



IMPACT OF SUGARY DIETARY HABITS OF ADOLESCENCE ON DENTAL HEALTH

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ICE BREAKER

OUR ROLE AS DENTAL HYGIENISTS

- We are healthcare professionals that focus on prevention and treating oral diseases to protect the teeth, gums and patient overall health.
- Teach proper oral hygiene techniques
 - Consult about good nutrition for maintain good oral health.



ORAL CAVITY

The oral cavity, or mouth, is the first part of the digestive tract its bounded by the lips and cheeks and contains the teeth and tongue.

What a tooth looks like?

Crown

The part of the tooth above the gums.

Enamel

Is the hardest part in our body, even harder than bone!
Covers the crown and protects the tooth from everyday use.

Dentin

Is the softer layer which supports the enamel and help absorb pressure from eating.

Pulp

Fills the space inside the tooth. Contains blood vessels and nerves that keep the tooth alive!

Root

The part of the tooth below the gumline.
Just as the roots of a tree hold the tree in the ground, the roots of your teeth hold your teeth in your mouth.

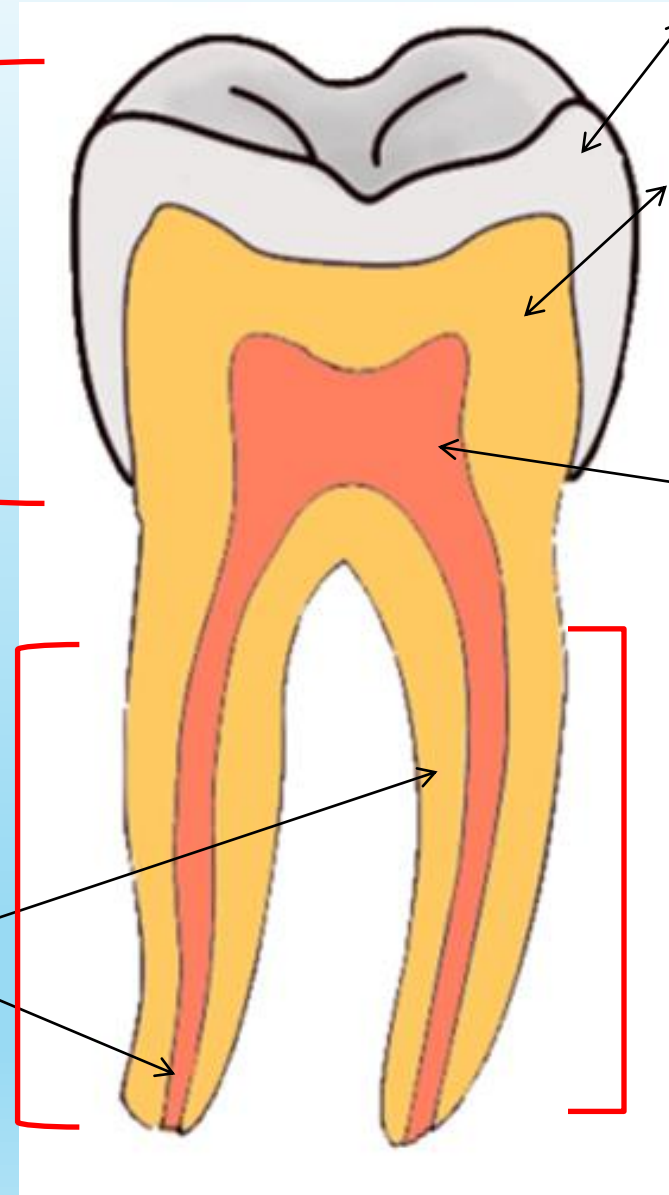
