

## Public Oral Health Awareness: Dental Caries

**Program name:** Public Oral Health Awareness: Dental Carie

**Place:** Elmwood dental care

**Time :** first event on Jun 11 from 1pm to 3 pm and second event on July 2 from 3pm to 6pm

**Target population :** Children from 3 month to 9 year

adult from 16 to 20 years

**Maine description of the program :** I will be working with different type of ages for Oral Health Awareness. The first event will be working with children from 3 month to 9 year and the second event will be done with adult from 16 to 20 years . We providing a coloring book and free t-shirt for kids and free pine with tooth picture on it to encourage children about brushing tooth and i will try to take the fear of going to dental . The second event will be with adult from 16 to 20 years this age is easy to educate them about Oral Health. will mostly address mostly address dental caries.

### Public Oral Health Awareness: Dental Caries

For the public to keep their oral health in a good state, they need to learn various health practices. As a dental intern, I will perform multiple reception tasks and hold public health hygiene talks with clients at the reception. As an assistant receptionist, I will welcome and assist clients when they enter the reception office. For instance, I will make appointments for the clients and remind them of the dentist's schedule (Ali, 2016). I will help in the keeping and updating of clients' medical records. In the event of serving clients in various health areas, I will discuss oral health issues with them. The focus will be to create public awareness of the dangers associated with poor oral health practices, particularly oral hygiene.

The health issue that I will mostly address is dental caries. Dental caries is one of the common diseases that affect the oral health of modern society. For this reason, public health hygiene officers need to help the public prevent cases of dental caries (Ali, 2016). Although people do not like communicating their health issues or lifestyle to health practitioners, as an assistant receptionist, I will encourage the clients to share out their nutritional lifestyle. My project will aim at making the clients appreciate the importance of keeping oral hygiene (Ali, 2016). First, the client will know how the bacterium found in the mouth breaks down food into acids which destroy the hard tissue of the tooth.

Secondly, I will discuss with my clients the two types of a dental cavity, i.e., occlusal caries and the inter-proximal cavity (Pitts et al., 2017). The occlusal cavity occurs at the top part of a tooth, which usually comes into contact with food. The most affected teeth are the molars

and premolars due to their rough top surfaces, which traps some food particles. The second type of caries occurs at the side of the teeth because of the food particles that settle between teeth (Pitts et al., 2017). I explain how the acid penetrates the enamel and penetrate the tooth.

Also important are the ways in a person can treat dental caries. The first one involves filling the affected area with composite resin (Pitts et al., 2017). Usually, the dentist will remove the decayed material and wash the space before filling it with resin. For people who have substantial portions of their teeth destroyed, the crown is the best treatment option. The dentist will repair the teeth using resin then crown it with alloy or porcelain (Pitts et al., 2017). The last treatment option is extraction. I will encourage the clients to have an implant fixed in the gap left after the removal of a tooth. The implant or partial denture will help the remaining teeth maintain their natural alignment.

Lastly, I will encourage the clients always to brush their teeth and floss if they take sugary food and drinks (Marinho et al., 2016). The interaction with the client will enable me to understand various hygiene practices that the public embrace. I will learn how to handle the public during medical interventions.

## References

- Ali, D. A. (2016). Patient satisfaction in dental healthcare centers. *European journal of dentistry*, 10(3), 309.
- Marinho, V. C., Chong, L. Y., Worthington, H. V., & Walsh, T. (2016). Fluoride mouthrinses for preventing dental caries in children and adolescents. *Cochrane Database of Systematic Reviews*, (7).
- Pitts, N. B., Zero, D. T., Marsh, P. D., Ekstrand, K., Weintraub, J. A., Ramos-Gomez, F., ... & Ismail, A. (2017). Dental caries. *Nature reviews Disease primers*, 3, 17030.