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Caries as a (w)hole

Faustina Kola
Meto Dent, Albania

Dental caries is an oral disease with a high worldwide prevalence. The most common reason of the increasing without control is the consumption of carbohydrates, foods with considerable sucrose concentrations. These carbohydrates cause not only caries cavities but even problems with the human health. In spite of various available prophylactic means as the daily use of water fluoridation, fluoride toothpastes, mouth-rinses, dental sealants or oral health education programs we can notice that we can slow down the carious process, but cannot control it at all. If not treated in time it can affect not only the mastication function but also the smile, speech, quality of life and phycho-social environment. Are we happy with this as professionals? Do the patients think that caries is a problem? This lesson is focused how to prevent the carious process and the usage of a minimal invasive restauration. It includes on early diagnosis of the risk and the lesions from the beginning. The caries progress is so slow but it cannot be stopped without an operative treatment. It requires years that a surface lesion progresses in the dentin and creates a cavity. To get well informed with the caries progress and to also know how to react in every situation can help the professional to intervent in time in the right way. We have to focus on the combination of preventive methods which do not require the patient cooperation and the dietary. At the end, the audience should be able to understand - contemporary concepts and evidences of the caries progress, fluoride effects, durability of the fillings and the alternatives to effect on the patients and the professionals toward healthy behaviors.

faustinakola@hotmail.com

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