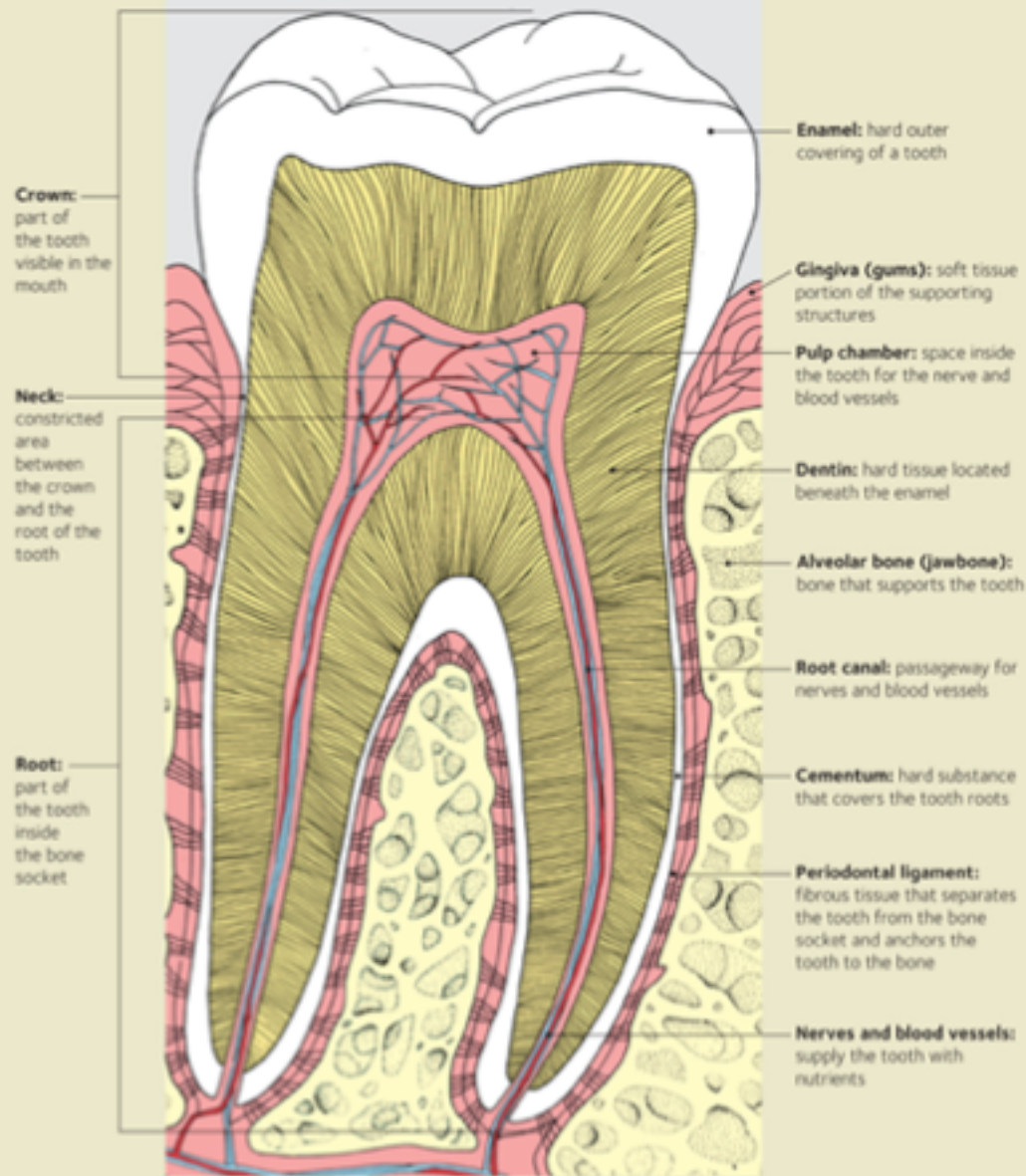


Oral Health and Hygiene

By: AMWPA

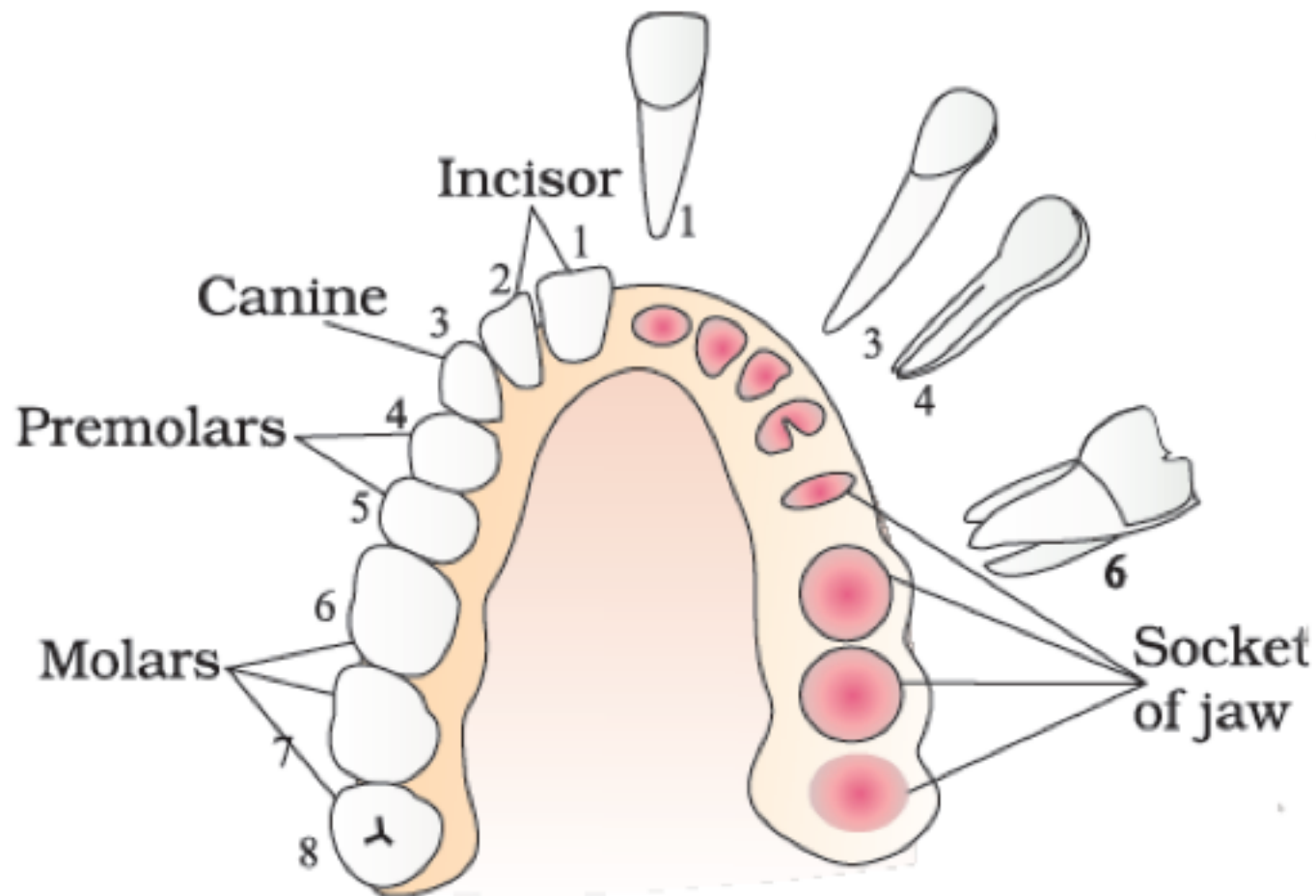


