Dental Health in Teens
GOOD ORAL HEALTH

Share the Care
San Diego County
Health and Human Services Agency
Why Do We Focus on Oral Health for Teens?

- ___% of 17 year olds have dental ______
- ___% of 16-19 year olds have tooth _____ or ______ in their permanent teeth
- ___% of 15 year olds experience ___________, the first stage of gum disease
- Dental problems are the #____ reason for missing school
Impact of Poor Dental Health on Teens

- ______ self-esteem
- Embarrassing ___ ______
- Poor future dental health as an adult
- ___ _________ - can affect the heart, lungs and other organs
- Can affect those with _______ and _______ women
Oral Anatomy Review

Healthy Gums

Tooth Anatomy
- Enamel
- Dentin
- Gum
- Pulp containing blood vessels and nerves
- Root canal

Crown
Root
WHAT HAPPENS WHEN YOU DON'T TAKE CARE OF YOUR TEETH?
Infectious Dental Disease

- Also known as cavities or caries
- “Holes” or damage to tooth enamel
- Preventable

- 2 stages: gingivitis and periodontitis
- Infection to the gums
Bacterial Infection

- Bacteria can ______ from one person to another by sharing:
  - ______
  - ______
  - ______
  - ________
  - ________ (kissing)
The Cavity Equation

Plaque Bacteria + Food = Acid

Acid + Teeth + Time = Cavity
Tooth Decay

- Also known as dental caries or cavities
- Can attack the teeth at ___
- Untreated caries may result in _______and tooth ___
- Treatment is __________
- __________ and ______ are important!
Early Gum Disease

• Known as __________
• More than ___% of teens have gum disease
• Warning signs:
  o ________ when flossing/brushing teeth
  o ___ ________
  o __________
  o __________
Causes of Gum Disease

• _______
  o Soft sticky bacteria on teeth
  o Leads to calculus/tartar

• When ______ forms, gum tissue can become infected
  o Causes ______ and
  o Loss of ___ ____ and _____
Advanced Gum Disease

- Known as ____________
- ____ of gum tissue and jaw bone
- As this process spreads, more gum tissue becomes ________ and more ___ _______ is lost
- Affected teeth can become _____ and ____ ___
- ______ Disease
  - Juvenile Periodontitis
Advanced Gum Disease = Periodontitis
Bad Breath

- Also known as halitosis
- Bad breath is __________!
- Caused by:
  - __________ bacteria growing in the mouth.
  - Certain ______
  - _______ and certain __________
    ___________ (eg: sinusitus)
  - ___ _____
- This is __________ - talk to your dentist!
HOW TO KEEP A HEALTHY MOUTH
How to Correctly Brush Your Teeth

1. Place a pea size amount of toothpaste on toothbrush
2. Place the bristles of the toothbrush at a slight angle (about 45°) to the tooth and gum line
3. Gently brush in short back & forth “wiggles”, or very small circles, to a count of 5 or more
4. Move the brush to the next section of teeth
How to Correctly Brush Your Teeth

5. Continue to brush in circular, rolling motion
6. Don’t forget to brush all surfaces of the teeth: the back, the corners and the front
7. Brush the chewing surfaces of the teeth
8. Brush the tongue by using “sweeping” strokes across the tongue and count to 5 or more
How To Floss

1. Wind about 18” of floss around middle fingers of both hands
2. Pinch floss between thumbs and index fingers with about 1”-2” length in between
3. Use gentle “wiggling” back and forth motions to ease floss between teeth
How To Floss

4. Curve floss in “C” shape around each tooth
5. Using an up and down motion, scrape tooth’s side & part of its front with the floss
6. Gently go below gum line in scraping process to remove plaque and other debris
7. As debris builds up on floss, unwrap-rewrap floss between fingers so that fresh floss is available for scraping action
TAKING GOOD CARE OF YOUR TEETH NOW MEANS GOOD TEETH FOR LIFE!
Wouldn’t You Rather Have These Teeth?
...Instead of These Teeth!?
Avoid Dental Disease

- Brush _____ daily
- _____ daily
- Have a dental exam at least _____ a year
  Make wise ____/________ choices

- Remember: DENTAL DISEASE IS ___________!
THANK YOU!

ANY QUESTIONS?
For Further Questions, Ask Your NURSE or HEALTH CARE PROVIDER

Q? A!
Dental Health Initiative
Share the Care
San Diego County Health and Human Services Agency

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