and they replace the milk molars and are used for crushing food.

Molars:- Are 12. they are large back teeth and include wisdom teeth . They are used for grinding and chewing food.

The Value of teeth

Mastication(Eating) – The main function of teeth. It is essential that food is chewed properly for easy digestion

Phonology(Speech) - They are useful in normal speech especially with the pronunciation of words like “the” “ci” “si” sounds. Such sounds can only be produced with the aid of the front teeth.

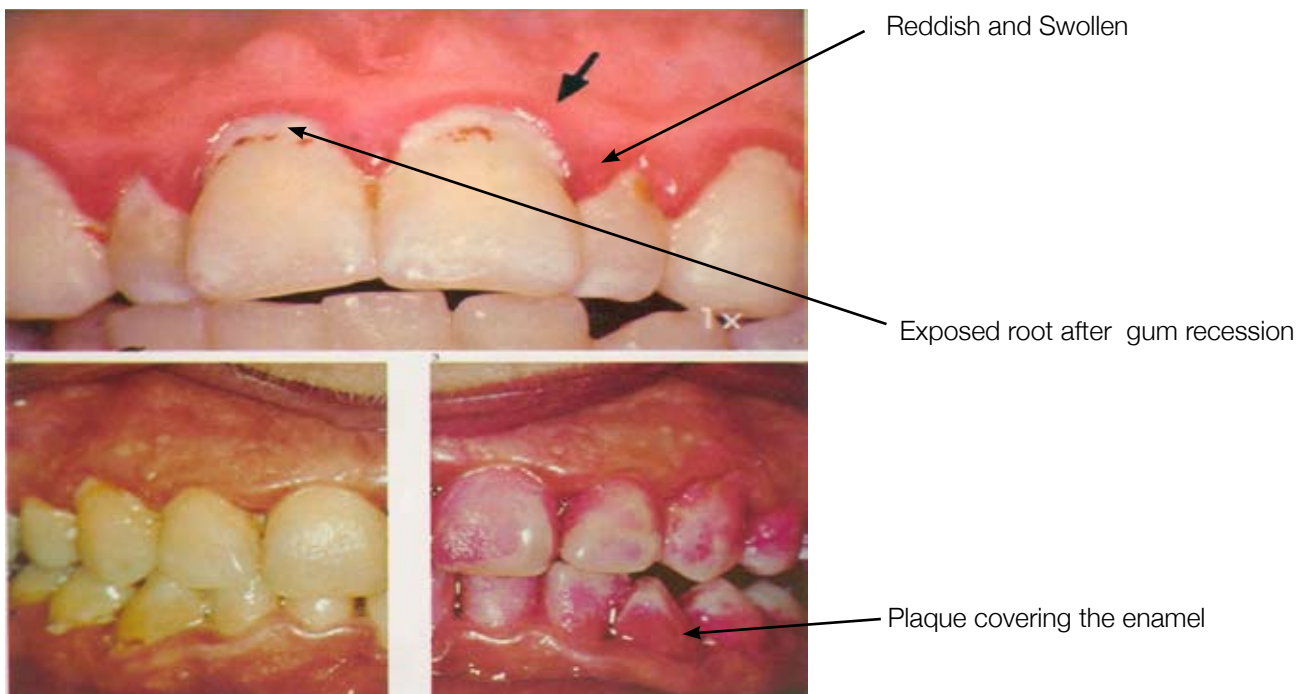
Aesthetics(Beauty) – Teeth contribute a lot to ones appearance and expression of emotions. Loss of teeth or even ugly ones can bring about lack of self-esteem or confidence. Primary teeth work as space setters or guiding paths for the permanent teeth. Earlier loss through dental diseases can interfere with the dietary habits and enjoyment of food. By affecting appearance and speech, tooth loss can make people self-conscious about contacts.