Anatomy of a Tooth



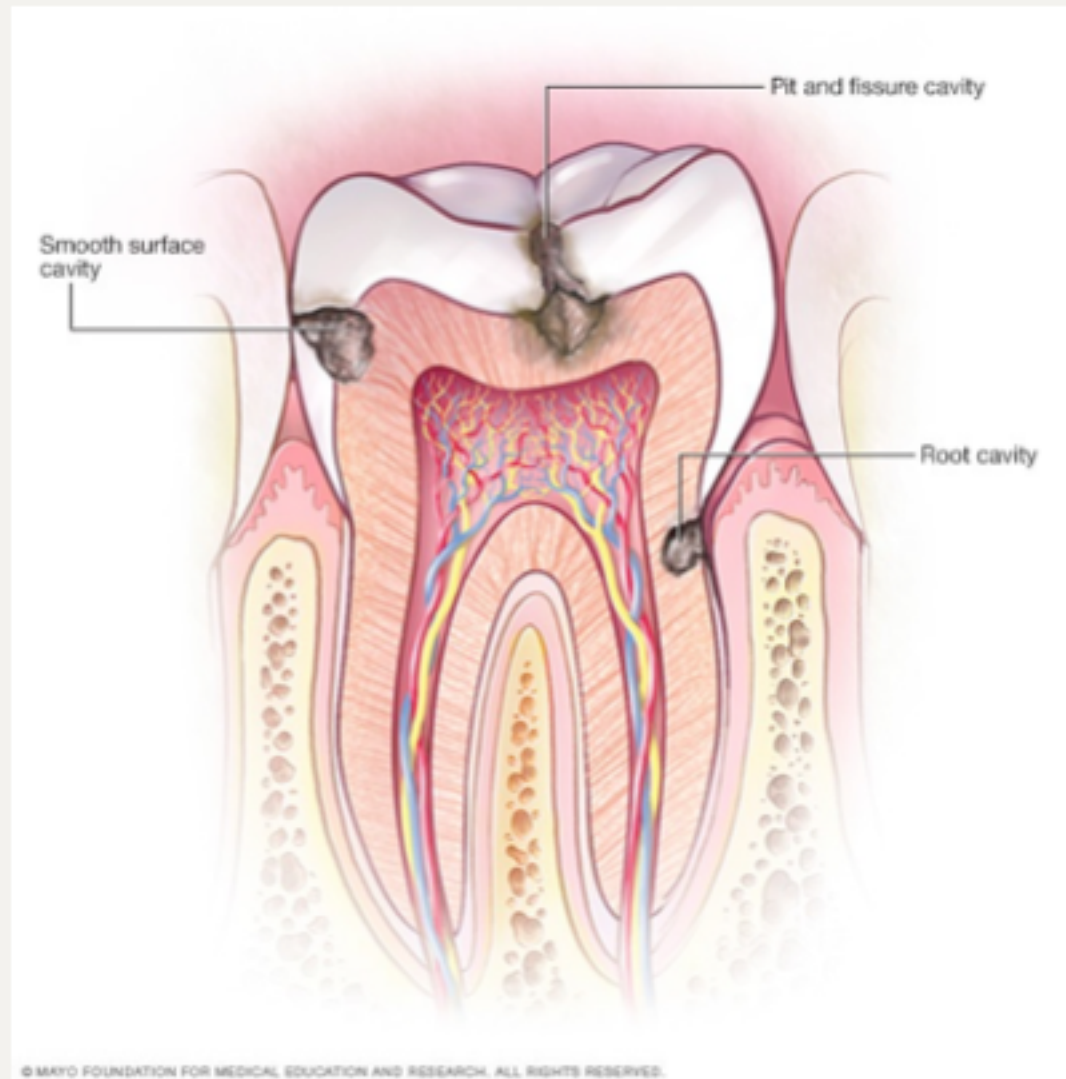
Different Types of Teeth

(based on shapes and function)



Different Types of Tooth Caries (Decay)

- Pit and Fissure Caries
- Smooth Surface Caries
- Cervical (Root) Caries
- Early Childhood Caries (ECC)



