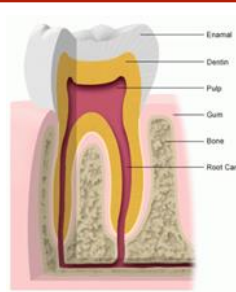


Oral Health

Structure of a tooth

- **Enamel:** Hard and white
- **Dentin:** Soft and yellowish; sensitive if exposed
- **Pulp:** location of nerves
- **Function of teeth:** For Eating and Chewing;
- For Esthetics (our look) For Speech



The oral cavity consists of teeth, gums, tongue, palate and other soft tissues



Gum disease

1. Healthy gum

- Pink and firm



2. Gum disease

Reddish and swollen

- Bleeds easily
- Spaces between teeth
- Loose teeth
- Bad breath



3. Causes

- Left over food particle in our mouth attracts bacteria
- Produce toxins that destroys the gum tissue and bone around

4. Who are at higher risk

- People with Diabetes
- Smokers

If left untreated, end up losing all teeth!



Tooth decay (Cavities or Caries)

1. Tooth decay

- Left over food debris produces acids and attracts bacteria
- These acids dissolves tooth's mineral content leading to structural damage of tooth and thus formation of a hole or a "cavity"



2. Symptoms

- Often there may be **NO SYMPTOMS**
- Need to visit dentist for check-ups and x-rav

3. If decay untreated

- Gets deeper
- When it reaches the pulp, feel pain!
- Can get abscess (gum boil)

4. Treatment

- Early: Fillings
- Moderate: 1. Fillings
2. Root canal when pulp is involved
- Large: 1. See if tooth can be saved
2. Extraction may be needed



Prevention

- Eat sugary foods **LESS FREQUENTLY**
- Brush and floss, or at least rinse with water after meals
- **FLUORIDE!** Use fluoridated toothpaste since it helps to re mineralize our teeth and make stronger
- Visit dentist for check-ups and professional cleanings regularly