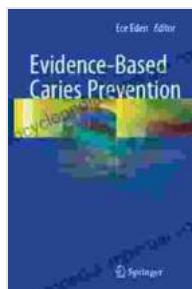


# Evidence-Based Caries Prevention: A Comprehensive Guide for Oral Health Professionals

Dental caries is a common and costly disease that affects people of all ages. The good news is that caries is largely preventable. Evidence-Based Caries Prevention provides oral health professionals with the latest evidence-based information on caries prevention. This book covers a wide range of topics, including:

- \* The etiology of caries
- \* The role of saliva in caries prevention
- \* The use of fluoride
- \* The management of caries in children and adults



## Evidence-Based Caries Prevention

★★★★☆ 4.1 out of 5

Language	: English
File size	: 8133 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Print length	: 210 pages
Screen Reader	: Supported

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Evidence-Based Caries Prevention is an essential resource for any oral health professional who wants to provide the best possible care for their patients.

## The Etiology of Caries

Dental caries is a multifactorial disease that is caused by a combination of factors, including:

- \* The presence of cariogenic bacteria in the mouth
- \* The frequency and duration of sugar exposure
- \* The quality and quantity of saliva
- \* The morphology of the teeth
- \* The immune status of the host

The cariogenic bacteria in the mouth produce acids that dissolve the enamel on the teeth. This process is called demineralization. If demineralization is not reversed, it can lead to the formation of a cavity.

### **The Role of Saliva in Caries Prevention**

Saliva plays an important role in caries prevention. Saliva contains a number of factors that help to protect the teeth from decay, including:

- \* Buffering agents that neutralize acids
- \* Antibacterial agents that kill bacteria
- \* Remineralizing agents that help to repair damage to the enamel

Saliva also helps to clear food and debris from the mouth, which reduces the amount of sugar available for bacteria to ferment.

### **The Use of Fluoride**

Fluoride is a mineral that has been shown to be effective in preventing caries. Fluoride works by strengthening the enamel on the teeth and making it more resistant to acids. Fluoride is available in a variety of forms, including toothpaste, mouthwash, and fluoride treatments.

### **The Management of Caries in Children and Adults**

The management of caries in children and adults involves a variety of preventive and therapeutic measures. Preventive measures include:

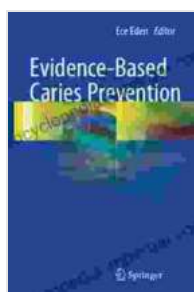
\* Brushing and flossing twice a day \* Eating a healthy diet \* Limiting sugar intake \* Getting regular dental checkups

Therapeutic measures include:

\* Fillings \* Crowns \* Root canals \* Extractions

The best way to manage caries is to prevent it in the first place. By following the preventive measures outlined above, you can help to keep your teeth healthy for life.

Evidence-Based Caries Prevention is a comprehensive guide for oral health professionals that provides the latest evidence-based information on caries prevention. This book covers a wide range of topics, including the etiology of caries, the role of saliva in caries prevention, the use of fluoride, and the management of caries in children and adults. Evidence-Based Caries Prevention is an essential resource for any oral health professional who wants to provide the best possible care for their patients.



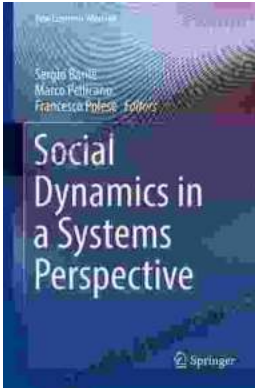
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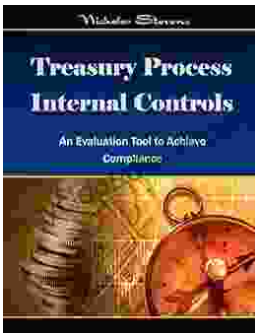
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