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?

- 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
Healthy Gums

- Pink
- Firm
- Do not bleed

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

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

• When tartar forms, gum tissue can become infected
  o Causes bleeding and
  o 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 = Periodontitis
Bad Breath

• Also known as halitosis
• Bad breath is embarrassing!
• Caused by:
  o Odor-producing bacteria growing in the mouth.
  o Certain foods
  o Smoking and certain medical conditions (eg: sinusitus)
  o 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
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

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