

DENTAL CARIES

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Abstract:

"Toothache" is a word that scares children and adults, men and women. One of the main causes of severe pain in the teeth is caries. This disease can be dangerous in different degrees, but it must be treated in any case. In the article, we will talk about the most effective methods of caries treatment, as well as the prevention of the disease.

Keywords: tooth, ache, dental, caries, spot

Caries is one of the most common diseases of the oral cavity. When caries occurs, the tooth enamel is damaged first, and if left untreated, it damages the dentin (the hard tissue of the tooth). Caries is derived from the Latin language and means "rotting". Caries is popularly known by the terms "tooth decay" and "tooth worm", the use of the second term is slightly incorrect from the point of view of medicine.

The first sign of caries is the appearance of black spots on tooth enamel. If these spots are not paid attention to, the diameter of the caries may increase and the pathology may spread deeper into the tooth tissue and create a "hole". When caries breaks through the tooth enamel and dentin, it reaches the pulp (soft tissue of the tooth) and can cause severe pain. Inflammation of the pulp is called pulpitis.

Depending on the degree of damage to the tooth, caries are divided into spots (discoloration of the tooth surface), superficial caries (surface damage), medium caries (the upper part of the dentin is damaged) and deep caries (the dentin is almost completely damaged and has reached the pulp). In addition, caries of enamel, dentine and root cement are classified separately - in root cement caries, the disease appears under the gums.

Stages of dental caries

Depending on the place of occurrence, fissure (occurs in the cavity of the tooth), proximal (between the teeth) and cervical caries (near or below the gums) are classified. In addition, there are caries of the front teeth, which have a negative effect on the aesthetics of the smile. Usually, when the front teeth are damaged, even those who are afraid of dentists immediately turn to them.

In order to avoid a visit to the dentist, you need to independently examine the oral cavity. If you detect caries at an early stage, you can stop it even without the help of a dentist.

It is very easy to determine if you have tooth decay. A change in the color of the tooth surface (the stain can be dark or liquid) or its structure, for example, roughness, are symptoms that indicate the occurrence of the disease. Also, toothache when eating, especially strong pain that

occurs under the influence of sweet, hot and cold, is also a sign of caries. A bad smell from the mouth can also be a symptom of the disease.

If the disease has progressed to the middle stage, a cavity has appeared in the tooth - usually it is easily felt with the tongue. However, the "hole" does not occur only because of caries, a dentist can only make the exact diagnosis.

Appearance of dental caries in the jaw model

The main cause of caries (tooth decay) is acid-producing bacteria that leach fluoride and calcium from tooth tissue. Microorganisms begin to multiply and damage the tooth 1-2 hours after cleaning the oral cavity, causing tooth decay.

In addition, tooth decay can also be caused by frequent consumption of sweets, and this depends not on how much glucose is consumed, but on how long it is in contact with the teeth, that is, how long it "sticks" to the teeth. . Improper nutrition affects not only the teeth, but also the health of the oral cavity as a whole.

Also, caries can develop due to a malfunction of the immune system, among other factors. The reason for the breakdown can be stress. Stress can also slow down mineralization processes in the oral cavity.

If caries is detected, you should make changes to your diet and oral hygiene you should pay more attention to and give preference to toothpastes with high calcium and fluoride content. Visiting the dentist is mandatory. Only timely treatment of caries helps to save teeth.

If the caries is in the stage of staining, sufficient fluorine and calcium saturation of the teeth is sufficient to eliminate it. If the disease is in the superficial, middle or deep stage, there is probably no other solution without using a car. To treat caries, it is necessary to saw off the damaged part of the tooth and restore its natural shape with the help of filling materials. Treatment of deep caries usually requires two visits to the dentist - first a temporary filling and then a permanent filling. If caries appears under the filling, radiography is used to determine it.

To protect the teeth from caries, they should be cleaned with sweeping movements while brushing. Actions for this treatment should last at least 3-5 minutes. Do not forget to clean your tongue. Be sure to brush your teeth after eating. Nutrition also affects the development of caries. After eating sweet or very sour (green apple, lemon) drink some water and rinse your mouth thoroughly. Eat fruits and vegetables rich in calcium and fluoride, and pay attention to vitamins C and D. Raw carrots have a particularly beneficial effect on the health of teeth.

It is necessary to visit the dentist once every six months, so that it is possible to detect caries at the initial stage and prevent its development. Because caries can be not only on the surface of the tooth, but also in areas of the tooth that the patient cannot see.

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