



The importance of oral and dental health

Assoc. Prof. Tuğba Bezgin

- Good oral/dental health translates to good health overall. Good oral health improves a person's ability to speak, smile, taste, chew, swallow, and make facial expressions to show feelings and emotions.
- The goal of 21st century dentistry is to give individuals oral hygiene habits starting from childhood and to prevent dental caries with oral health education programs.

The importance of oral and dental health in children



- When the baby is about 6-8 months old, the first primary teeth begin to erupt. A 2.5-3 year old child has 20 primary teeth in his/her mouth. Dental caries is common in children whose parents do not pay attention to diet and oral hygiene. Eating problems and growth retardation can be seen in children with many decayed teeth. Therefore, caries in primary teeth should also be treated without making the mistake of «new ones will replace them anyway» myth. Untreated decayed teeth are a source of infection for the body.



**Little mouths
are a big deal.**

Why are primary teeth necessary?

Nutrition



Speech



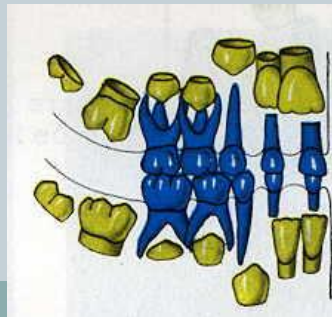
Esthetics



Jaw and facial development

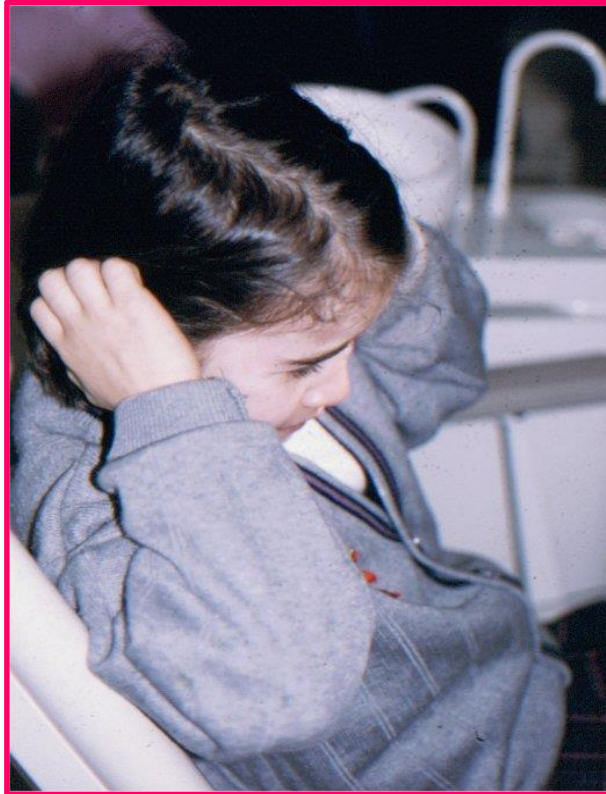


Guidance for permanent teeth



- Dental caries is the most common chronic disease of childhood. It is seen 5 times more than asthma. Unhealthy mouths can lead to diseases such as heart disease, lung disease and diabetes in children.





In our country, the rate of caries at the age of 6 is 90%.

What are the causes of caries formation?

The most common reasons of caries formation are:

1. Not brushing teeth regularly
2. Frequent consumption of sugars and carbohydrates



Dental caries is an infectious and transmissible chronic disease.



The most important reservoir of caries transmission for infants is their mother and their first caregiver. The main transmission mechanism is the passage of infected saliva due to untreated decayed teeth in the mother's mouth.



- Infected saliva is transmitted from mother to baby by kissing on the lips, common usage of apparatus such as spoons and glasses, and cleaning the pacifier in the mother's own mouth.



Wrong eating habits cause severe caries in children.



- Feeding frequently, especially at night, with breast milk and/or formula
- Frequent consumption of sugary drinks and soft foods at snacks
- Long-term use of bottles and/or breast milk (after 2 years of age)



Poor oral hygiene



Starting tooth brushing in the late period and leaving the brushing process to the child will prevent effective plaque elimination and increase the risk of caries development.





