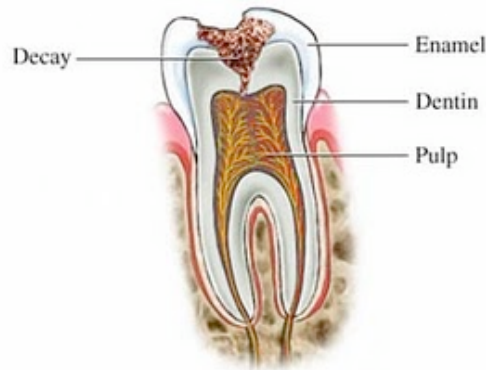


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# Dental Caries is common!

**Dental Caries** or **Tooth Decay** or **Tooth Cavities** is one of the most common of all disorders, second only to the common cold. It is a common cause of tooth loss in younger people.



Caries are visible region of the tooth in brownish black color and soft to touch. In severe cases dental caries progresses to surrounding soft tissues and results in swelling of the facial region around the mouth.

## How can one get these?

To put this in a simple form, the bacteria in the mouth convert food debris in the plaque into acids. The acids dissolve the enamel of the tooth to create a hole. Plaque is formed rapidly after eating and this is the time when bacterial activities are also at its peak.

## Take action, before it's late!

As you may be aware that when these cavities are left untreated they develops further and destroys the internal structures of the tooth and may cause loss of the tooth. Cavities are usually painless unless they impinge on the nerves as they grow deep, and therefore a routine dental checkup is so critical. A dental x-rays can help detect cavities even before they are visible to the eyes.

It's advisable to spend a few hundred rupees every 6 months and save thousands!

Cavities are usually treated using restorative measures – cleaning and filling with tooth color composite. However, in advance stages a Root Canal Treatment may be required. Please do not forget the **rown** after the Root Canal Treatment.

## Prevention is better than cure:

Maintaining good oral hygiene is the key to stay away from painful cavities and subsequent tooth loss. Here is an eye chart to uphold that oral hygiene:

- Brush well for 2 mins, two times a day – Don't neglect those teeth which are not reachable effortlessly.
- Floss once a day.
- Pea size toothpaste is enough, as use of excess toothpaste will erode the teeth. Gel toothpaste contains silica which is more abrasive.
- Fluoride is known to protect against dental caries as it can neutralize the acids. Fluoride toothpaste or mouthwash is common, however topical fluoride application during routine dental visits may be advised.
- Rinse your mouth with Chlorhexidine mouthwash, occasionally.
- Rinse your mouth well after meals.
- Cut down on frequent snacking.
- Avoid constant sipping of sugary drinks.
- Avoid sticky foods, candies and mints, else rinse your mouth after you are done with the treat!
- **Cut down on those alcohol parties.**
- A professional cleaning every 6 months, with a dental check-up.

Infants should not be put to sleep with a bottle of juice and milk, as both contains sugar. The sugar remains on the teeth overnight resulting in the formation of "Nursing Bottle Caries". If it is unavoidable to put the baby off to sleep

without a bottle, put some water in the bottle instead.

Dental caries is the most chronic disease of the childhood, which begins when bacteria are passed from mothers or caregivers to children.

**Notable:**

Sugars increase the risk of tooth decay.

Sticky foods are more harmful than non-sticky foods.

Frequent snacking increases the time that acids are in contact with the surface of the tooth.

**Did you know?**

Dental sealants can prevent some cavities. Sealants are thin plastic-like coatings applied to the chewing surfaces of the molars. This coating prevents the accumulation of plaque in the deep grooves on these vulnerable surfaces. Sealants are usually applied on the teeth of children, shortly after the molars erupt. Older people may also benefit from the use of tooth sealants.

Be informed and take good care of your white pearls.

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