Dental Diseases and their causes

There are two main diseases

1. Periodontal Disease(Gum Disease)

This is a disease that affects the areas surrounding the tooth.(Nos 5, 6,8,9 and 11 on the diagram, structure of the tooth) and is caused by accumulation of plaque.(a thin layer of bacteria covering the both the teeth and the gums. It feels rough when touched by the tongue) If plaque is not removed by regular brushing, the bacteria irritate the gums which become swollen and bleed easily when touched especially in the morning when you wash face or brush teeth. Calculus or tartar may also form making it even more difficult to remove plaque.



Is It serious???? Very!!!!!!

Gum disease is in 2 stages.

1st stage is called gingivitis or the inflammation the gums.

It is very common amongst youth and the old and among primary school children whose oral hygiene is poor. Signs are:- **redness and swelling on the edges of the gums which often bleed easily when touched or brushed** Surprisingly it is usually painless and so many people ignore it until it is too late. Gingivitis can be cured by thorough brushing and using good tooth paste like Colgate to remove plaque. If gingivitis is not arrested on time, **it spreads around the gum, down the roots damaging the fibers that hold the tooth in place. This is the 2nd stage.** A pocket forms between the gum and the root and more bacteria settle there which are almost impossible to remove. This worsens the disease and eventually this loosens the tooth which may finally fall off. Although the process of periodontal disease is slow every effort should be made /taken to prevent it.

How can it be prevented?

Plaque must be removed effectively each day by thorough brushing after meals especially in the morning and just before going to bed.

How can you recognize periodontal disease?

Examine your gums regularly. If you notice they are reddish and swollen, they bleed easily when you brush then there is problem. This may be the stages of the disease and a visit to the dentist is advisable. It is important to initiate the removal of plaque early in life so that the habit is retained into adulthood and to help prevent the disease.

The Treatment of the Periodontal Disease.

Use a good tooth paste like Colgate Total toothpaste(available in chemists and supermarkets). If there is no Colgate Total use any ordinary Colgate toothpaste and a good medium tooth brush and brush your teeth and gums gently but thoroughly. Rinse your mouth with warm salty water for a week or so. If symptoms persist see a dentist.

2 Dental Cavities (Tooth Decay).

This disease affects both tooth surfaces and it can destroy the whole tooth structure. Sugar and bacteria found in the plaque are the main causes. When food or drink containing sugar is taken into the mouth, it comes into contact with bacteria plaque. The bacteria break the sugar down to give acids (within minutes) which attack the tooth enamel. Once a hole is made through the enamel, the bacteria can get into the tooth and decay spreads. (Diagrams 1 & 2 : progression of dental cavities.) The more frequently sugars are in the mouth the more frequent the acid attacks the tooth surface. Food remains/particles are broken into acids by bacteria after 30 minutes or so. Decay also starts between the teeth and along the gum-line and especially on the back teeth where plaque can accumulate without disturbance. Disclosing tablets can disclose where plaque hides in your mouth.

Treatment of Tooth Decay

In its very early stages tooth decay may be arrested by preventive measures (Use of fluoride in the tooth paste and reducing the sugary foods between meals).

