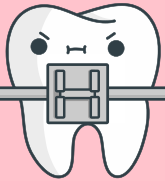


ORAL and DENTAL HEALTH



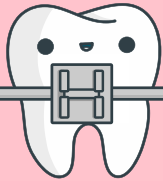
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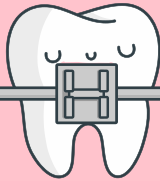
**Anatomy of
the Teeth**

2



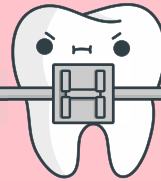
Myth or Fact

3



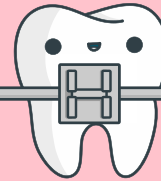
**Dental
hygiene**

4



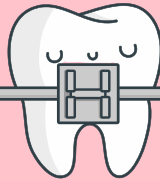
**Diseases of
the Mouth**

5



**Lifestyle
Factors**

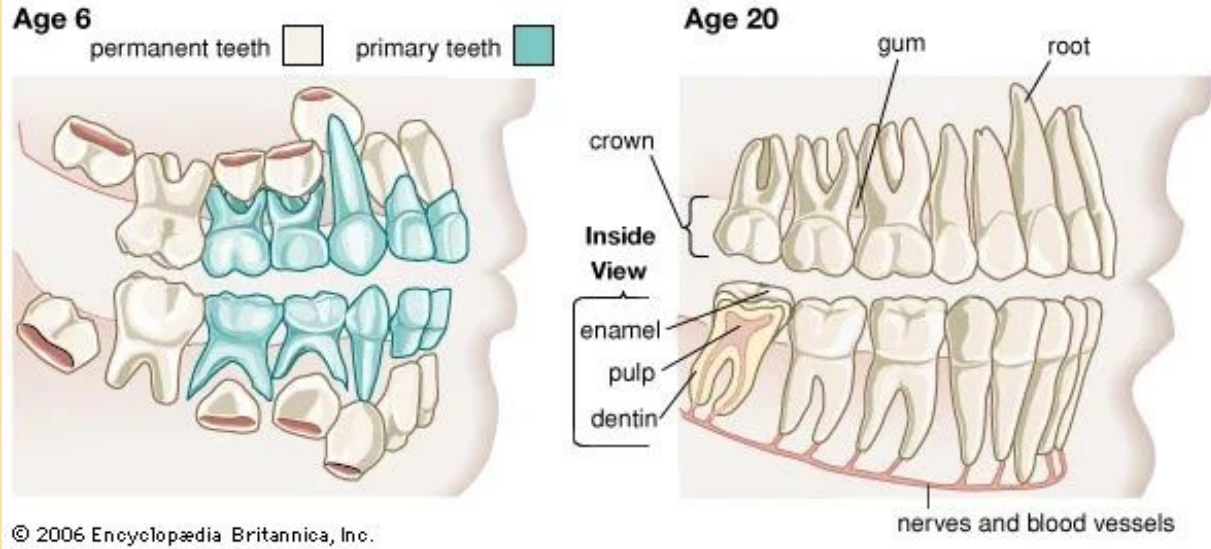
6



**Braces and
Orthodontics**



Anatomy of the Teeth



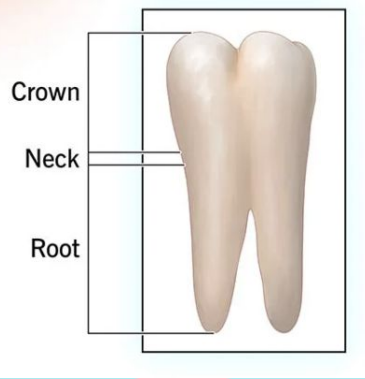
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Teeth are **ectodermal** organs (essentially meeting outer), similar to skin and hair

Most adults have **32 permanent teeth** (barring certain conditions)
→ Beginning with 20 primary teeth as children that are eventually replaced with adult teeth