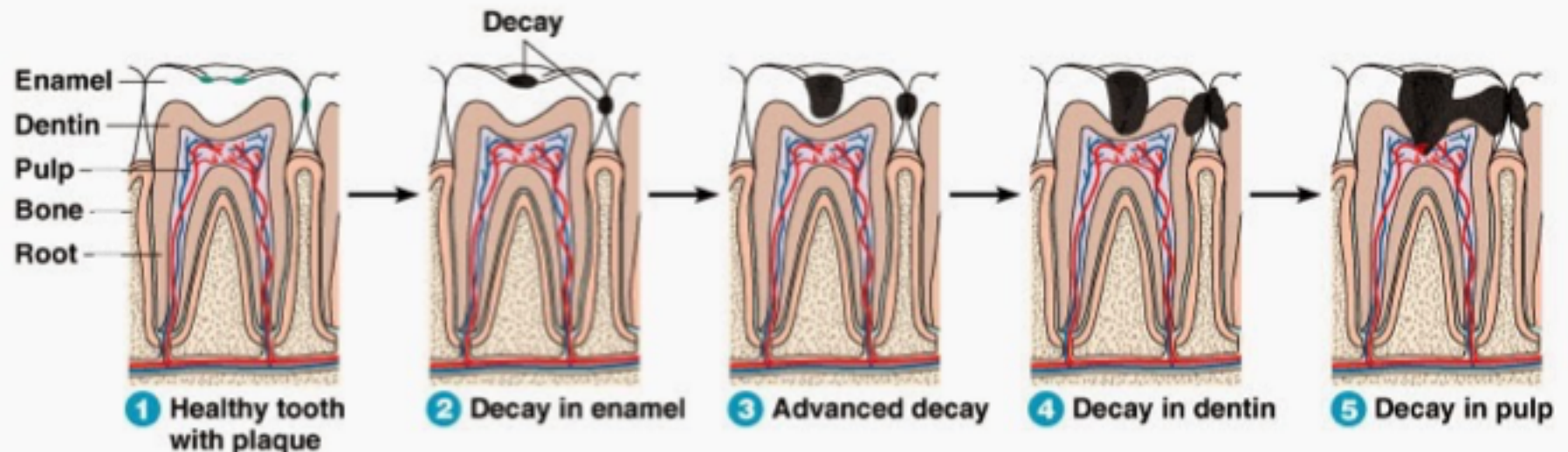
Early Childhood Caries (ECC)

Early Childhood Caries is defined as the presence of one or more decayed, missing or filled tooth surfaces in any primary tooth in a preschool-age child between birth and 71 months of age. ECC is an infection disease. There are many aspects of early childhood caries; baby bottle decay is recognized as one of the more severe manifestations of this syndrome. (ADA)

Early Childhood Caries	
Normal Healthy Primary Teeth	
Chalky White Spots	
Brown Spots	
Severe Decay	

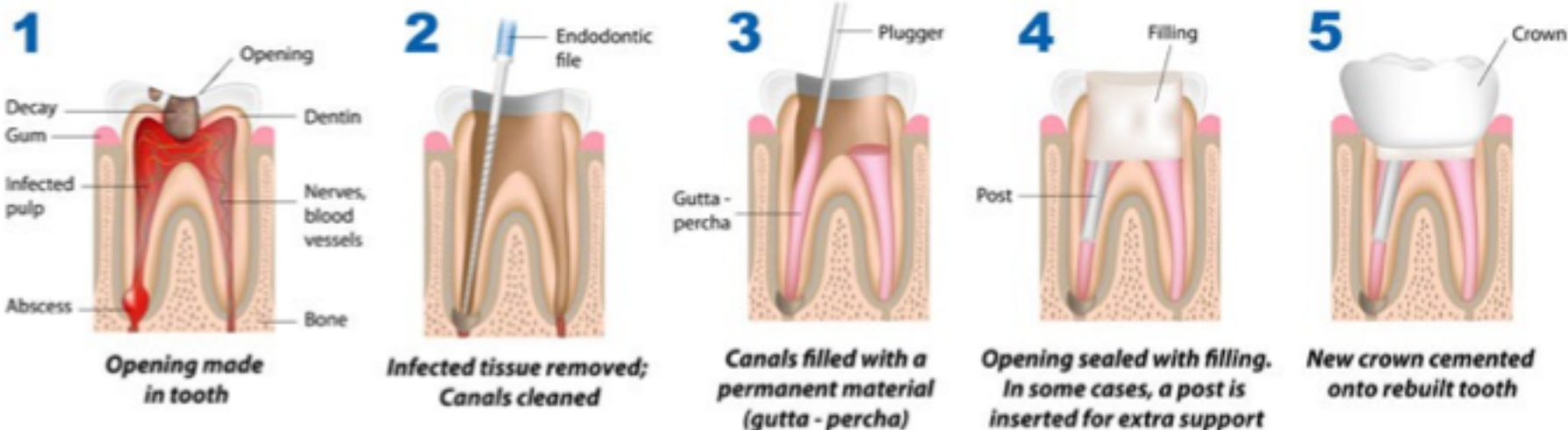
Process of Tooth Decay

Tooth decay is the result of an infection with certain types of bacteria that use sugars in food to make acids. Over time, these acids cause a cavity to form in the tooth. Enamel is affected first, as decay continues it reaches the dentin. Once it reaches the dentin, decay has to be treated, typically with fillings. If left untreated, it proceeds to the next layer, which is the pulp. Once decay reaches the pulp, the tooth will require root canal therapy or extraction.



