

**Title: When should I go to the dentist?**

**Objective:** To conclude, the participants will identify important visits to the dental office and personal prevention methods.

Time: 20 min

**Methods:** Questionnaire

**Process:**

- Communicate group that will answer some questions from their point of view, assessing the correct answers, but will be discussed in the group.
- Take time to answer questions, insist that it is important to individual responses.
- Ask each student to read a question and answer it.
- Ask other students who responded.
- Bring additions if necessary
- Conclude the importance of the visit to the dentist.

	Question	Possible answer	Correct answer
1	How often you need to go to the dentist?		At least once a year
2	Why visits to the dentist are important?		
3	What are the signs that tell me that I should go to the dentist?		
4	I have no problem with the teeth, I must go to the dentist?		
5	What it happen to me if I go to the dentist?		
6	What can I do if a tooth hurts?		
7	I bleeding gums, tooth brushing just solve the problem?	T/F	T/F

8	I want to have whiter teeth, I will use bicarbonate?	T/F	T/F
9	If eating an apple is no longer needed brushing	T/F	T/F
10	Dental floss helps me not to reduce cavities	T/F	T/F
11	Any intervention dentistry is painful	T/F	T/F
12	Hard foods such as seeds or nuts reduces tooth decay	T/F	T/F
13	Chewing gum reduces tooth decay	T/F	T/F
14	Tooth hurts because I fired power	T/F	T/F
15	If I brush my teeth properly, there is no need to floss	T/F	T/F
16	Scaling and professional brushing at dentist damage my tooth enamel	T/F	T/F
17	An expensive toothpaste is much better	T/F	T/F
18	If you do not notice any cavity with the naked eye, do not have to go to the dentist	T/F	T/F
19	Hot or cold foods affect my teeth	T/F	T/F
20	My family haven't dental problems It means that I will not have	T/F	T/F
21	Treatment of caries detected at early stages is not painful.	T/F	T/F
22	Cavities and gum inflammation may be reversible if going to control time.	T/F	T/F
23	Detected in time, decay is reversible by fluoridation and sealing.	T/F	T/F
24	Bleeding gums is due to incorrect brushing	T/F	T/F
25	Regular checks can diagnose diseases in their early stage, treatment is tolerable and cheaper.	T/F	T/F

### Additional correct answers

Regular checks to the dentist helps us easily identify the signs of dental diseases, being able to take measures to prevent tooth decay, gum disease, etc.



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Calculus and dental microbial plaque represents the main risk factors. These are not eliminated entirely after brushing manually, even after flossing. The only way to eliminate them entirely is represented by a professional cleaning (brushing and scaling).

When there is an increased risk of caries can be applied to prevent certain types of treatment such as fluoridation and sealing.

### **Does Prevention save time?**

The disease caries, gingival are detected quickly, the treatment will be simpler and easier to perform. Regular checks can diagnose diseases in their early stage and treatment is much easier on the patient and to achieve.

Sensing time decay is reversible by treatment with remineralization of enamel using fluoride. But left untreated, later reaches the dentin, later to reach the tooth pulp. In this situation ester necesară conducting a comprehensive treatment: treatment of coronary obstruction + canals. Tooth extraction becomes unrecoverable being necessary. If the gum is slightly to moderately impaired can apply non surgical treatments.

### **Avoid complications !!!**

Early detection of disease through regular checks help avoid complications. A decayed tooth is not identified and treated in time, it can go through different stages of complications from abscess pain and even loss.

In many cases gum disease remain asymptomatic until they reach an advanced stage. Gingival support structures may be destroyed or are separate from the tooth. Following the appearance of purulent formations at dental, it can destroy the bone that supports the teeth, leading to his loss.

In addition to the time you save regularly coming under control, you should know that a simple sealing costs less than a root canal or surgery and is not painful !!!



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