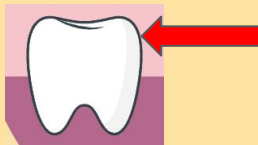
Overview of the Teeth

Basic Teeth Structure



Crown

The crown is the visible part of the tooth that is seen above the gum line



Root

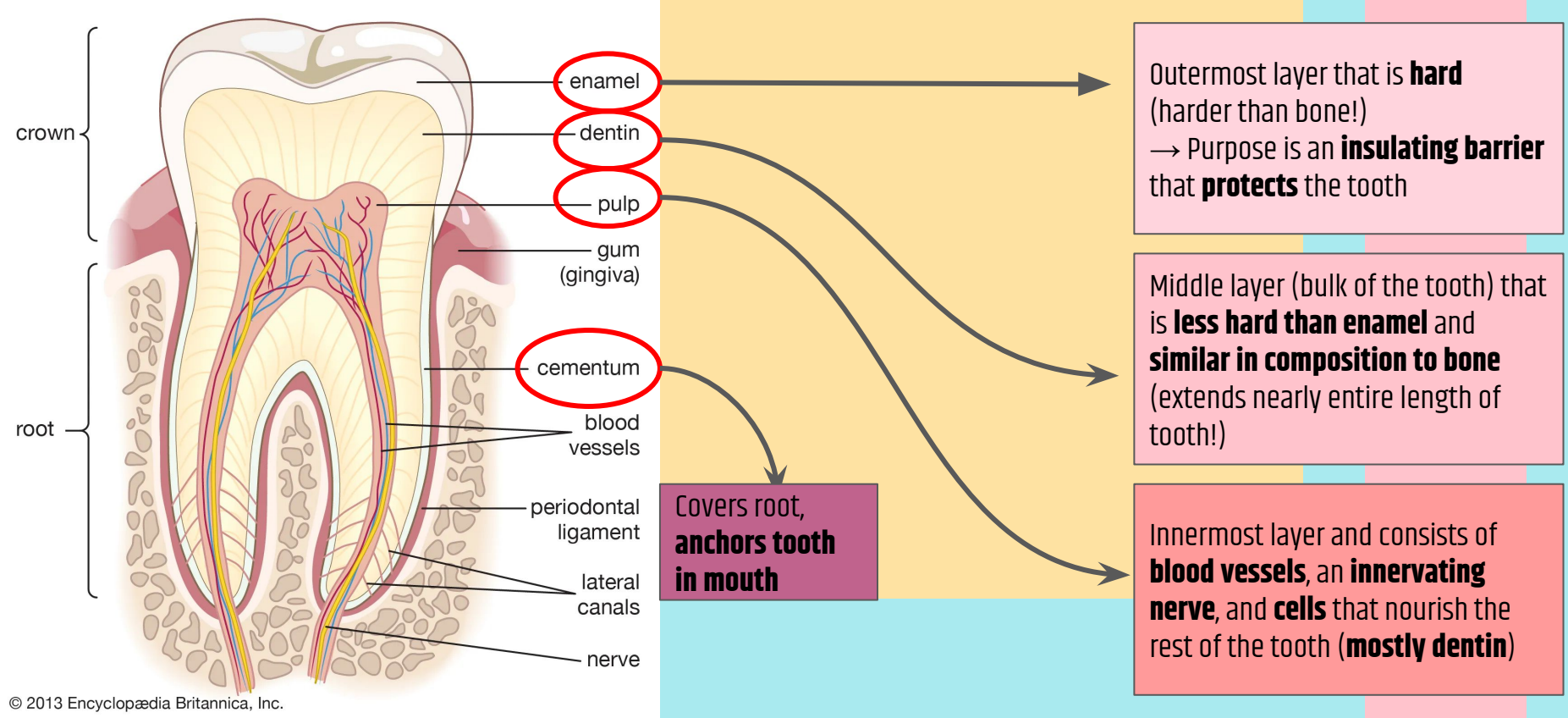
The unseen part inside the crown that supports and fastens the tooth into the jaw bone