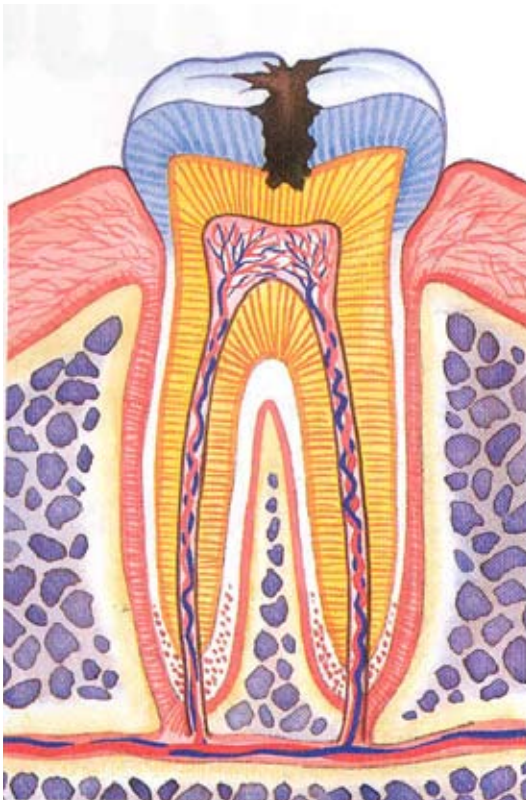
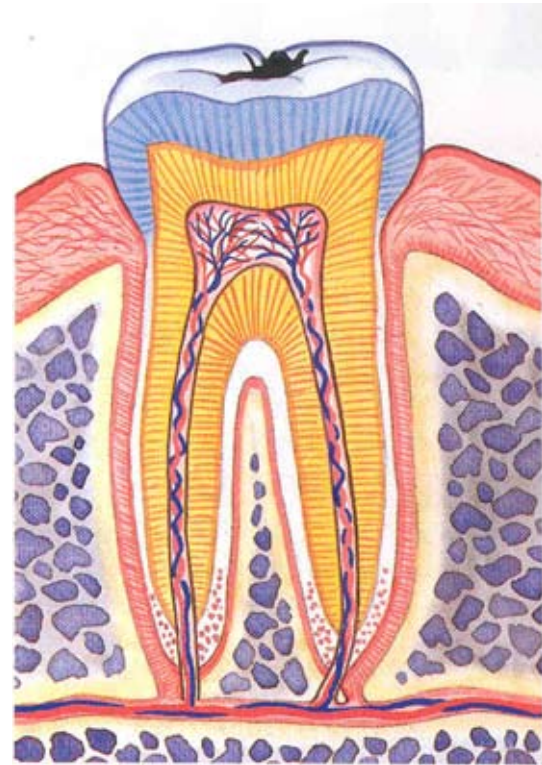
There are 3 types of treatment:-

Fillings, root canal treatment and extraction.

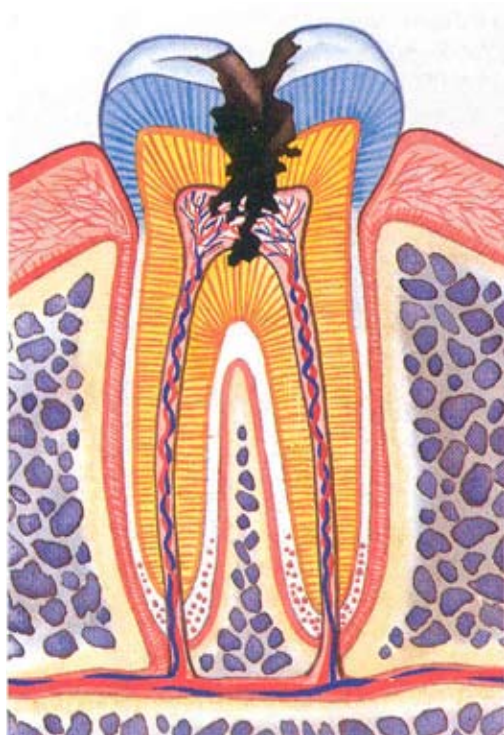
- i) **There are 2 types of fillings** i. e. temporary and permanent.
- ii) **Root canal treatment:-** is done when the decay has destroyed the pulp. The pulp is removed and the pulp-chamber and root canals cleaned and filled. This kills the tooth but it remains functional.
- iii) **Extraction:-** this is the final measure taken when the above i) and ii) fail. The whole tooth is removed from the mouth

Progression of dental caries/rotting of teeth

Phase 1
Caries begin penetrating the enamel



Phase 2
It progresses to the dentine.
One may feel sensitivity and slight pain



Phase 3

Finally the decay reaches the pulp. Intense pain may be felt.

Phase 4

Infection spreads further into the pulp and chamber and causes abscess formation. One may lose the tooth causing difficulty in speech and chewing.

