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Prevention of dental diseases

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Carved in many languages in the outside façade of the Harvard School of Public Health is “The highest attainable standard of health is one of the fundamental rights of every human being.” This is the goal of dentistry and while many other medical diseases are not preventable, dental diseases, periodontal disease and caries, for the most part are preventable. In order to achieve these lofty goals, three concepts must be attained: A patient must be motivated to remove biofilm (plaque) from their teeth, a patient must know and have the ability to perform bio-film removal daily and a patient must have to access for performing the techniques. As dentists, it is our responsibility to help our patients realize dental health through the above three factors. There are many avenues for motivation, published books and pamphlets, paid advertising and utilizing publicity from articles written in lay publications. Additionally, each age group demands a different means of communication in order to help the patient become concordant with daily biofilm removal. Next there have been many techniques published over the past eighty years on tooth cleaning. With the understanding of microbiology and the varying gingival biotypes, the correct plaque removal techniques need to be individualized to the patient and even to varying areas in a patient’s mouth. Lastly, as biofilm collects mainly on the teeth, the surface areas of the tooth must be available for bio-film removal on a daily basis. This might involve orthodontics and/or periodontal resective or regenerative therapy and restorations contoured in a manner that they can be accessed by the patient. Primarily, the dental practitioner needs to take an active role in prevention from the first encounter with a patient through helping to manage the dental health of the elderly. With today’s understanding of the periodontal/dental systemic interrelations, the dental clinician is a major player in assisting people to attain the highest standard of health.

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Why you should not brush or floss your teeth?

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After your initial phase of periodontal therapy, are you sending your patients home with a manual/power toothbrush? The Center for Disease control states that 50% of those over 35 years old and furthermore, 70% of those over 65 years of age have periodontal disease. Periodontal disease is the most prevalent and costly disease on the planet. Those statistics are proof that the toothbrush and floss are failing us. Periodontal therapy, three month cleanings and home care are the three most essential components for this population. In this session you will learn how and why inflammation is the culprit of most systemic diseases. These diseases include cardiovascular disease, diabetes, breast and many other cancers, chronic kidney disease, Alzheimer’s, COPD and more. Research data and references will support the evidence in this section. A simple scheme, describing chronic infection and how it destroys the body will be discussed. A novel approach (that eliminates tooth brushing and flossing) to arterial vessel management and wound healing will be introduced and backed up with a discussion of a 6 months diabetic clinical study that was published in the International Journal of Experimental Dental Science in 2013. In the study, this approach lowers HbA1c (a blood marker) by over 1% without drug intervention. This is a significant reduction for diabetic patients. In the periodontal crevasse, pathogens were lowered by 500% as compared to a toothbrush. Decreases in other clinical parameters will be discussed. In addition, a description of how and why this arterial vessel management works will be detailed and demonstrated.

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