Neck

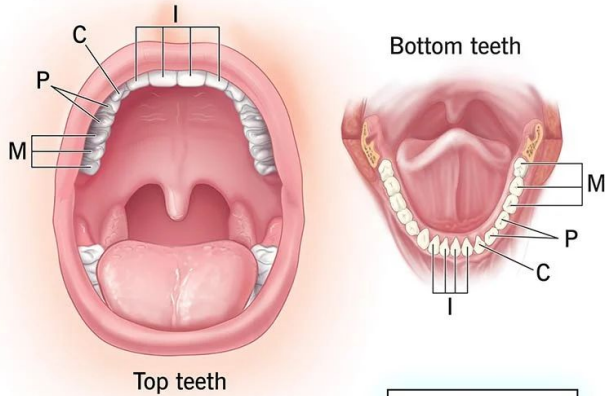
Tip of the root encased in the gum line (pictured above)



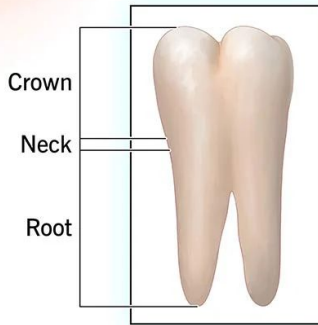


Layers of the Teeth!

Teeth



I - Incisor
C - Canine
P - Premolar
M - Molar



1) Incisors

Most visible teeth, front two teeth and the teeth next to them on both the upper and lower jaw
→ **total of 8**

2) Canines

Pointier than incisors, resemble a dog's fangs, called "**eye teeth**" because they lie below the eyes
→ **four total** (1 per quadrant), used to tear food

3) Premolars (bicuspid)

Have features of canines and molars (help to **tear, crush, and grind food**)
→ Lie in between canines and molars (8 total)

4) Molars

Very back of the mouth, **12 total, 3 in each quadrant**
→ Include wisdom teeth, **90% of chewing occurs here**