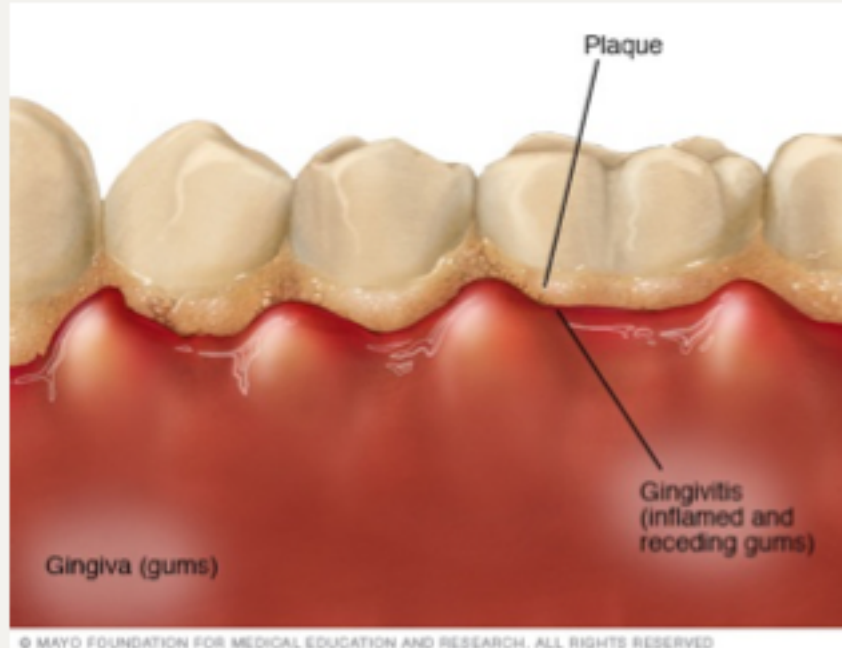
Root Canal Therapy

Once the decay reaches the pulp and the tooth becomes infected, endodontic treatment, also known as root canal therapy, is recommended to treat the tooth. When you undergo a root canal or other endodontic treatment, the inflamed or infected pulp is removed and the inside of the tooth is carefully cleaned and disinfected, then filled and sealed with a rubber-like material called gutta-percha. Afterwards, the tooth is restored with a crown or filling for protection and will continue to function like any other tooth.



Gingivitis

Gingivitis is a common and mild form of gum disease (periodontal disease), which can cause irritation, redness and swelling (inflammation) of the gingiva, which is the part of the gum surrounding the base of the tooth. If left untreated, gingivitis can progress to more severe gum disease known as periodontitis or tooth loss. The most common cause of gingivitis is poor oral hygiene. Gingivitis may be prevented or reversed with good oral hygiene habits, which include brushing twice a day, flossing and getting regular dental checkups.



Periodontitis

Periodontitis is a chronic infection that affects the gums and bones that support the teeth. When gingivitis is not treated, it can advance to “periodontitis” (which means “inflammation around the tooth”). In periodontitis, gums pull away from the teeth and form spaces (called “pockets”) that become infected. The body’s immune system fights the bacteria as the plaque spreads and grows below the gum line. Bacterial toxins and the body’s natural response to infection start to break down the bone and connective tissue that hold teeth in place. If not treated, the bones, gums, and tissue that support the teeth are destroyed. The teeth may eventually become loose and have to be removed.

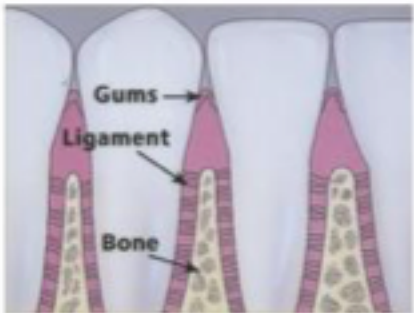
Causes and Symptoms of Periodontitis

Causes

- Poor Oral Hygiene
- Smoking
- Systemic/Immunosuppressive Diseases
- Medications that cause xerostomia
- Misaligned/Crowded Teeth
- Hormonal Changes
- Diabetes
-

