



Common Oral Conditions

For FLW





LEARNING OBJECTIVE



- What are common oral conditions/diseases
- Causes and sign & symptoms
- How to identify and manage and
- Their role in these common conditions



TOOTH DECAY/ DENTAL CARRIES

What are Dental Caries?

- Tooth decay is a microbial disease of the calcified tissue of teeth. It affects both baby and adult teeth.
- Brown discoloration, Hole between teeth





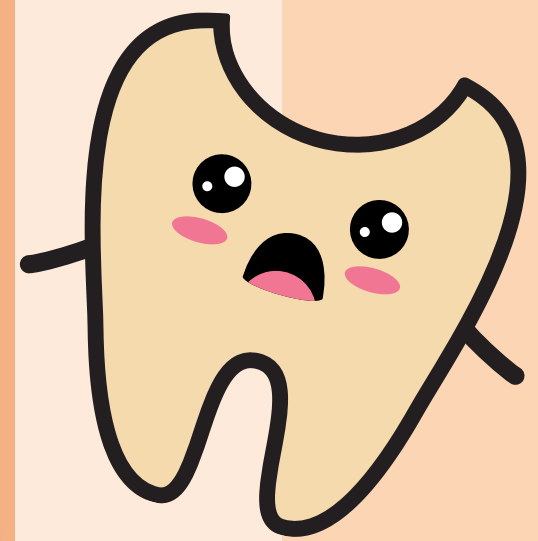
SYMPTOMS & SIGNS:



- Tooth pain on touch
- Sensitivity to hot & cold, sweet & sour
- Look for black/ brown discoloration on the tooth
- Cavity/hole on the tooth or in between two teeth
- Broken tooth
- Food lodgment in the cavity between the teeth
- If left unnoticed, complications like

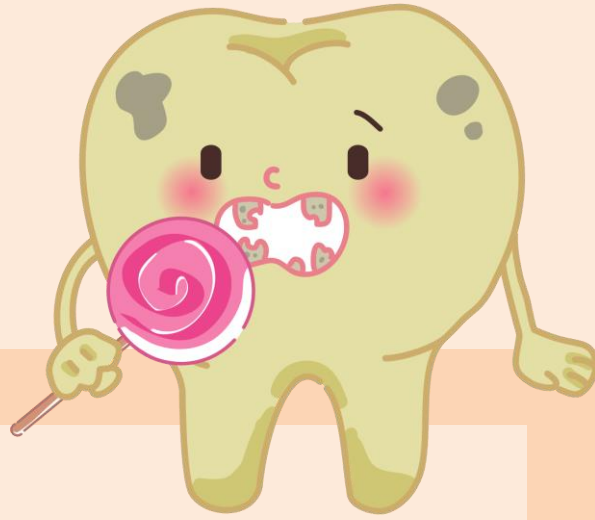
Swelling

Pus discharge





CAUSES



- When you eat certain foods, the bacteria on your teeth break them down and produce acids that have the ability to seriously damage the hard tissues of your tooth. The result is the formation of cavities in the tooth.
- Pits, grooves, and fissures present on the chewing surface of teeth are difficult to clean.
- If food is left in the mouth for a longer duration
- Sweet and sticky food like toffees, chocolates, biscuits, cold drinks, artificial juice





YOUR ROLE



DO

- Identify the black/brown spot/discoloration or cavity
- Identify any pain/pus discharge
- Give one dose of paracetamol tablet for tooth pain
- Refer to SHC-HWC in case if you see following:
 - Increased sensitivity to hot and cold for more than 2 weeks
 - Pain and swelling more than week
 - Pus discharge
 - Black spot /discoloration on tooth



ADVISE

- Rinsing mouth thoroughly with water after every meal and snacks
- Brushing of teeth twice a day with pea-sized toothpaste
- Avoid self-medication or pain killers
- Avoid intake of extreme hot and cold food & drinks
- Reduce frequent consumption of sugary and sticky diet
- Avoid placing camphor/tobacco/petroleum products/salt at the site of pain
- Avoid picking teeth using any objects