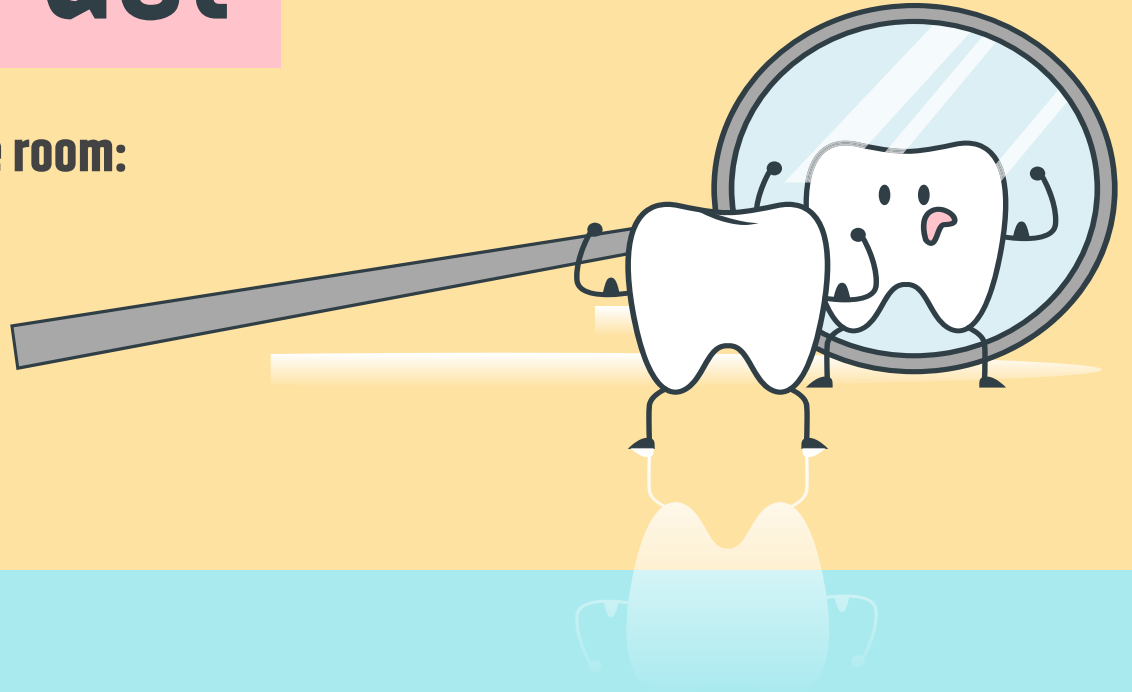
4 Types of Permanent Teeth

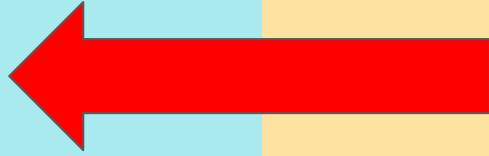
Myth or Fact

Go to different sides of the room:

Right: True

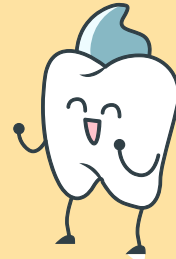
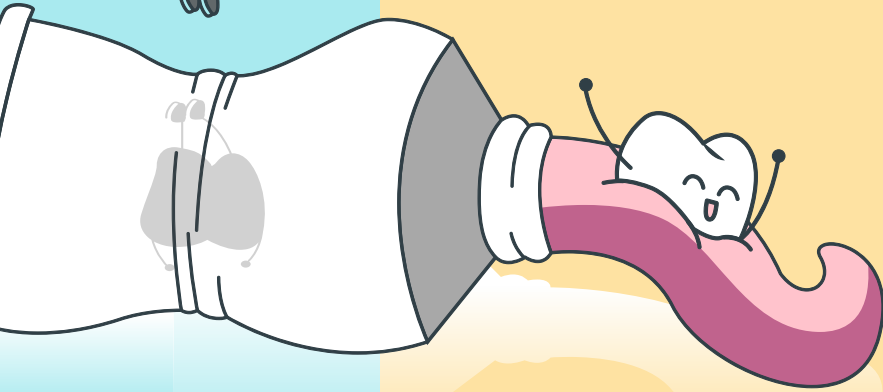
Left: False

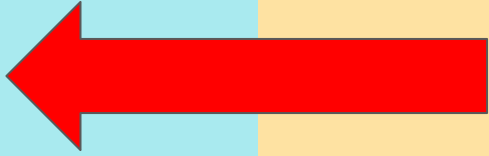




Myth or Fact:

Too much fluoride is harmful and is linked to various chronic conditions





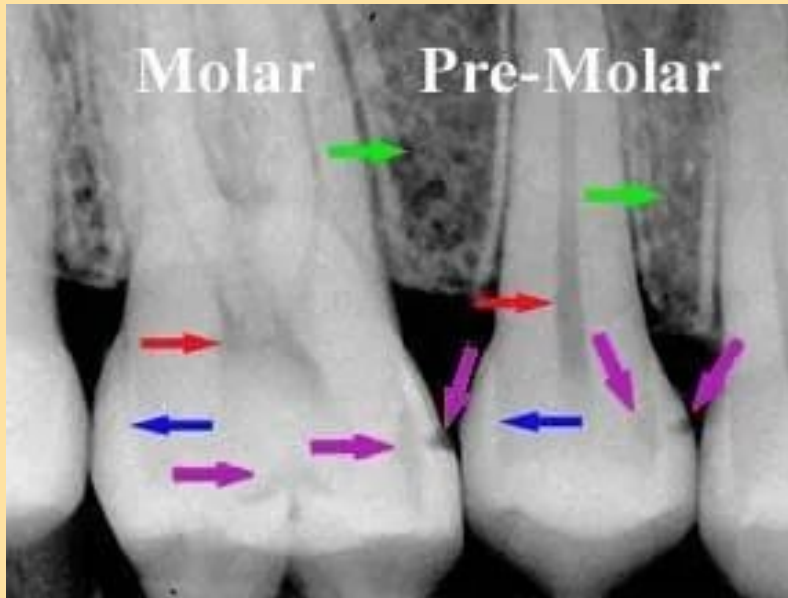
Myth or Fact:

