

How Can Non-Oral Health Professionals Help Prevent Dental Caries?

Oral Health



Overall Health

WHY IT MATTERS



Most common chronic disease

Preventable but often untreated

Impacts overall health & quality of life

Caries = Tooth Decay

Caries progression

Healthy → White spot → Cavity → Severe decay
(Not all dark spots = decay)

What causes it?

Bacteria → Biofilm (plaque) + sugar → Acid →
Enamel damage

What Are the Main Risk Factors?



Frequent sugar intake

Poor oral hygiene

Dry mouth (e.g. meds, age)

Lack of access to care

Tobacco use

Alcohol consumption

What Protects?

- Brushing 2x/day with 1000+ ppm fluoride toothpaste
- Regular dental visits
- Healthy diets low in sugar
- Good hygiene

The 5-Step Framework:

- 1 Ask**
Diet, hygiene, symptoms, history
- 2 Look for**
White spots, plaque, cavities
- 3 Decide**
Is the person high risk?
- 4 Act**
Advise on preventive measures (e.g., dietary changes, better oral hygiene, fluoride use) and refer to a dentist if needed
- 5 Document**
Track and update

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