

Dental Public Health (DPH)

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Overview

Despite fluoridation and good dental hygiene, tooth decay remains the most frequent diet-related ailment that many individuals suffer from. Heart disease, obesity, and diabetes all have a financial influence on tooth decay. Tooth decay, on the other hand, may be readily avoided by minimising acid demineralization induced by leftover dental plaque on teeth after cleaning. Physical, biological, environmental, behavioural, and lifestyle variables that contribute to tooth decay include large levels of cariogenic bacteria, insufficient salivary flow, insufficient fluoride exposure, poor dental hygiene, incorrect baby feeding practises, and poverty. Brushing with fluoridated toothpaste at least twice a day and neutralising acids after eating will help avoid cavities. Cavities can form on any part of a tooth, although they're most prevalent in the pits and fissures in chewing surfaces' grooves. The toothbrush bristles and fluoride toothpaste are unable to efficiently reach this area [1]. Gingivitis and periodontitis are gum disorders caused by bacteria that build up in leftover dental plaque. The severity of gum disease is mostly determined by the host's vulnerability. Brushing your teeth and gums on a daily basis is required. Brushing effectively will prevent tooth decay and gum disease from progressing. Brushing with fluoridated toothpaste at least twice a day and neutralising acids after eating will help to avoid dental decay. Chewing sugar-free gum helps to stimulate saliva flow, which aids in the remineralization process of teeth. Gum disease can be avoided by using an interdental device once a day.

Plaque cannot be trapped inside pits and fissures when fissure sealants are placed on the chewing surfaces of teeth. Brushing is more effective with sealants because they prevent acid demineralization and tooth decay. Plaque build-up on teeth can be reduced by eating a low-fermentable-carbohydrate diet. Dental Public Health (DPH) is a dental specialty that focuses on the prevention of oral illness and the promotion of good oral health. Dental public health is concerned with identifying critical dental health problems and developing practical solutions to enhance the dental health of populations rather than individuals [2]. By directing resources to priority regions, dental public health aims to reduce demand on health-care systems. Dental illness is a problem that affects countries all over the world. Due to a lack of resources, rules and concepts are implemented in a variety of ways. Understanding the various aspects that impact health, similar to public health, will aid in the implementation of effective initiatives.

The majority of dental disorders may be avoided. Government-sponsored programmes are used to perform public health dentistry, which is primarily geared at public-school students with the idea that their instruction in dental hygiene is the best method to reach the broader population. A dental practitioner's annual visit to a school to educate and show correct tooth-brushing procedures used to be the standard for such programmes. A more extensive scheme arose in the 1970s. It consisted of a week of one-hour sessions of lectures, demonstrations, and questions and answers led by a dentist and a dental assistant, with assistance from a teacher who had already received several hours of training. Televised oral health education programmes were also used, and parents were urged to watch them.

Aim of dental health

Dental health is concerned with the overall health of a population and relies on community-wide activity rather than a single therapeutic method. Dental public health is a broad topic that aims to increase the range of factors that impact people's dental health as well as the most effective ways to prevent and cure these disorders. A collection of rules or criteria may be used to establish what constitutes a public health concern and the best strategy to manage health problems in communities, allowing a health problem to be appropriately handled. Once these questions have been answered, it will be possible to establish how a public health concern will be addressed in order to safeguard a population [3,4].

Importance of Public Health Dentistry

General Health Dentistry includes meeting dental health requirements and providing solutions for a larger population's various dental difficulties. It plans to provide oral health surveillance, as well as dental care and infection control in the local region. The level of expectation is steadily increasing. Dental specialists assist in the treatment of dental diseases and attempt to reduce demand on medical care systems by directing resources to underserved areas. Dental disease is a problem that affects every country on the planet.

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