Crown

Enamel

Dentin

Pulp

Root

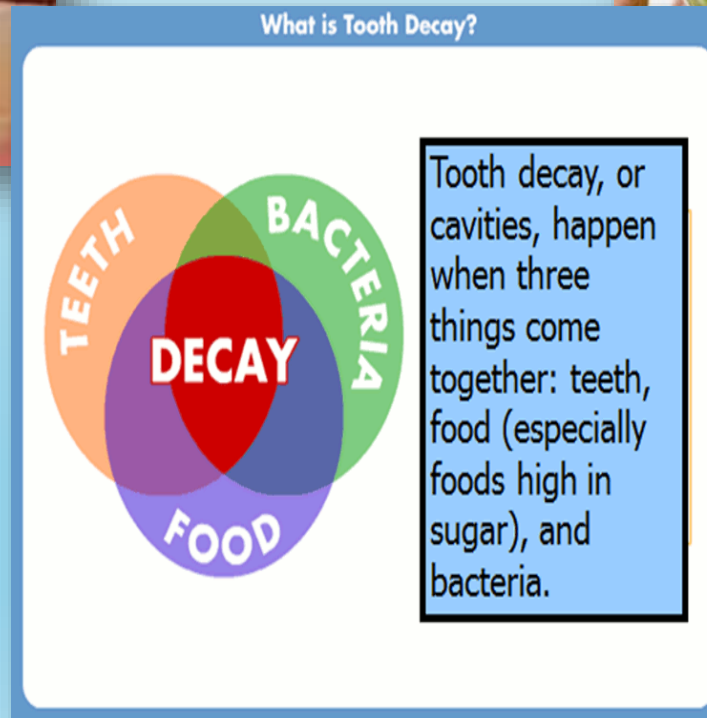


Surrounded by Gum Tissue and Bone

TEETH ARE AFFECTED BY OUR DAILY DIET

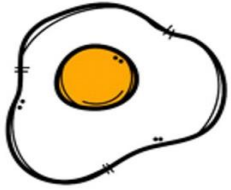


Sugar
+
Saliva and bacteria
present in the mouth
=
Cavities



Fruits and vegetables
=
Help clean plaque and
fresh breath.

JUNK FOOD VS HEALTHY FOOD



egg



broccoli



cupcake



pizza



chips



apple



almonds



french fries



soda



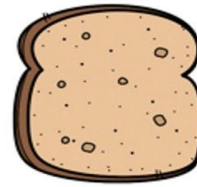
cookie



banana



the super
COMPUTER



wheat bread



ice cream



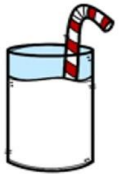
chicken



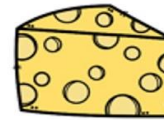
corn



candy



milk



cheese



cotton candy



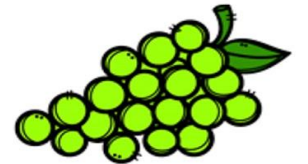
carrot



candy



yogurt



the super
grape

GOOD FOOD

Stimulate Saliva

Fight gum disease

Kill bad mouth bacteria

Prevent Cavities

Make Teeth Healthy and Stronger



BAD FOOD

Cause Cavities

Reduce Saliva that wash away
germs

Destroys Enamel

Gum Inflammation and Bleeding
Teeth Stains (teeth discoloration)

Bad Breath

Loss of bone



SUGAR AND DRINKS

LET'S WATCH A VIDEO!!



