

Dental Caries

Ali Makki Hameed¹, Ketevan Nanobashvili²

The University of Georgia, School of Health Sciences and Public Health

¹Student, Dental program in English; ²Supervisor, MD, PhD, Associate Professor

Dental caries is the scientific term for tooth decay or cavities. It is caused by specific types of bacteria. Dental caries continue to be an endemic infection and a major public health problem, 60–90% of school children and nearly 100% of adults have dental cavities. Globally, about 30% of people aged 65–74 have no natural teeth, which is caused from cavities. Early caries may not have any symptoms. Later, when the decay has eaten through the enamel, the teeth may be sensitive to sweet, hot or cold foods or drinks. Caries in its early stages can be stopped. It can even be reversed. The purpose of this research is to identify and summarize the various ways of controlling dental caries, highlighting the importance of Fluoride and other preventive factors. In this article it was pointed out that development of dental carries is the result of three independent factors coming together - the causative agent: the host and the environment. The absence of one of the factors won't lead the carries to develop. Scientific advances have led to improvements in the prevention, diagnosis and treatment of dental caries. It was concluded that a great management of dental caries requires an early detection. Then spotlighting preventive dentistry that commonly utilize exogenous materials such as fluoride or sealants it's pointed out here that protective factors that help to remineralize enamel include exposing the teeth to fluoride, limiting the frequency of carbohydrate consumption, choosing less cariogenic foods, practicing good oral hygiene, receiving regular dental care, and delaying bacterial colonization. In addition to another important key tool of fighting the bacteria which is our own saliva. Farther to restoration, reviewing restorative materials and their characteristics. The last step of caries developing process is cavity formation. In this case prevention measures are not helpful and it needs more invasive operative measures for stopping the pathological process. Operative measures include cutting of affected tissues, which after will be replaced by restorative materials. Restoration is needed not only for isolation of opened dental tubes, by which oral bacteria may reach the pulp of the tooth, but also for restoration of anatomic shape of the crown. This procedure will maintain tooth function – active chewing and biting process.

For restoration purposes mostly are used several materials: Glass-ionomeer cements and Compsite resins.

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