



Dental Health in Teens

GOOD ORAL HEALTH

S h a r e t h e C a r e
S a n D i e g o C o u n t y
H e a l t h a n d H u m a n S e r v i c e s A g e n c y





Why Do We Focus on Oral Health for Teens?

- 84% of 17 year olds have dental **caries**
- 65% of 16-19 year olds have tooth **decay** or **fillings** in their permanent teeth
- 60% of 15 year olds experience **gingivitis**, the first stage of gum disease
- Dental problems are the **#2** reason for missing school



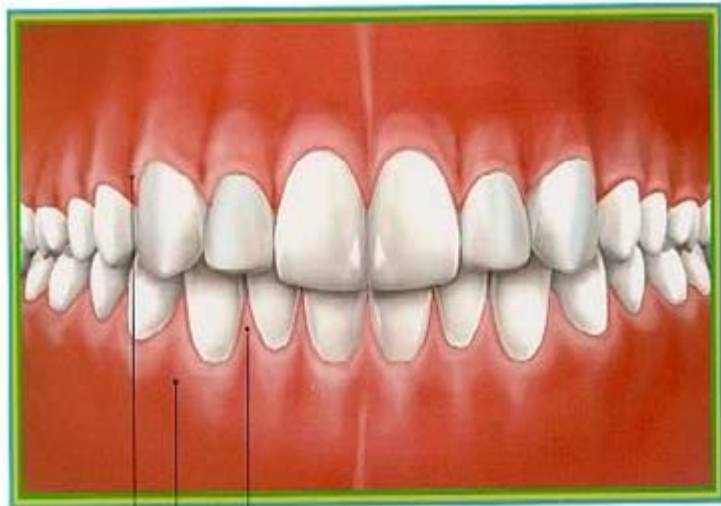
Impact of Poor Dental Health on Teens

- Lowered self-esteem
- Embarrassing bad breath
- Poor future dental health as an adult
- Poor overall health - can affect the heart, lungs and other organs
- Can affect those with diabetes and pregnant women



Oral Anatomy Review

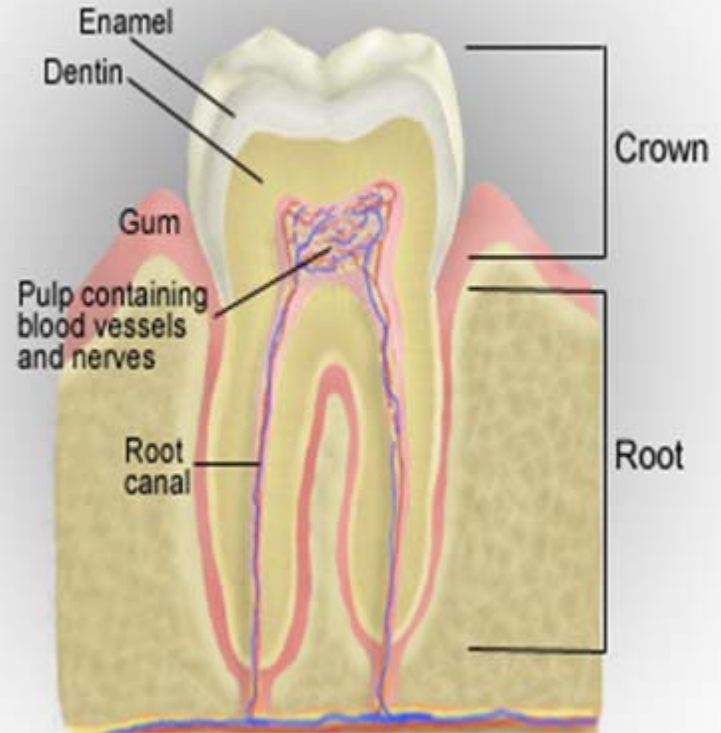
HEALTHY GUMS



- Pink
- Firm
- Do not bleed



Tooth Anatomy





**WHAT HAPPENS WHEN
YOU DON'T TAKE CARE
OF YOUR TEETH?**



Infectious Dental Disease

- **Tooth decay**
 - Also known as cavities or caries
 - “Holes” or damage to tooth enamel
 - Preventable
- **Gum disease**
 - 2 stages: gingivitis and periodontitis
 - Infection to the gums

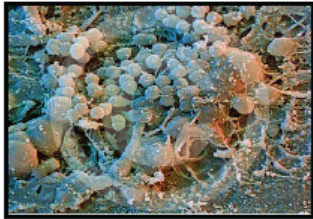


Bacterial Infection

- Bacteria can **transfer** from one person to another by sharing:
 - **Food**
 - **Utensils**
 - **Tooth brushes**
 - **Saliva (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 **any age**
- Untreated caries may result in **severe pain** and tooth **loss**
- Treatment is **expensive**
- **Prevention** and **early treatment** are important!