DENTAL HEALTH STARTS IN
INFANT.
BABY'S TEETH SHOULD BE
BRUSHED ASAP AFTER
ERUPTION .

- Oral hygiene (plaque or biofilm control) is very important in caries prevention.
- Caries lesion occurs as a result of metabolic activity in dental plaque.
- Brushing twice a day affects biofilm growth. In other words, it prevents the maturation of the biofilm.
- Brushing habit should start as soon as the first primary tooth erupts. Children should be assisted and supervised during brushing until the age of 9-10.
- Teeth should be brushed twice a day. The last brushing should be done at night, the next brushing at any time of the day.

**CHILDREN CANNOT BRUSH THEIR
TEETH EFFECTIVELY ON THEIR
OWN.**



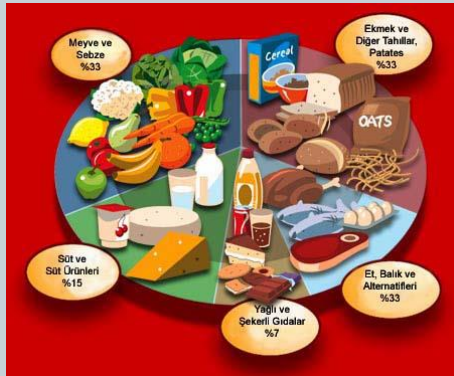
**THAT'S WHY THE CHILD'S TEETH
MUST BE BRUSHED BY PARENTS
UP TO 9-10 YEARS OLD.**



REGULAR DENTAL CHECK EVERY 6-12 MONTHS IS IMPORTANT FOR THE EARLY DIAGNOSIS OF THE CHILDREN'S ORAL-DENTAL HEALTH PROBLEMS AND THE APPLICATION OF PROTECTIVE TREATMENTS.



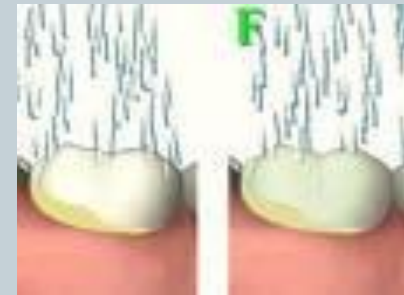
CHILD ORAL HEALTH PROGRAMS



NUTRITION EDUCATION



ORAL HYGIENE EDUCATION



FLUORIDE APPLICATIONS



FISSURE SEALANT APPLICATIONS



REGULAR DENTAL CHECK UP

TREATMENT OF EXISTING CARIES



The importance of oral health during pregnancy



Since the baby's dental development begins before birth, the dental health and general body health of the mother-to-be is important.



- Oral health becomes even more important during pregnancy, where physical and mental changes are seen together with hormonal changes.



- Due to the increase in estrogen hormone, there is an increase in the gingival response to disease-causing agents. The amount of plaque that the gums can tolerate in normal times causes serious gum disease and gingival enlargement during pregnancy.

- There is also an increase in dental caries during pregnancy. Due to vomiting and nausea in the first months, pregnant women move away from their tooth brushing habits. Vomiting and the coming of the juice from the stomach to the mouth changes the chemistry of the mouth and creates an acid environment. Acidic environment facilitates dental caries.



- Again, changes in the diet during pregnancy, the indulgence in sweet foods and the frequent consumption of these types of foods between meals also cause an increase in dental caries.



Contrary to the common public belief, women can visit a dental practitioner to maintain oral hygiene during pregnancy.

- It is known that dental and gingival diseases increase risks such as premature birth in pregnant women.



The importance of oral health in adults



- Oral and dental health is a fundamental part of general health. It is crucial for good eating habits, speech, esthetics and a fresh breath.
- Research has shown that only 26 percent of people in Turkey brush their teeth regularly. Toothbrush consumption per capita per year is 1 to 4.

- In our country, the rate of edentulism over the age of 65 is 67%. Early tooth loss as a result of inadequate oral and dental health in adults have negative effects on communication and social relations.



- The World Public Health Organization defines dental and gum diseases as one of the public problems due to their prevalence.
- It is known that dental caries and periodontal diseases increase risks such as cardiovascular diseases, chronic respiratory diseases, gastrointestinal diseases, high blood pressure, osteoporosis and diabetes in adults.

