

## PREVENTITON OF DENTAL DISEASES IN CHILDREN

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**Abstract:** Preventive dentistry is dental care that helps maintain good oral health. It's a combination of regular dental check-ups along with developing good habits like brushing and flossing. Taking care of your teeth starts early in childhood and extends throughout the course of your life.

**Key words:** preventive measure, oral cavity, brushing, flossing.

Preventive dental care should be a priority for all individuals. Preventative dentistry is for anyone of any age. From childhood to your senior years, preventative dental care can spare you the pain and discomfort of oral health problems, while saving you time and money by avoiding the need for treatment. Oral health is fundamental to health and well-being across the lifespan. Oral health conditions affect the daily lives of school-age children and adolescents, leading to loss of more than 51 million school hours every year. Despite declines in untreated tooth decay in the primary teeth of young children, dental caries remains one of the most common conditions of childhood, and prevalence of untreated caries increases as children age. Dental caries can negatively affect a range of outcomes, including, but not limited to, eating, speaking, learning, smiling, self-esteem, and quality of life.

Preventative dentistry in children can help to ensure their teeth and mouth develop correctly, while in adults, preventative methods such as regular cleaning and dental check-ups can help to detect early signs of oral diseases.

In addition, patients who are immunocompromised - particularly elderly patients - will benefit from regular dental visits to prevent oral health conditions from causing other health complications.

By taking preventative steps towards your oral health, you can greatly reduce your risk of developing cavities, gingivitis, enamel loss, periodontitis, and other common dental issues. The benefits of preventative dentistry go far beyond healthy teeth and a beautiful smile. By minimising your chance of developing these oral conditions, you'll also reduce your risk of developing other health problems that are linked to poor dental health. Regular tooth brushing helps to prevent gum disease by removing the plaque that causes it. Remember to: Brush your teeth and along the gum line twice a day – in the morning and before going to bed. Use a toothbrush with a small head and soft bristles, and a fluoride toothpaste from the age of 18 months.

Ensuring your child's dental health is vital to their overall well-being. Establishing positive oral hygiene practices in early childhood is a preventive measure against common dental problems and lays the groundwork for a lifetime of dental wellness.

Dental problems can be not only painful but also disruptive to a child's daily activities, affecting their eating, speaking, and overall comfort. By prioritizing preventive measures, you can significantly reduce the risk of dental issues in your child.

The formative years of a child's life are crucial for fostering healthy teeth and gums. Routine dental check-ups offer a chance for early identification of potential dental issues. Dentists can pinpoint concerns like cavities, misalignment, and developmental problems, enabling timely interventions and averting more severe complications.

Children are susceptible to tooth decay, often caused by improper brushing, sugary diets, and inadequate dental care. Routine dental care, including brushing, flossing, and professional cleanings, significantly reduces the risk of tooth decay and cavities.

Although we have the knowledge and technology necessary to prevent it, most children experience dental disease, and a few children continue to experience high rates of decay. The appropriateness and effectiveness of preventive measures vary throughout the life of a child, and recommendations should be tailored to the needs of the individual. Water fluoridation continues to be the most cost-effective preventive measure available. For patients who do not have access to fluoridated water, dietary supplementation offers similar benefits. A wide variety of professionally applied and home use topical fluoride products such as dentifrices, gels, and rinses can also reduce the risk of dental caries, particularly on the smooth surfaces of the teeth. The most common site of decay in children is the fissures of the molar teeth. These areas can be protected by the professional application of plastic sealants. Dietary practices influence caries rates, and patients should be advised to limit the frequency of carbohydrate exposures rather than the total amount of carbohydrates consumed. Parents of infants should be advised to discontinue bottle feeding around the age of 12 months to avoid nursing caries. Although oral hygiene practices are not as effective in reducing caries rates as is generally believed, daily toothbrushing and flossing are unquestionably effective in preventing periodontal disease. In order to be maximally effective, preventive efforts should be initiated early in the life of the child. Although most children experience dental disease, a mouth free of caries and periodontal disease is a potentially attainable goal for all children when they use currently available techniques.

Prioritizing dental care for children is an investment in their overall health and future well-being. Cultivating positive oral hygiene habits from an early age contributes to developing robust and enduring teeth throughout life.

Dental problems like cavities, gum disease, or unaddressed tooth decay can result in considerable pain and discomfort, particularly in children. Painful dental problems may lead to difficulty eating, sleeping, and concentrating, impacting their overall quality of life. However, here we'll discuss some tips and practices to avoid such problems so your child can live a happy and healthy life. So, let's get started.

To prevent common dental problems in children, such as cavities and gum disease, incorporate the following helpful tips and practices into their oral care routine: Initiate oral care before the first tooth's emergence. After each feeding, gently wipe your baby's gums with a clean, damp cloth to eliminate bacteria and foster a healthy oral environment. Establish a routine of brushing your child's teeth at least twice daily. Select a soft-bristled

toothbrush suitable for your child's age. For children under 3, apply a smear of fluoride toothpaste; for ages 3-6, use a pea-sized amount. Supervise your child's brushing until they can do it effectively independently, usually around 7 or 8 years old. Ensure they brush for at least two minutes and reach all surfaces of their teeth. When your child's teeth begin to touch, introduce flossing into their oral care routine. Teach them the proper technique and encourage them to make it a regular part of their oral hygiene habits. Flossing helps maintain healthy gums and prevents issues between teeth. Reduce the consumption of sugary snacks and beverages. Opt for healthier alternatives and reserve sugary treats for special occasions. Water helps rinse away food particles and neutralize acids in the mouth. Encourage your child to drink water, especially after consuming sugary or acidic foods. Promote a well-balanced diet incorporating plenty of fruits, vegetables, and dairy products. These nutrient-rich foods provide essential elements crucial for preserving robust teeth and promoting the well-being of gums, contributing to overall oral health

**Conclusion:** Preventive dentistry is the modern way of helping you keep a healthy mouth. It helps you to keep your teeth, and means you need to have less dental treatment.

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