



Teachers' Reference

Manual of

Dental Information

Ontario Association of Public Health Dentistry

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Reference

Manual

of

Dental

Information

General Information

Oral Anatomy

Tooth Decay (Caries)

Periodontal (Gum) Disease

Dental Nutrition

Prevention of Dental Disease

**Personal Safety and Injury
Prevention**

Miscellaneous

ONTARIO ASSOCIATION OF PUBLIC HEALTH DENTISTRY

Teachers= Reference Manual of Dental Information

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Section 1

General Information

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Ontario Association of Public Health Dentistry

Forward:

To the Teacher

The Ontario Association of Public Health Dentistry is pleased to provide the Teachers= Reference Manual of Dental Information for your use. This Manual has been prepared to make dental information available to supplement other dental resources and to assist in the implementation of dental expectations in the four components of the Healthy Living Strand in the Health and Physical Education Curriculum.

As a teacher, you are in a unique position to provide the guidance and motivation necessary to assist your students in establishing effective oral care habits that will benefit them throughout their lives. It is important because oral disease is one of the most prevalent health problems today and optimal oral health is an integral part of total health.

We are optimistic that this opportunity will provide a new focus in the development of a health education partnership. As health education partners, we can make a difference.

Teachers= Reference Manual of Dental Information (the Manual) was made possible through the support of the Ontario Association of Public Health Dentistry (OAPHD), the input of Dental Public Health Staff and the committee efforts of Donna English, Victoria Leck, Beth McIntosh, Dianne Pella, Janet Rimar and Debbie Zanetti.

The Manual is intended to provide general dental information. The OAPHD takes no responsibility for any harm suffered by any person for any reason as a result of any error or omission in or any use or interpretation of the Manual information set out in it or if the application of any activities described in the Manual is unsuccessful.

The information in the Manual is current only as of January 2001.

If you require specific information on dental topics, please contact the dental division of your local health agency.



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Oral Health and the Ontario Health & Physical Education Curriculum

Grade	Healthy Eating	Growth & Development	Personal Safety & Injury Prevention	Substance Use & Abuse
1	Care of teeth Good dental snacking	Teeth eruption Types of teeth	Dental safety rules - helmets & mouthguards - playground	Fluoride warning in toothpaste Sugar in medication
2	Good dental snacking Foods that promote healthy teeth and gums Decay process Care of teeth Visiting the dentist	Oral anatomy - types, parts and function of teeth - tongue and taste buds Personal hygiene	Dental safety rules - helmets & mouthguards - playground	Fluoride warning in toothpaste Sugar in medication
3	Food Groups Foods that promote healthy teeth and gums Care of teeth (brushing and rinsing)	Eruption of permanent teeth	Dental safety rules - helmets & mouthguards - playground	Oral effects of tobacco use
4	Good dental choices Hereditary dental effects	Orthodontic needs	Dental safety rules - helmets & mouthguards - dental emergencies	Oral effects of tobacco use
5	Reading food labels (sugar content) Advertising (oral care products)	Puberty (Gingivitis) Personal Hygiene (Care of gums and teeth)	Dental safety rules - dental emergencies	Oral effects of tobacco and alcohol
6	Body Image - Eating disorders (oral effects) Food choices (smart snacking)	Puberty (Gingivitis and periodontal disease)	Dental Emergencies Babysitting (Early Childhood Tooth Decay)	Oral effects of tobacco and alcohol
7	Body Image - Eating disorders (oral effects)			Oral effects of tobacco and alcohol
8	Body Image - Eating disorders (oral effects) - Sports dieting		Family violence and the dental community	Oral effects of tobacco and alcohol

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Dental Dictionary

Abscess

A localized infection containing pus and usually surrounded by inflammation. An abscess results from tissue destruction.

Acid

A substance producing a corrosive etching effect on the tooth enamel surface. When food containing sugar is eaten, bacteria in plaque break down the food and change the sugar to acid.

Alveolar Bone

That part of the jaw bone or maxilla and mandible that holds and supports the teeth.

Amalgam

An alloy type material used to repair cavities in teeth; it contains several metals; commonly referred to as a silver filling.

Anaesthetic, (freezing)

A drug that the dentist uses to put a tooth to sleep. This is normally required when a tooth needs a filling or extraction.

Bacteria

Microscopic organisms of many different types and shapes, some of which are capable of producing disease and acids.

Bicuspid

A permanent tooth with two points or cusps; it is shaped for tearing and grinding food.

Braces

The dentist places bands and wire springs on teeth to move them into their correct position. This improves the appearance and functioning of the teeth.

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Bridge

A fixed or removable replacement for one or several, but not all of the natural teeth.