Cavities in the baby teeth are fine because they fall out



We will now identify x-rays w/ and w/o cavities





Bone

Enamel

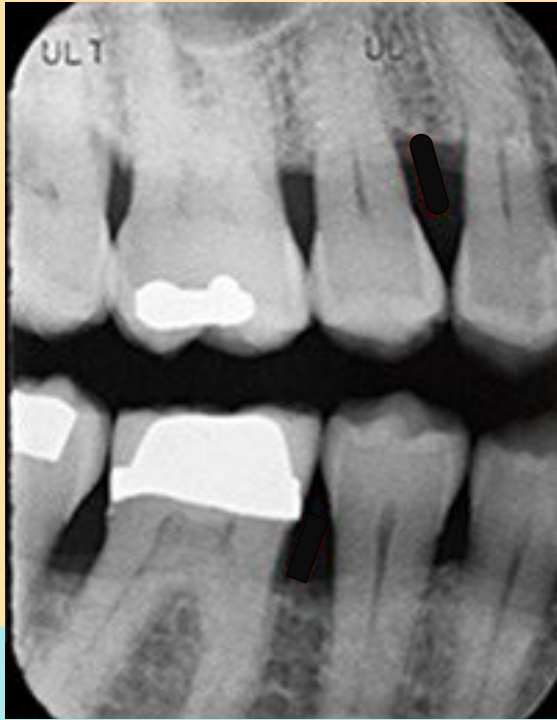
Decay

Pulp

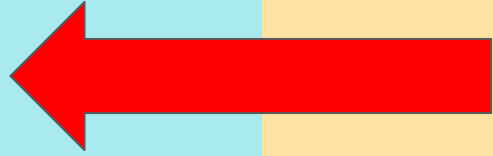
Healthy or Not Healthy



Healthy or Not Healthy

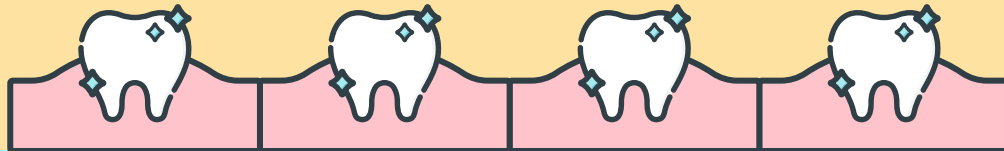
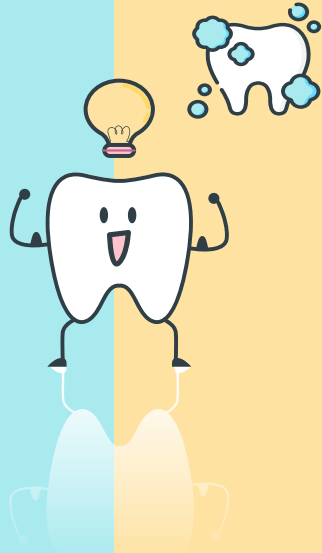


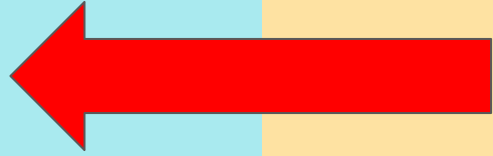
Healthy or Not Healthy



Myth or Fact:

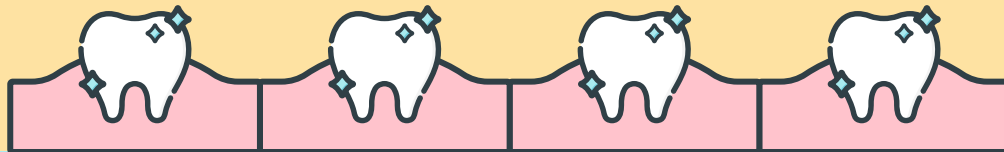
**Gum disease only pertains to the mouth
and is only a local concern**