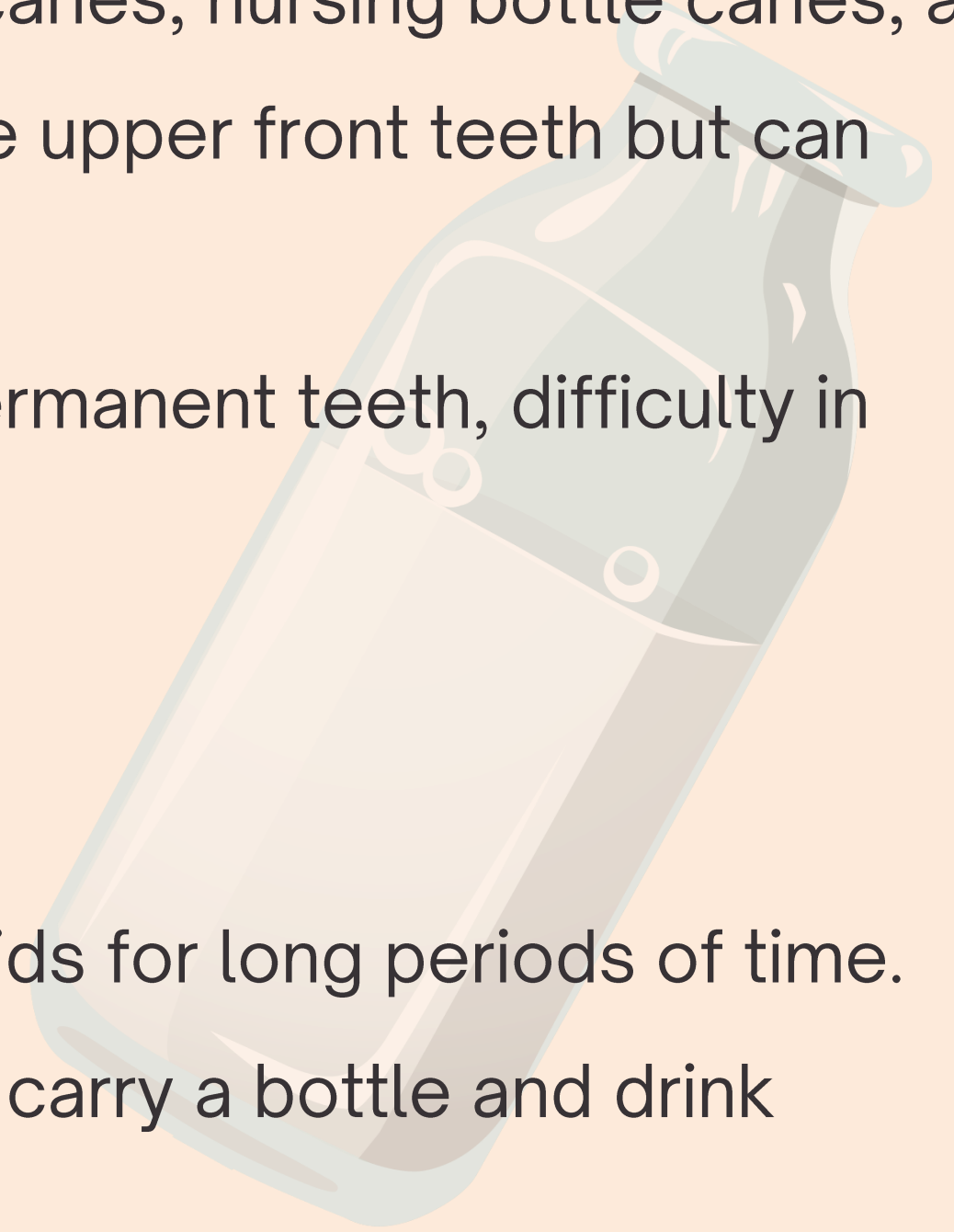
2. EARLY CHILDHOOD CARIES/ NURSING BOTTLE CARIES

Early childhood caries (ECC) have also been called nursing caries, nursing bottle caries, and baby bottle tooth decay. The cavities are mostly seen on the upper front teeth but can affect other teeth also.

ECC leads to early loss of milk teeth, delayed eruption of permanent teeth, difficulty in eating, pain, abscess, and malnourishment.

Causes:

It occurs in children whose teeth are exposed to sugary liquids for long periods of time. Children who fall asleep with a bottle in their mouths or who carry a bottle and drink sweetened liquids throughout the day.



