

Oral & Dental Health Services

August 2019



وزارة الصحة
Ministry of Health

Quality of health services in primary care centers 99.1%

Congratulation to all staff in primary health in the ministry of health for achieving diamond grade in Canadian accreditation at 99.1%. These results are the outcome of hard efforts, and follow-up carried out by for several months. Accreditation is a process to assess the compatibility of the health facility with the standards previously established by the accreditation body. The main objective of accreditation is to develop service delivery systems and procedures to improve the quality of health care services and thereby improve the desired outcome of treatment. Canadian certification is one of the pillars of health sector reform that affects the rationalization of spending and the improvement of services and the increased access to them. The development of health services will improve the health of citizens, and increase confidence among the community toward governmental health facilities and give them the right to compare, to choose the best in those services.

The process of accreditation and evaluation is continuous, and it is the first step toward success and constant improvement. Therefore we in oral & dental health services delegate our gratitude thanks and appreciation to all teams that work to achieve such results under the guidance of her excellency Dr. Manal Alawi - Assistant Undersecretary for Primary Health.



Not All Coffee & Tea are Good for You

In their natural form, coffee and tea can be healthy beverage choices. Unfortunately too many people can't resist adding sugar to them which might lead to dental decay. Caffeinated coffee and tea can also dry out your mouth. Frequent drinks of coffee and tea may also stain your teeth. If you do consume, make sure to drink plenty of water and try to keep the add sugar or caffeine to the minimum.



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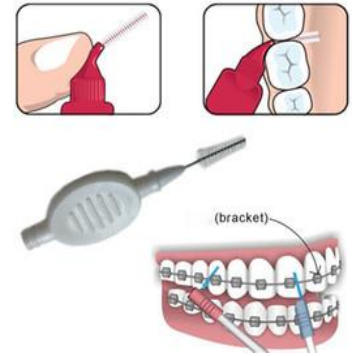
How to take care of your teeth during orthodontic treatment?

You may find that it's difficult to clean all of teeth surfaces by using the regular toothbrush and floss.

As a result you will have food accumulation between orthodontic wires and braces, which will increase the likelihood of having dental caries and stain.

So it's recommended to use proxabrush to clean underneath and around your braces and wires by placing the toothbrush at 45 degree, so that every tooth gets cleaned. To get rid of food particles and plaque between the teeth you have to use floss threads.

Orthodontic patients may have difficulties at eating, because the braces are precise appliances that can be damaged by eating hard foods. You have to avoid nuts, popcorn and corn on the cob, chewing ice, sticky candies and gum. While they can enjoy eating rice, pasta, milk products like yogurt and soft fruits like avocado and strawberry.



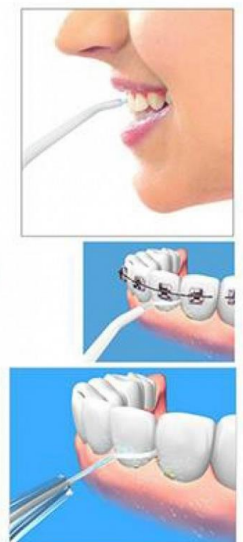
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Tooth Avulsion

Water flossing is a way to clean between and around your teeth. A water flosser is a handheld device that sprays streams of water in steady pulses. The water, like traditional floss, removes food from between teeth.

Advantages of using these devices

- Easy to use especially for orthodontics, permanent or temporary bridges and dental peels
- Easy access to all dental surfaces
- Improves gum health by massaging it



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