

May 2018

## Training course for dental assistants

Since 1988, oral and dental health services have been carrying out the training course for new dental assistants in cooperation with the Ministry of Health Training Department. This course is a simple theoretical and practical course taught in English.

Under the patronage of HE Dr. Manal Al-Alawi, Assistant Undersecretary of Primary Health, the sixth group of 52 dental assistants was graduated on 6 May 2018.



## What is Teeth Whitening?

Tooth whitening lightens teeth color and helps to remove stains and discoloration. Whitening is one the most popular cosmetic dental procedures because it can greatly improve your teeth appearance. Most dentists perform teeth whitening.

The results vary from person to person. The degree of success of bleaching depends on the nature of the teeth, the type and degree of yellowing of the teeth, the type and concentration of the solution used in bleaching, the time used and the patient's follow-up instructions.



**Dr. Lamees Jaffar**  
Dental Consultant

# Oral Cancer Screening Exam

Most dentists conduct an oral cancer screening examination. This may include a simple visual exam of the soft tissue to check for any apparent lesions, lumps, white or red patches. An intra oral exam alone cannot conclude whether any area is cancerous or not. If your dentist finds an unusual spot that he/she wishes to investigate further, they may refer you to an oral surgeon for a second opinion or obtain a biopsy of the area to send off to a lab for further review.

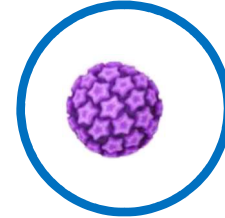
## Causes



Excessive  
**ALCOHOL**  
consumption



**Smoking**  
is a major  
risk factor



**HPV**  
Infection during  
sexual contact



Difficulty in eating,  
drinking, swallowing

## WHAT CAN HAPPEN



Lose your voice



Distort your face

## Implementation an Oral Health Program for 3-4 Age Group

Within the oral and dental health services strategy to improve oral health status and dietary habits among the different age groups, the dental hygienist in region 2 and under the supervision of their coordinator create a program targeting these groups about importance of teeth and how to brush them and how to prevent oral diseases, and change the bad dietary habits.



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