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IMPORTANCE OF PREVENTIVE DENTAL CARE

Preventive dentistry is the modern way of helping you keep a healthy mouth. It plays a major role in supporting your health overall. The two main causes of tooth loss are dental decay and periodontal disease. The better you prevent or deal with these two problems, the more chance you will have of keeping your teeth for life. In some cases dental issues can develop in spite of a good routine of oral healthcare at home, some individuals are highly susceptible.

While modern dentistry can fix a great number of oral health issues, preventive dentistry focuses on avoiding problems rather than waiting for them to happen and then looking at ways to solve those problems.

Preventive treatment in dental care is underlined by the type of it can avoid or minimize the risk of. Among the most common problems avoided by preventive dentistry are:

1. Tooth decay
2. Erosion of tooth enamel
3. Gum disease

Our mouth is a breathing ground for harmful bacteria, so our oral health and general wellbeing are closely connected; preventing dental problems will help keep the rest of your body in good condition. Some examples of medical conditions that have been linked to gum disease are:

1. Heart disease
2. Lung infections
3. Diabetes
4. Some types of cancer
5. Some brain disorders

Regular check-ups incorporating professional cleanings are the cornerstone of preventive dental care. During your regular dental check-up, your dentist will look for signs of tooth decay or enamel erosion and the cavities they can cause. The three most important things to notice during a dental evaluation are:

1. Soft areas of tooth enamel
2. Discoloration of enamel
3. Buildup of plaque (Tartar)

A careful dental evaluation can detect:

1. Deep spaces between your teeth and gums, which can indicate gum disease (Periodontitis)
2. Signs of cancer of the mouth and throat

Dental check-ups typically include professional teeth cleaning to remove bacterial plaque and tartar, which can build up even if you floss and brush regularly. Once plaque is hardened into tartar (calculus) it can only be removed by a dentist or a dental hygienist. Tartar can be removed in one visit to the dentist most of the times.

Besides check-ups and cleanings preventive dental care includes sealants and fluoride applications. Sealants are plastic resins that hardens on tooth surface. A sealant covers the cracks and grooves on your teeth that are difficult to keep clean by brushing. They also make brushing your teeth easier and more effective.

Fluoride applications can protect your teeth against cavities by strengthening the enamel (outer protective layer of your teeth) your dentist can apply fluoride in the form of gel, varnish or foam.

The American Dental Association says fluoride can reduce tooth decay by 20 to 40 percent and reverse early stages of decay. However during the last couple of years there has been scientific evidence that fluoride is a strong neurotoxin, therefore its administration must be done extremely careful.

Between visits to your dentist, it is important to stay on top of your oral care routine at home to keep your teeth and gums in good shape. You must:

1. Brush your teeth for two minutes twice a day, morning and before bed time.
2. Floss twice a day to remove food particles trapped between your teeth where your tooth brush can not reach.

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It is also of extreme importance to limit sugary or acidic drinks and snacks to maintain a healthy, teeth-friendly diet including plenty of fruits and vegetables. Foods rich in Vitamin C such as leafy greens like broccoli and kale can prevent gum inflammation. If you take part in sports wear a customized professionally made mouth guard to cushion and protect your teeth and gums. Mouth shields can also prevent neck injuries, jaw fractures and cerebral lesions.

Regarding our beautiful children, preventive dentistry is particularly important for them. Dental exams and professional cleanings as early as two years of age can ensure a lifetime of good dental health. Your child's baby teeth may be temporary but they play a critical role in space reserving for the proper emergence of the permanent adult teeth.

Remember brother and sisters Philippians 4:14 "I can do all things through Christ which strengtheneth me".