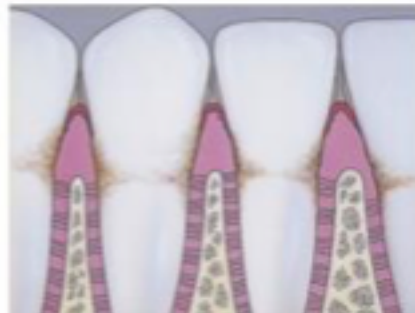
Symptoms

- Halitosis (persistent bad breath)
- Inflamed gums
- Tender or bleeding gums
- Painful chewing
- Loose and/or sensitive teeth
- Receding gums or longer appearing teeth



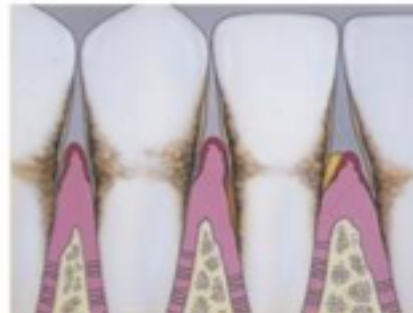
NORMAL, HEALTHY GUMS

Healthy gums, periodontal ligament and bone anchor teeth firmly in place.



GINGIVITIS

The bacteria in plaque irritate the gums, making them red, tender swollen and likely to bleed. If plaque is not removed, it can harden into calculus (tartar).



PERIODONTITIS

In time, as plaque and calculus build up along the gum line, bacteria in the plaque begin to break down the connection between the supporting soft tissues and the tooth. As the disease progresses, bacteria begin to attack the bone tissue as well.



ADVANCED PERIODONTITIS

The gums can pull away from the teeth as more bone and the periodontal ligament are destroyed. Teeth may become loose and need to be extracted.

Treatment for Periodontitis

The first step in treating periodontitis is a procedure known as scaling and root planing (SRP). A dentist or a dental hygienist provides this treatment by scraping and removing the plaque and tartar off of your teeth and root surfaces by scaling, and then smoothing away any roughness on the roots to prevent bacteria from accumulating again.

In more advanced cases of periodontitis, surgical SRP or bone/gingival grafting is required. It is important to maintain oral hygiene and see the dentist for periodontal maintenance several times a year.

SCALING AND ROOT PLANING



Scaling removes plaque and tartar from below the gumline.



Root planing smooths the tooth root and helps the gums reattach to the tooth.

Smoking and Oral Health

A smoker's mouth is bathed in over 4,000 chemicals in tobacco smoke including 60+ cancer-causing substances. This results in stained teeth, bad breath, gum disease, white & brown patches and cancers of the mouth and tongue.

The good news is stopping smoking can improve the health of your mouth and reduce the risk of oral diseases.

Smokefree Mouth

A smokefree mouth has:

- Bright, white teeth
- Healthy gums
- Fresh breath

Something to smile at

- Younger looking skin
- Nicer to kiss

Good taste

- Healthy taste buds
- Food tastes great

Love your smile



Be smokefree

Smoker's Mouth

Warning: Smoking can seriously damage your smile

Damages your smile

- Teeth, dentures and crowns stained brownish-black
- Bad breath or halitosis
- Premature mouth wrinkling

Gum disease and tooth loss

- More plaque and cavities
- Infected and swollen gums
- Gum recession and tooth loss

Mouth cancers and leukoplakia

- Higher risk of mouth, tongue and throat cancers
- White patches or leukoplakia inside mouth

Smokers' hairy tongue

- Build up of tar and bacteria on the tongue

Effects of Smoking on Oral Health

- Stained teeth and tongue
- Diminished sense of taste and smell
- Delayed healing after a tooth extraction or other surgery
- Difficulties in correcting cosmetic dental problems
- Gum disease and loss of teeth
- Oral cancer