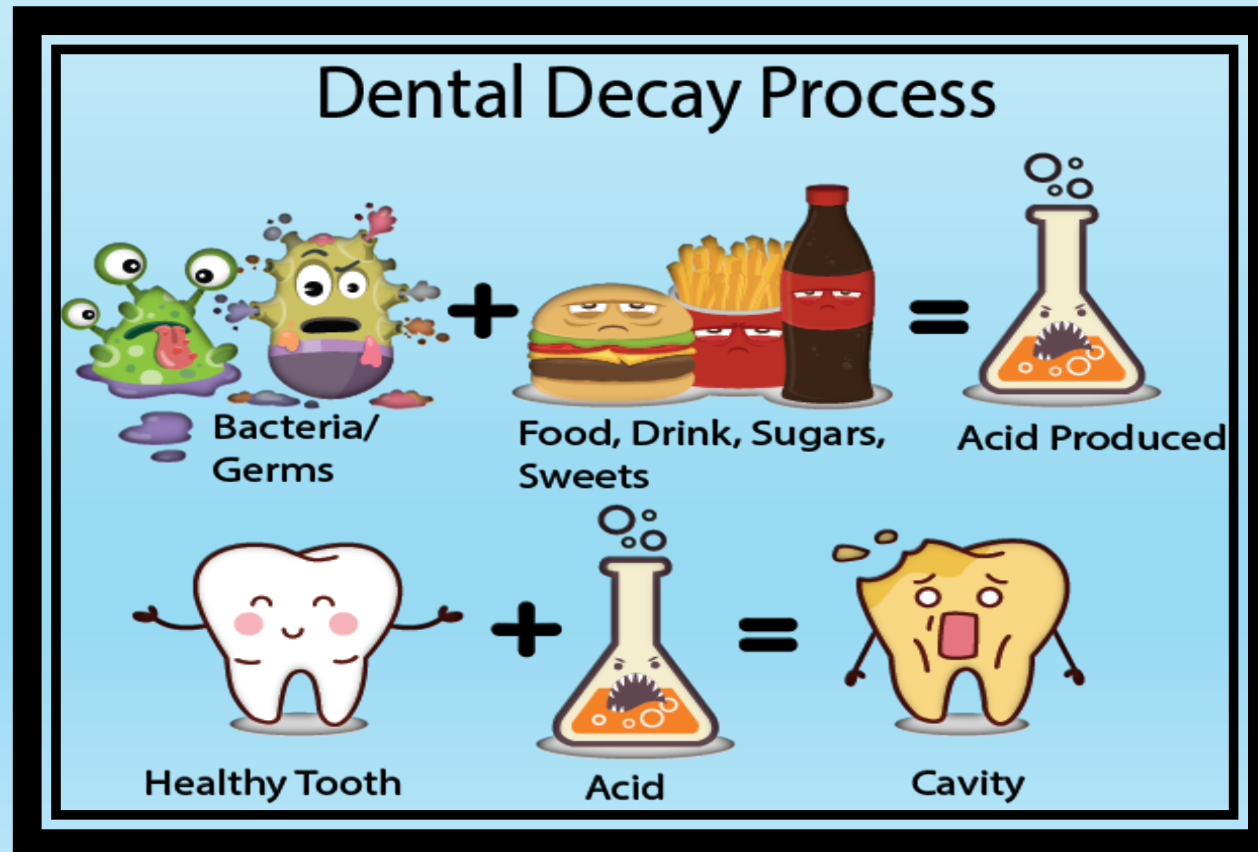


SUGAR-INDUCE CARRIES



- Sugar alone is not the factor that cause tooth cavity
- During carbohydrate digestion in the mouth, the combination of oral natural bacteria and sugar will produce an acid environment that can promote tooth cavity

THE PROCESS OF TOOTH DECAY





RETHINK
YOUR
DRINK



SugarStacks.com

**HOW MUCH
SUGARS IS IN YOUR
FAVORITE
DRINKS???**

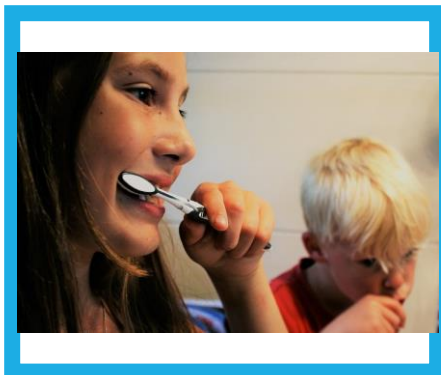
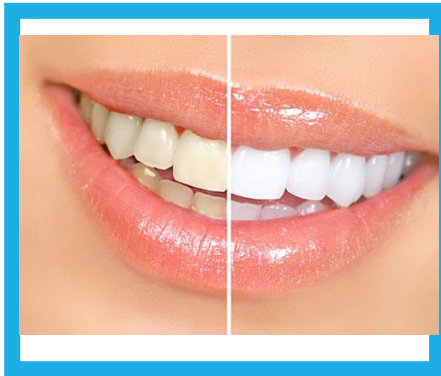
WHAT MUST BE DONE TO KEEP TEETH HEALTHY?

- Brushing teeth thoroughly twice a day with fluoride-containing toothpaste as well as flossing daily.
- Reducing the amount and frequency of eating of sugars-containing sticky food and beverages
 - Rinsing the mouth with water if they are consumed.



**Be familiar with
the instructions
given by
company!!!**





GOODIE BAG !!!!

TOOTHBRUSH

TOOTHPASTE

DENTAL FLOSS

ORAL RINSE