Bruxism

The grinding or gnashing of teeth. In most cases, it is done unconsciously as a sleeping habit.

Calcium

An essential mineral that functions throughout the tissues of the body. It is especially important in providing strength and hardness to bones and teeth. Also, it is essential for normal muscle contraction and relaxation. Milk and cheese are two sources for obtaining calcium.

Calculus

Mineralized plaque that forms around the necks of teeth; calculus can only be removed by a dental professional. If plaque is not removed daily, it can harden by mixing with salts in saliva. This hardened plaque (calculus) is also referred to as tartar.

Carbohydrate

A nutrient that provides the major source of energy for the body. Carbohydrates supply energy so protein can be used for growth and development of body cells. Breads, fruits and potatoes are some sources in obtaining carbohydrates.

Cementum

The thin bone-like covering of the root of the tooth.

Cleft Palate

A congenital fissure in the roof of the mouth often associated with a fissured lip.

Dentifrice

A gel or paste-like substance for cleaning teeth; toothpaste. It is flavoured and usually contains fluoride.

Dentin

A bone-like tissue that underlies and supports the enamel in a tooth. The dentin forms the greatest bulk of the tooth.

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Dentist

A general practitioner who is a graduate of an accredited school of dentistry with basic skills in all areas of dental practice; a dentist is licensed to practice dentistry by the provincial regulatory body. Specialists are general practitioners who have undergone further training in specific areas of dentistry.

Dentistry

The science of prevention, diagnosis and treatment of diseases of the oral cavity.

Dentition

The type, number and arrangement of teeth.

Disclosing Agent

A harmless vegetable dye, used to colour or disclose dental plaque.

Enamel

The very hard outer covering of the crown of the tooth. It is the hardest tissue in the body.

Endodontic Treatment

A dental procedure in which infected soft pulp tissues within the tooth (nerves and blood vessels) are removed to relieve pain and prevent the spread of infection. This procedure is also known as root canal therapy.

Endodontist

A dentist who specializes in diagnosis and treatment of diseases of dental pulp.

Eruption

The natural passage of the tooth through the gum into the oral cavity.

Explorer

A fine blunt metal instrument used by the dental professional to help find defects in the enamel surfaces of teeth.

Extraction

The removal of a tooth from the oral cavity.

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Fat

A nutrient that constitutes part of the structure of every cell. As carbohydrates, fat provides the energy and fuel to the body. However, it takes longer for the body to digest and release the energy. The largest percentage of fat in our diets comes from foods such as salad dressings, margarine or butter, oils and the fat on meat.

First Permanent Molars

The first permanent molar to erupt; they are guides for the position of the rest of the permanent teeth. The tooth usually erupts around six years of age and is often called a six-year old molar.

Fluoride

A nutrient that occurs naturally in some water sources and many foods. It functions to make teeth more resistant to decay.

Frenum

The small band or fold of tissue which attaches the tongue, lips and cheeks to adjacent structures.

Gingiva

The tissues which cover the alveolar bone of the upper and lower jaws and surrounds the necks of the teeth; commonly referred to as gums.

Gingivitis

Inflammation of the gingiva (gums).

Halitosis

Stale or foul-smelling breath. (Bad breath/morning breath)

Incisors

The four front teeth in each jaw, shaped for biting and cutting food.

Infection

Invasion of the body by pathogenic micro-organisms and the body's response to the micro-organisms and their toxic products. The transfer of disease from one part to another or one person to another.

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Inflammation

Reaction of living tissue to injury. A defensive reaction of the body characterized by heat, redness, swelling, pain and loss of function.

Inlay

A solid filling of gold, plastic, or porcelain, fitted to a cavity in the tooth and cemented into place.

Inter-Dental Device

An instrument used to clean between the teeth (i.e. floss, rubber tip device, wood points, etc.)

Intra-Oral Mouth Protector (Mouthguard)

Fitted, flexible mouth and tooth protector, either custom-made, mouth-formed, or stock ready made; effective in the prevention of mouth injury. This protective device is worn primarily when engaging in contact sports.

Lingual Frenum

Attaches the tongue to the floor of the mouth.

Malocclusion

Poor closure or alignment of teeth.

Mandible

The lower jaw.

Maxilla

The upper jaw.

Minerals

Naturally occurring inorganic substances that are essential for body structure and functions. Calcium, phosphorus, iron, iodine, zinc, copper, magnesium, and manganese are minerals needed in the diet. Minerals can be obtained by eating a well-balanced diet of foods from the Four Food Groups.

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Molars

The eight primary or twelve permanent teeth, farthest back in the jaw that are shaped for grinding food.