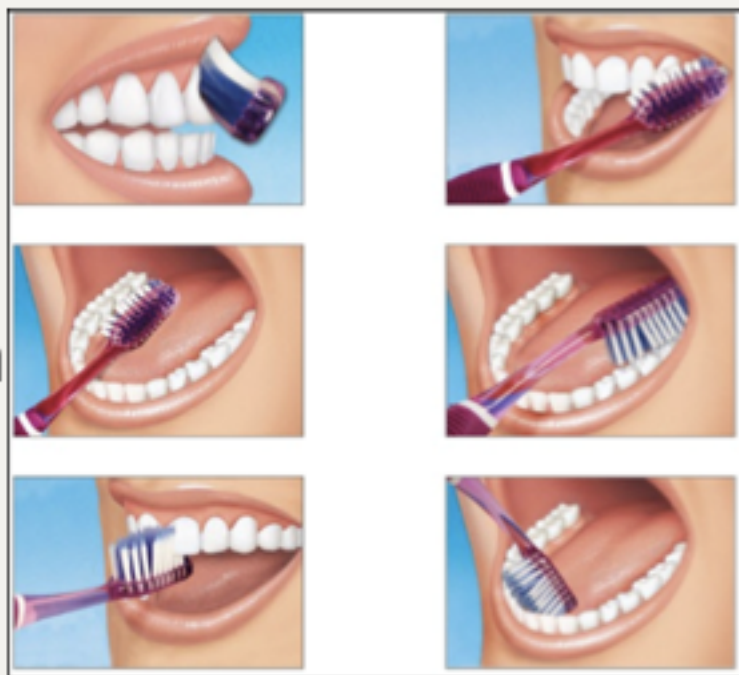
How to Quit Smoking?

- Nicotine gum
- Smoking patches
- Electronic cigarettes
- Chantix (prescribed medication)

Toothbrushing Techniques

What is the correct way to brush?

- Proper brushing takes at least two minutes, so time yourself!
- Use a soft bristle toothbrush with short gentle strokes
- Make a 45 degree angle between toothbrush and tooth surface. This aids in removing plaque accumulation at the gum line.
- Start by brushing the outer surface of upper teeth and then proceed to lower teeth.
- Next, brush the chewing (occlusal) surfaces.
- Use a tongue scraper to remove bacterial film from ventral (top) surface of tongue.



Facts about Oral Hygiene

- Flossing removes plaque from in between our teeth, that the toothbrush is unable to reach. Food that sits between your teeth is actually rotting and may result in bad breath!
- In order to floss efficiently, you need to use a piece of floss that is 18–20 inches in length.
- Bacterial film (plaque) forms in 2–3 hours after brushing and flossing.
- In adults older than 35, more teeth are lost to periodontal (gum) disease than cavities.
- Bacteria associated with periodontal disease travels into the bloodstream and may result in other adverse health effects. Research has shown that gum disease has been linked to heart disease, stroke, diabetes, cancer, arthritis and preterm births.

Islamic Perspective on Dentistry

THE FIRST REVELATION

- The first revelation was first few verses of Surah Al-'Alaq. They were:

• اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ. خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ. اقْرَأْ وَرَبُّكَ الْأَكْرَمُ. الَّذِي عَلَّمَ بِالْقَلَمِ. عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ.

- *'Read in the name of your Lord, who created, created man from a clot. Read! And your Lord is most bountiful. (He who taught) the use of the pen taught man which he knew not.'*(96:1-3)

REVIVE A SUNNAH

SIWAK (MISWAK)

A Salat offered after one has used a miswak is 70 Times superior to the salat offered without it.) [Ibn Nejjar]



If I had not found it a hardship for my Ummah, I would order them to make wudu' for every salat and to use miswak in every wudu'.)

[Bukhari, Muslim]

Spread The Sunnah JazakaAllah khayran



PROPHET MUHAMMAD (SAW) - THE LAST AND GREATEST OF ALL PROPHETS



TheMuslimUmmah



How to Use a Miswak

How to use the miswak



Step 1 - Trim 1/2 inch off the bark



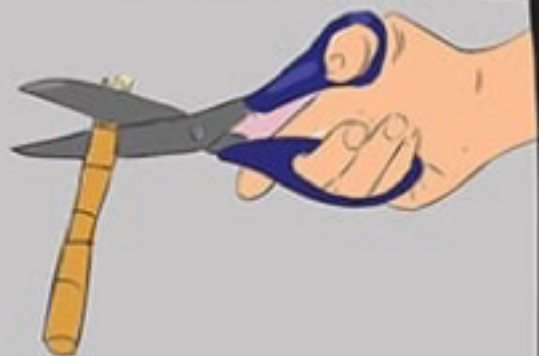
Step 2 - Lightly nibble on the exposed end until it forms bristles



Step 3 - If the miswak is dry, then saturate it in fresh water or rosewater for 8 hours



Step 4 - Use the miswak by gently brushing in an up and down motion



Step 5 - Trim the miswak every 3 to 5 days and repeat from step 1 (excluding step 3)

Thank you!