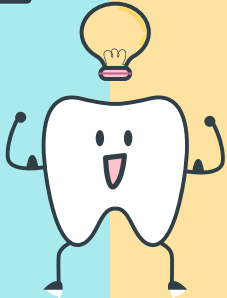
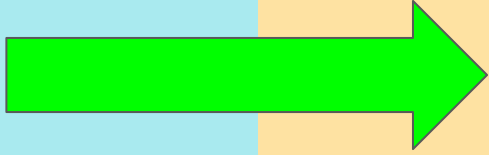




Myth or Fact:

Brushing teeth really hard makes them cleaner and healthier





Myth or Fact:

You should not use an alcohol-based mouthwash after every meal

Dental Hygiene

- Practice cleaning and caring for your teeth and gums daily
- Proper brushing tips:
 - Hold brush at a 45 degree angle away from gums
 - Don't brush too hard
 - Brush for at least 2 minutes
 - Brush twice a day (morning and night)
- Clean the bacteria off your tongue with either tongue scraper or toothbrush
- Floss at least once a day
 - Take floss, guide between two teeth, wrap around one tooth in a C shape and clean using 10 up/down strokes
- Use antibacterial mouthwash
- Dentist every 6 months for regular checkups



Proper Hygiene Demonstration



Diseases of the mouth



Signs of infection in the mouth

- pain in your teeth, gum, jaws
- swelling and/or redness of gums
- recurring bad breath
- loose teeth
- tooth sensitivity to hot or cold



Diseases

Tooth decay

sugars on the teeth get converted to acid that destroy the teeth over time



Gum disease





poor hygiene and smoking can cause bleeding, swollen, loose gums



Oral cancer

caused by smoking, alcohol, and even betel nut



	Explanation	Examples
Sugar 	-Cavity-causing bacteria on our teeth eat sugar and use it as fuel. Therefore, eating excess sugar is correlated with tooth decay.	-Ice cream -Cookies -Soda -Sweets
Soda 	-Soda is especially bad for the teeth, as it is both acidic and has a high sugar content. -Opt for water instead!	All types of sodas are bad for dental health, ex: -Coca-cola -Sprite -Fanta
Minerals 	Calcium and phosphorous help to build up tooth enamel and help sustain strong teeth.	-Dairy products -Leafy greens -Almonds -Eggs -Tofu
Fruits and Vegetables 	-Help to stimulate saliva and help to wash away the acid from teeth. -Fruits and vegetables do contain smaller amounts of naturally occurring sugars, but these are balanced out by their high water and fiber content.	Any kind of fruit or vegetable will do, ex: -Mango -Banana -Pumpkin -Tomato -Carrots

How does diet impact oral health?

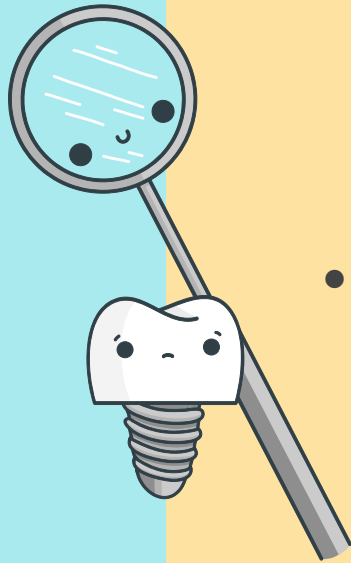




- Oral cancer
- Inflammation
- Gum disease
- Loss of taste
- Foul breath
- Tooth decay
- Teeth are stained yellow
- Tooth loss
- The long-term effects of vaping are not fully known yet

How does smoking and vaping impact your teeth and mouth?





- Teeth grinding:
 - Is a stress response. Some may even be unaware of it, as they do it unconsciously during sleep.
 - Grinding one's teeth can cause damage to the teeth, as well as headaches.
- Nail biting
 - The bacteria under the fingernails may be ingested, causing gum disease.
 - Can erode tooth enamel.

