

Preventive Dentistry - Tooth and Gum Cares



1. How can tooth decay and gum disease be prevented?

- Dental **decay** and **gum disease** are both preventable.
- There are four main weapons in the fight against tooth decay and gum disease:
 - Oral hygiene and plaque control
 - Correct diet
 - **Fluoride**
 - **Fissure sealants**

2. Why is plaque control essential to the prevention of tooth decay and gum disease?

- The bacteria in **plaque** are able to convert dietary sugars into acids which cause tooth **decay** and **gum disease**.
- It is therefore essential that plaque should be removed regularly if decay and gum disease are to be prevented.

3. Why is correct diet important to the prevention of tooth decay and gum disease?

- Too much sugar in the diet, and dental **plaque** on the teeth, are the main causes of tooth decay and gum disease.
- It is important to cut down the amount of sugar consumed, and to eat a generally balanced and healthy diet.

4. What makes fluoride a valuable weapon against tooth decay?

- Fluoride makes teeth more resistant to mouth acids.
- It can also reverse the effects of decay in its early stages.

5. What are fissure sealants?

- Fissure sealants are plastic coatings applied and then bonded to areas of the teeth.
- The areas which are most vulnerable to decay are the pits, grooves or fissures on the chewing surfaces of **premolar** and **molar** teeth. <http://www.technologyandmarketing.com-a.googlepages.com/Contact.html>
- The sealant prevents **plaque** from forming in these areas.
- The sealant must be bonded to the tooth soon after it has erupted.