Mouth Mirror

A small round mirror used by a dental professional to examine the teeth.

Mouthwash

A substance that temporarily freshens breath and the mouth. It does not remove plaque.

Occlusion

The way in which teeth and jaws come together for biting and chewing.

Oral Health

The state or condition of the structures and tissues of the mouth.

Oral Irrigating Devices

Devices that spray small jets of water between and around the teeth to assist in the removal of food and debris. They are not substitutes for a toothbrush and dental floss.

Oral and Maxillofacial Surgeon

A dentist who specialized in diagnosis of injuries, diseases and malformation of the oral cavity and related structures and provides special treatment for those conditions.

Oral Pathologist

A dentist who specializes in the study of the nature of diseases of the mouth, oral presentation of systemic diseases, their causes, processes and effects through clinical or laboratory diagnosis.

Orthodontist

A dentist who specializes in the study of the growth and development (positioning) of teeth and surrounding structures. Treats, and where possible prevents abnormal alignment of teeth and jaws.

Palate

The roof of the mouth; it consists of a hard anterior (front) part called the hard palate, and a soft movable posterior (back) part called the soft palate.

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Paedodontist

A dentist who specializes in providing care and treatment for children and adolescents.

Papillae

Gum tissue between the teeth.

Periodontal (Gum) Disease

A group of diseases that affect the soft tissues (gums), the periodontal fibres which hold the teeth in place and the bone surrounding the teeth.

Periodontal Ligament

Connective tissue band that anchors the tooth root to the alveolar bone.

Periodontist

A dentist who specializes in prevention and treatment of diseases of the supporting tissues surrounding the tooth.

Periodontitis

Severe form of periodontal disease usually non-reversible to underlying tissue. Pockets form in the underlying bone and inflammation process extends from the gingiva and is usually accompanied by bone destruction. If not treated, the alveolar bone is destroyed and teeth become loose and are eventually lost.

Permanent Teeth

Sometimes called adult teeth. They begin to erupt at about age six. These replace primary (deciduous) teeth. An individual can have up to thirty-two permanent teeth.

Phosphorus

A mineral that is essential for the body. It gives strength and hardness to bones and teeth. Phosphorus is found in milk, cheese, whole grain cereals, nuts, seafood, eggs and meat.

Pits and Fissures

The naturally occurring crevices and grooves on the surfaces of the teeth.

Plaque

A soft, sticky, colourless layer of bacteria and their by-products that is constantly forming on the teeth.

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Professional Cleaning

A procedure to remove extraneous materials including stains and calculus from tooth surfaces using polishing and/or scaling.

Prosthodontist

A dentist who specializes in replacing missing natural teeth and related structures with fixed and removable substitutes.

Protein

A nutrient that is essential for the growth and repair of animal tissue; protein furnishes heat and energy like two other nutrients, carbohydrates and fat. It is the chief constituent of muscle, gland and nerve tissue and blood. Sources of protein are milk, cheese, eggs, meat, poultry, fish and peanut butter.

Public Health Dentist

A dentist who specializes in the control and prevention of dental disease and the promotion of oral health through organized community efforts. Often employed by a government agency.

Pulp

Innermost tissues of the tooth contained in the root canal which include nerves and blood vessels.

Restoration (Filling)

A material inserted in the prepared cavity of a tooth. May be gold, amalgam, cement, plastic (composite), or porcelain.

Root

The part of the tooth that anchors it in the jawbone.

Saliva

A watery substance made in glands and secreted into the mouth that helps lubricate chewed food making it easier to swallow. It also contains enzymes that initiate food digestion.

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Sealants or Fissure Sealants

Special clear plastic coatings used to protect tooth surfaces by sealing the pits and fissures of the teeth.

Shedding

The loss of primary teeth by natural process that usually begins at age six and is completed by age eleven.

Space Maintainer

A device used to keep space open when a primary tooth has been lost prematurely. The space maintainer may prevent shifting of teeth into space where the permanent tooth will erupt.

Third Permanent Molar (Wisdom Tooth)

The last permanent molar to erupt at the back of each arch usually erupting between the ages of seventeen and twenty-one.

Topical Fluoride Application

The application of fluoride to the tooth surface to increase resistance against decay.

Vitamins

Naturally occurring substances that are essential to good nutrition. Scientists have discovered fourteen of these substances that are required to serve the nutritional requirements of man. Most people can get all the vitamins they need by eating a well balanced diet of foods from the Four Food Groups.

Xerostomia

Dryness of mouth.

X-Ray (Radiograph)

A radiograph or x-ray photograph producing shadow images on a film; in the dental office it is used as an aid to diagnosis and treatment.