

Dental hygiene and oral health



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Contents



Risk factors for oral health



Illustration and description of common oral diseases



What to do? Prevention and Oral specialists



Useful resources



Dental hygiene and oral health

- **Risk factors**

Many common dental problems are caused by the frequent use of sugar, tobacco, alcohol and poor hygiene.

Common dental problems you should pay attention to in the following slides:

- **Dental caries (tooth decay)**
- **Tooth injuries**
- **Tooth abscesses**
- **Periodontal (gum) disease**
- **Endodontics**
- **Oral cancer**



Dental hygiene and oral health

- **Dental caries (Tooth decay)**

Tooth decay happens when plaque builds up on a tooth. Plaque then turns sugars from food and drinks into acids that damage the tooth over time. This can cause swelling ([pulpitis](#)) and infection inside the tooth. Eating a lot of sugary foods and not brushing your teeth well can lead to cavities, pain, and sometimes tooth loss or infection.

- **Tooth injuries**

Trauma affecting your tooth: broken, chipped or knocked out teeth because of accidents (such as from a hard fall).

- **Tooth abscesses**

A buildup of pus that forms when bacteria gets inside your tooth or gums.

- **Oral cancer**

Oral cancer includes cancers of the lip, other parts of the mouth and the pharynx. Tobacco and alcohol use are among the leading causes of oral cancer.





Dental hygiene and oral health

- **Periodontal (gum) disease**

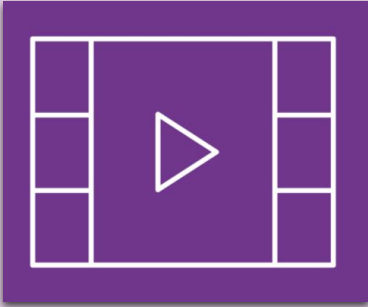
Gum problems affect the tissues that both surround and support the teeth. The disease is characterized by bleeding or swollen gums ([gingivitis](#)), pain and sometimes bad breath. In more serious cases, the gums can pull away from the teeth and bone, making teeth loose and sometimes fall out.

- **Endodontics**

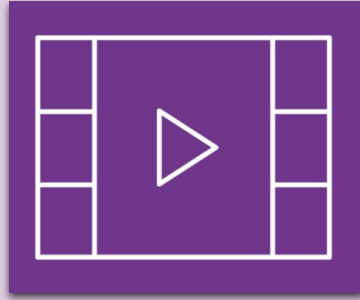
[All the procedures](#) concerning the treatment of damaged tooth pulp or root tissues.

- **Root canal treatment:** Removes damaged or infected tooth pulp and reseals the tooth to prevent reinfection.
- **Endodontic retreatment:** Removes and replaces materials from a previous root canal that didn't heal properly.
- **Endodontic surgery:** Specialized surgery, such as [apicectomy](#) (removal of the end, or tip, of a tooth's root).
- **Dental implant surgery:** Surgical placement of a dental implant, such as bridges, to restore the look and function of your teeth

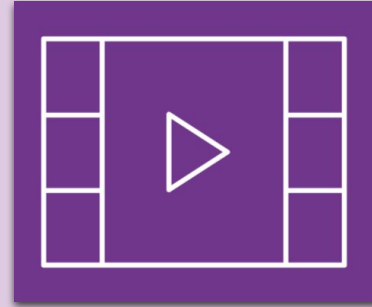
Useful videos



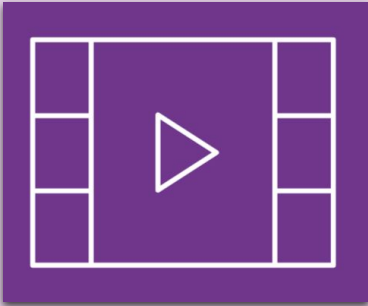
[What causes tooth decay?](#)



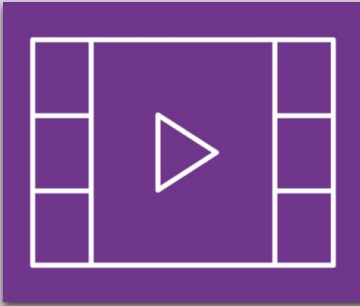
[What is Pulpitis?](#)



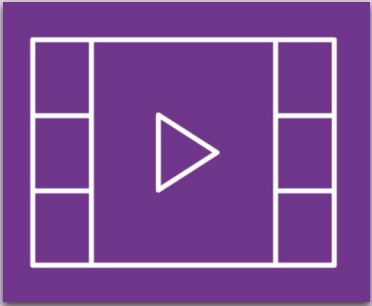
[Different kinds of tooth trauma](#)



[Root canal treatment](#)



[Basic dental terminology and dental specialists](#)



[How dentures are made?](#)

What to do ?

1

PREVENTION

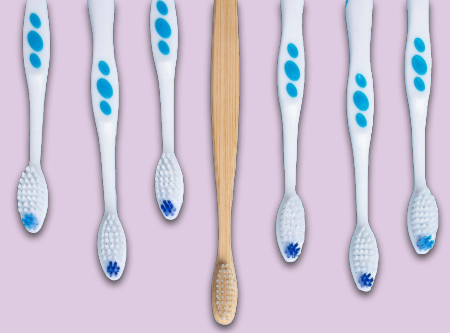
These problems can be reduced by:

- eating well-balanced diet, low in sugars and high in fruit, vegetables and water,
- stopping use of all forms of tobacco,
- reducing alcohol consumption, and
- adequate exposure to fluoride, (prevention of dental caries)
- Twice-daily tooth brushing

2

GO AND SEE A SPECIALIST

- Look up which one could be the best specialist for you, based on your symptoms and needs.
- Book an appointment



Specialists

Different specialists, for different problems

- **Dentist**

A dentist in general practice examines the patient's mouth, makes diagnoses, plans and provides treatment and helps the patient prevent oral diseases. The dentist also recommends their patients to specialists.

- **Endodontist**

A dental specialist who diagnoses and treats conditions affecting the inside of your teeth (pulp), and take care of patients who have had their teeth broken, chipped or knocked out because of accidents.

- **Periodontist**

A dental specialist who treats the tissues surrounding your teeth, like your gums and jawbone.

- **Orthodontist**

A dental specialist who is concerned with malformations of the patient's teeth, that straightens your teeth and aligns your bite with devices such as braces and palate expanders.

- **Oral surgeon**

A dental specialist who performs complex surgery on your teeth, gums or jawbone



Useful Resources

- Use the section “Health Library” at **Cleveland Clinic** website where you can search for symptoms, diseases, treatments and procedures for the whole body health
<https://my.clevelandclinic.org/health>
- Use the sections “Global” and “Region” at **WHO website** to learn more about health topics and data in different continents
<https://www.who.int/>
- More videos to learn more about dental problems and your whole body at **FreeMedEducation** Youtube Channel
https://www.youtube.com/watch?v=ZE-TtFhZlDw&list=PLOcbPczYKTQbVYEF_T6eKYUd8XzWWucBG

TO FIND OUT MORE

