



Oral & dental health awareness messages for students of governmental schools & their families in Health Region 2

Oral and dental health services, in cooperation with the governmental schools' administrations in Health Region 2, activated the awareness and education of the students and their parents by sending SMS messages to the parents including some oral and dental hygiene tips through the weekly newsletter for school students. All schools showed great cooperation and were keen to distribute messages in a clear and orderly manner.

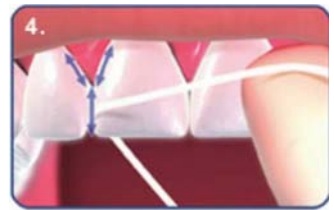
The usefulness of these messages was measured, and the results showed that the SMS encouraged the improvement of the dietary and oral hygiene habits of students.

Don't just brush — floss!

If food debris stays on the teeth, Bacteria will feed on them and accumulate throughout the night in the plaque. Furthermore, if the plaque is allowed to harden, it will turn into tartar, which can only be removed by a hygienist or dentist during a professional cleaning.

Flossing helps to remove food particles and plaque buildup while the food is still soft.

Usually, Flossing is only needed at night, but if you're prone to gum disease or tartar buildup, dentists recommend you to floss in the morning as well.



Wisdom Teeth

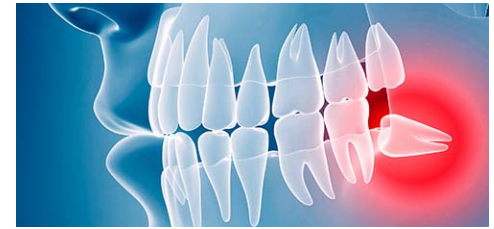
Wisdom Teeth normally appear at the age of 17-21. Its the eighth tooth on each side of the mouth. Their eruption could be without any symptoms or complications, so they can be left without extraction.

If their eruption is combined with gum inflammation around the tooth, patient may experience pain which might be radiated to the neck and ears, difficulty in swallowing and/or numbness in the jaw. The best solution is to remove the tooth either under local anesthesia or in some difficult cases under general anesthesia by a specialist dentist.

Approximately 60% of people might have their wisdom teeth impacted inside the jaw bone and only can be discovered by x-ray. The decision for leaving or extracting is made by the dentist after a proper diagnosis and discussion with the patient.



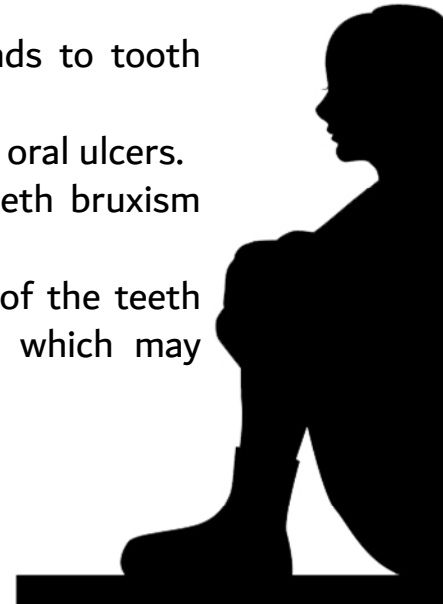
Dr. Mohammed Johar
Dentist



The relationship between psychiatric and dental health

People with psychiatric disorders are more likely to neglect oral and dental health, disorders such as:

- Eating disorders where the patient is vomiting after eating, exposing the teeth to stomach acids which leads to teeth erosion.
- Smoking leads to the formation of calculus, stains on the surfaces of teeth, bad mouth odor, gum diseases and oral cancers.
- Addiction to sweets and sugars with lack of oral hygiene leads to tooth decay.
- Stress causing weakness in the immune system which increases oral ulcers.
- Tension and anxiety may unconsciously lead to nail biting, teeth bruxism and creaking.
- Alcohol consumption increases the erosion of the outer layer of the teeth enamel because it contains high levels of sugars and acids which may increase the risk of teeth decay and oral cancers.



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