Tooth Decay





Early Gum Disease

- Known as **gingivitis**
- **More than 60%** of teens have gum disease
- Warning signs:
 - **Bleeding** when flossing/brushing teeth
 - **Gum redness**
 - **Puffiness**
 - **Tenderness**



Causes of Gum Disease

- **Plaque**
 - Soft sticky bacteria on teeth
 - Leads to calculus/tartar
- When **tartar** forms, gum tissue can become infected
 - Causes **bleeding** and
 - Loss of **jaw bone** and **teeth**



Early Gum Disease

GINGIVITIS





Advanced Gum Disease

- Known as **Periodontitis**
- **Loss** of gum tissue and jaw bone
- As this process spreads, more gum tissue becomes **damaged** and more **bone support** is lost
- Affected teeth can become **loose** and **fall out**
- **Teen's Disease**
 - **Juvenile Periodontitis**



Advanced Gum Disease = P e r i o d o n t i t i s





Bad Breath



- Also known as halitosis
- Bad breath is **embarrassing!**
- Caused by:
 - **Odor-producing** bacteria growing in the mouth.
 - **Certain foods**
 - **Smoking** and certain medical conditions (eg: sinusitis)
 - **Dry mouth**
- This is **preventable** – 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?



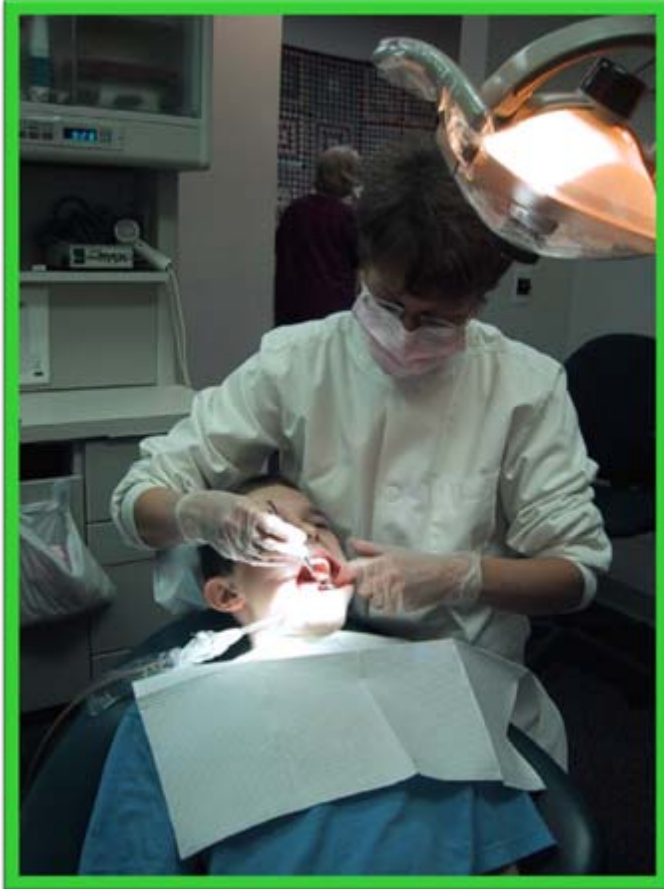


...Instead of These Teeth!?





Avoid Dental Disease



- Brush **twice** daily
- **Floss** daily
- Have a dental exam at least **twice** a year
Make wise **food/beverage** choices
- Remember: DENTAL DISEASE IS **PREVENTABLE!**

THANK YOU!



ANY QUESTIONS?

**For Further Questions,
Ask Your NURSE or
HEALTH CARE PROVIDER**



Q?



A!

Dental Health Initiative

S h a r e t h e C a r e

San Diego County Health and Human Services Agency

SHARE
THE **CARE**



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