**CHS 233**

**Oral Health**

**Assessing Oral Health Status**

* Begin by doing an extra-oral exam, looking at the lips, neck, and jaw for any abnormalities.
* Inspect the entire dentition systematically, proceeding from tooth to tooth. Begin with the teeth in the right upper jaw and continue towards the left upper jaw. Then examine the teeth in the lower jaw from left to right.

**Examine the mouth for:**

* Loose teeth, missing teeth and broken teeth
* Presence of restorations (fillings) and broken or missing fillings
* Signs of poor oral hygiene and oral malodor
* Tooth pain, sensitivity to temperature change and pressure, and inability to chew in comfort

**Bad breath:**

Also known as oral malodor or halitosis

**Oral malodor can be divided into two distinctive categories:**

Transitory and chronic.

**Transitory** refers to food-related malodor that can last as long as 72 hours.

Virtually everyone suffers from this condition at one time or another. Generally caused by strong foods such as onions or garlic

**Chronic**, is generally related to oral or general medical problems.

**Oral Problems**: Presence of plaques; a soft, sticky, almost invisible film made up of harmful bacteria

**Medical problems**: such as stomach disorders, an excessive postnasal drip, or infection in the mouth.

**Recommendation for prevention of halitosis:**

* Routine cleaning of teeth and gums will help prevent the build up of plaque and in turn help prevent bad breath.
* Carefully brushing at least two-to-three times a day, flossing daily, and rinsing your mouth vigorously to remove any loose foods is essential.
* However, research has found that simply keeping teeth clean is not enough to eliminate oral malodor. Tongue deplaquing with tongue scrapers— tools exclusively designed for use on the tongue—is as essential for fresh breath as regular brushing; Tongue scrapers provide even pressure that forces bacteria, food debris, and dead cells from the pits and crevices in the tongue that a toothbrush cannot remove.
* lifestyle habits play a major role in the prevention of halitosis. For example, smoking and chewing tobacco can affect breath odor.
* Rinsing your mouth with water • after eating if you aren’t able to brush
* Chewing a piece of sugarless gum • to stimulate saliva flow—nature’s own cleanser
* Snacking on celery, carrots, or • apples; they tend to clear away loose food and debris during the chewing process
* Eating a balanced diet. Vitamin A deficiency may contribute to gum disease and bad breath
* visit your dental hygienist every six months, or as often as she or he recommends

**Tobacco Use:**

Use of tobacco products can cause or contribute to a number of oral health conditions:

* receding gums
* bleeding gums
* severe gum disease
* bad breath
* stained teeth and tongue
* reduced sense of taste and smell
* delayed healing after surgery
* [Leukoplakia](http://www.nlm.nih.gov/medlineplus/ency/article/001046.htm) (white patches - can be an early sign of oral cancer)
* [oral cancer](http://www.netwellness.org/healthtopics/oralcancer/)

**Precautions to take that can help reduce the risk for oral cancer:**

* Don't smoke, or chew tobacco.
* Do not drink alcohol
* Protect the lips with sunscreen .
* Eat plenty of fruits and vegetables.
* Regular dental examinations should include an oral cancer screening.

**foods that are bad for our teeth**

* Foods that are high in sugar or starch react with bacteria on the teeth to produce acids that destroy tooth enamel
* *include hard candies, soft drinks, fruit juices, cookies, pies, cakes, crackers, bread, cereal and potato chips*

**However, there are many foods which promote good oral hygiene**

* Low-fat or nonfat cheeses, plain nonfat yogurt and other dairy products are packed with calcium and phosphorus which help our teeth. Crunchy raw vegetables and fruit help exercise the gums and assist in flushing food particles out of the mouth

**ACTIVITY: EATING HABITS AND ORAL HEALTH**

**Read the followings scenarios and answer the questions:**

#1 Suppose that **Magda and Sara** each drink one soft drink on Saturday. Magda drinks her soft drink all at lunch while Sara drinks some at lunch, some after talking on the phone, some more after playing basketball, and finishes it off for dinner. Each girl has put the same ingredients into her body, but the frequency has a different effect on the teeth. Whose way of drinking the soft drink do you think is better as far as oral health is concerned? Explain your answer.

**#2** John and Mike each drank 8 oz of apple juice. Mike used a common device so that the effect of the sugar in the apple juice was not as great as it was for John. What do you think Mike used? Why did it help?

**#3** Monique and Jessie both ate lunch in the cafeteria. Monique ate a hamburger, then fries, then a slice of cake, and ended lunch with an apple. Jessie ate his hamburger and fries, then his apple, saving his slice of cake for the end of lunch. They ate the same foods, but one person’s lunch was better with regard to oral hygiene. Who’s lunch was better and why?

#4 Juan and Reginald both help feed and put their baby sisters to bed. Juan gives his sister a bottle of juice to drink in her crib. She falls to sleep with the bottle in her mouth. Reginald gives his sister a bottle of juice, then puts her to bed when she is done with the juice. Who is practicing good oral health for the babies, and why?

**Answers**

# 1- Magda’s way is better because she invites an acid attack

once while Sara invites it four times

#2- Mike used a straw thus limiting the contact that the juice had with Mike’s teeth

#3- Monique’s was better. By eating the apple last it helped to rid the mouth of some of the other food particles.

#4- Reginald’s way was better; Juan’s baby sister’s mouth has constant contact with the sugary bottle, which will promote decay of her baby teeth.