Other lifestyle effects:



POOR CLEANING CAN LEAD TO:



COMPLICATIONS FROM CAVITIES

infection -> can require
complex surgeries



OSTEOPOROSIS

Lower bone density and bone mass;
changes to jaw + teeth fall out
easier



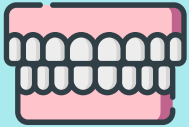
PERIODONTITIS

gums pull away from teeth.
extreme cases can lead to
dementia-like symptoms



HEART DISEASE

bacteria can trigger
inflammation and travel
through blood vessels



Oral Health and Lifespan

- Better oral health is associated with longer lifespans
- Number of teeth is a good indicator of oral health
 - in men 80+ older: those with 20 or more teeth had higher 5-year survival rate
- More teeth correlated with higher nutritional quality of food
- If no teeth left -> using dentures can somewhat lengthen life span



Braces and Orthodontics:

What are Orthodontics?

→ branch of dentistry that diagnoses and treats crooked and misaligned teeth

Why is it Important?

→ poorly fitting teeth can lead to cavities, gum disease, and erosion of teeth

What kind of Specialist do I see?

→ an orthodontist is a special kind of dentist that specializes in the alignment of teeth

Types of Orthodontics:

Examples of orthodontic appliances:

Braces



Clear Aligners



Retainers



Palate Expanders



What are Braces?

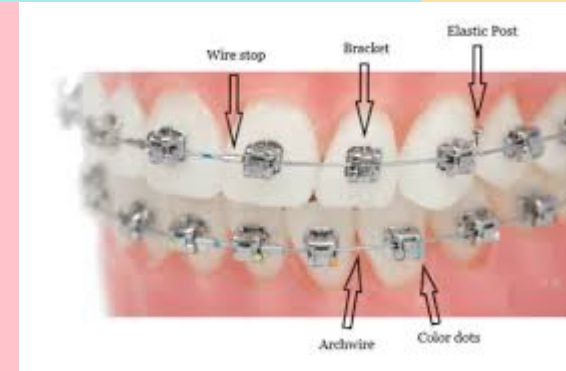
- Braces are devices directly attached to the teeth that are designed to move the teeth very slowly over time
- Use constant pressure to shift the teeth gradually over time
 - Pressure is very mild to shift teeth slowly while reducing pain
- Braces have multiple different parts:
 - Brackets
 - Archwires
 - Ligatures
 - Bands



Braces

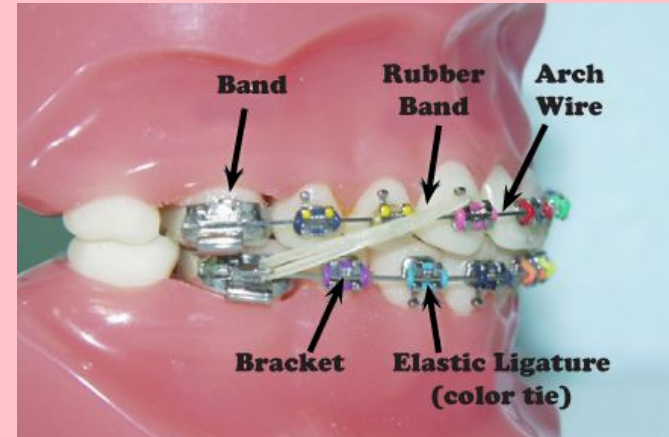
Parts of Braces:

- **Bracket:**
 - attached to each tooth using a bonding agent (glue)
 - these act like 'handles' for the archwire to pass through and hold the archwire to the teeth
- **Archwire**
 - guide the movement of misaligned teeth by returning to its original shape
 - activated by heat
 - (this is why eating ice cream or cold foods can help with the pain!)



Parts of Braces:

- **Ligatures:**
 - Ligatures are small rubber bands
 - Used to secure the archwire to the bracket to ensure the archwire stays fixed to the teeth
- **Bands:**
 - Placed on the end teeth (last molar)
 - Prevent the archwire from slipping out of place and fixes it to the teeth



THANKS!