CARIES:



Signs:

- White spots on teeth initially along the gum line
- Brownish/black discoloration





YOUR ROLE

DO

- Identify white/brown spots/discoloration /pain/pus discharge
- Refer to SHC-HWC in case you see the above signs and symptoms

ADVISE

- Avoid letting baby sleep with a sweet nipple or bottle in the mouth
- Cleaning of gums with soft moist clean cotton cloth after each feeding. Residual milk should not be left in the mouth
- Avoid sleeping with the bottle or sweetened nipple
- Advice on moderating the consumption of sugary snacks like gud, sweets, sugary juices
- Brushing of teeth twice a day with soft-bristled baby toothbrush once the first teeth erupt in the oral cavity or Mothers must be instructed to start cleaning teeth using a baby toothbrush with drinking water once the first teeth begin to erupt
- Advise the parent on assisting the child's toothbrushing till 3 years of age
- Advice on supervising the child's toothbrushing between 3-7 years of age

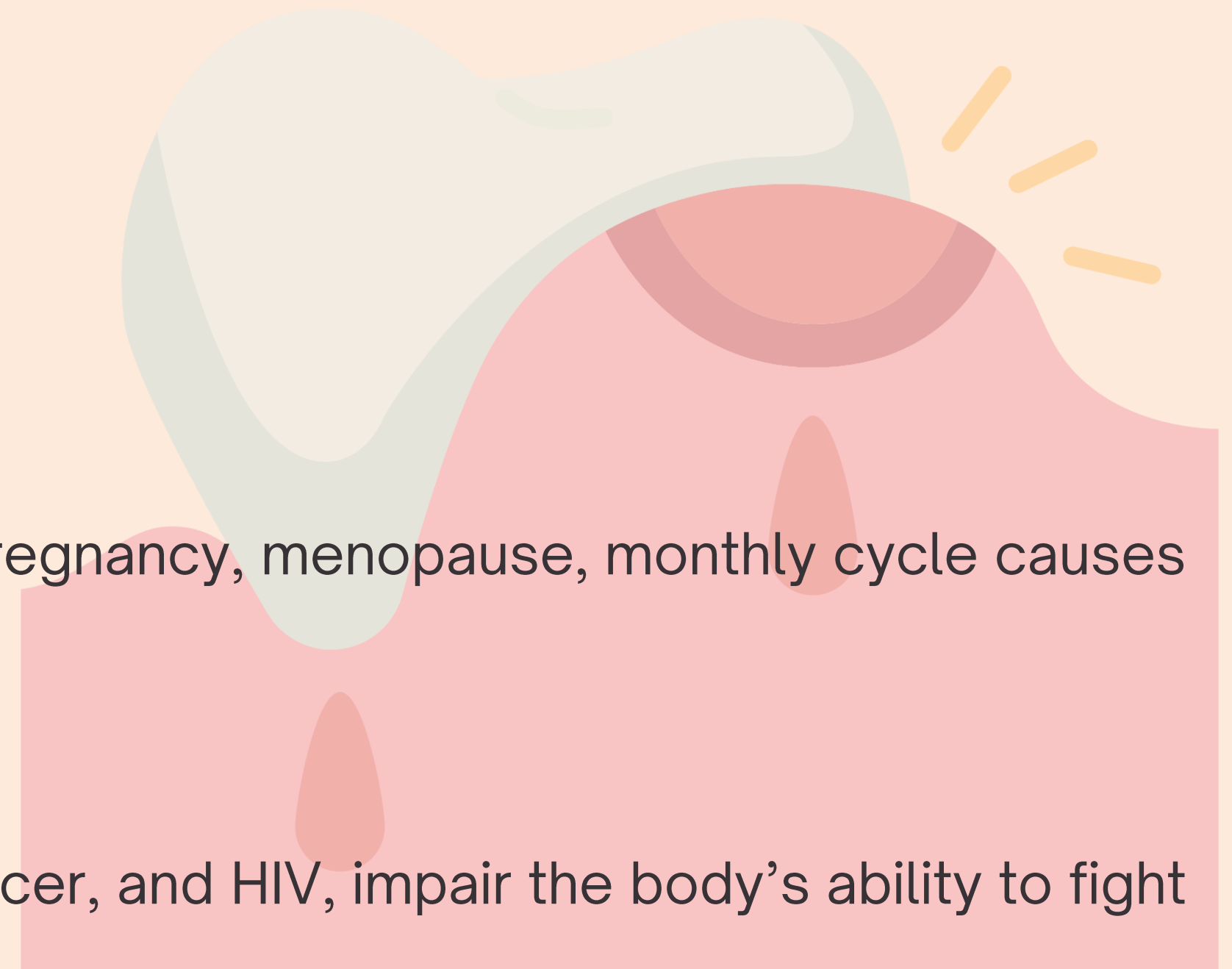


3. GUM DISEASES/GINGIVITIS

Gum diseases happen when naturally occurring sticky film containing bacteria, builds upon the teeth and causes inflammation of the gums.

Causes:

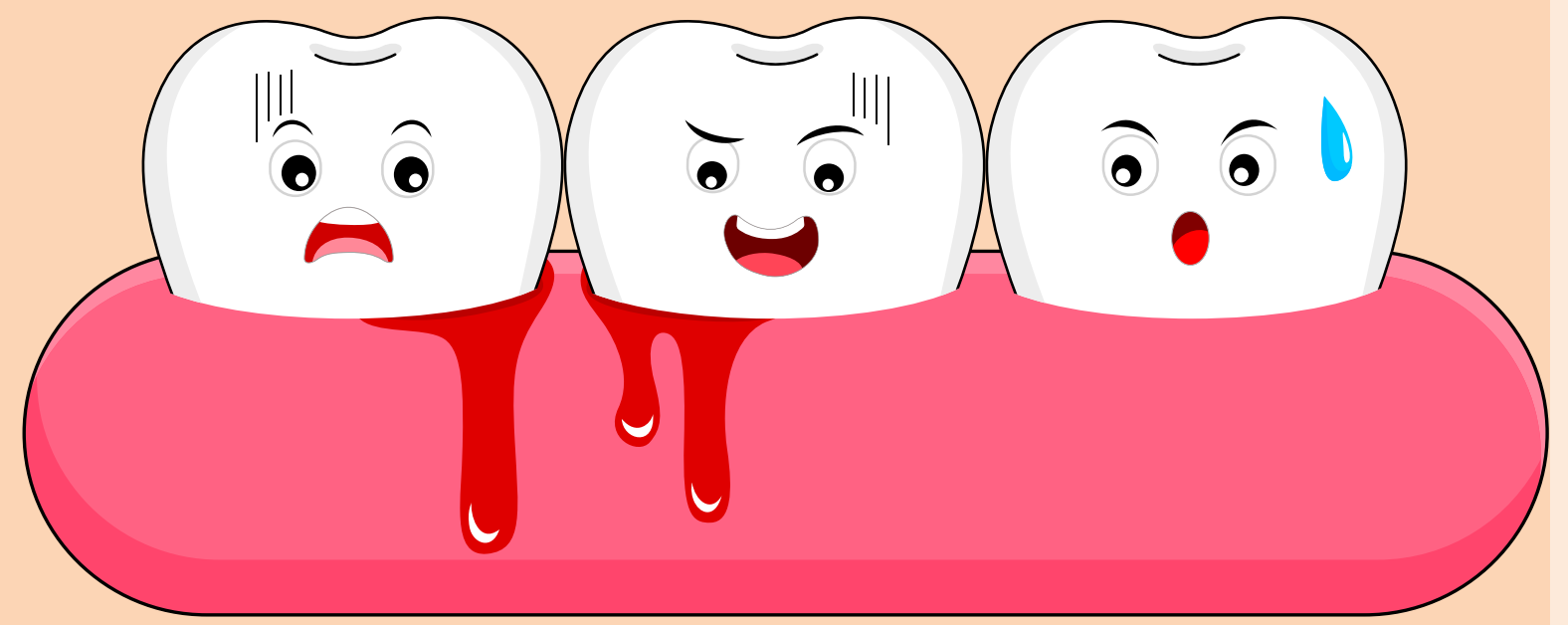
- Bacteria
- Poor oral hygiene
- Chewing Tobacco /smoking use
- Stress
- Hormonal changes including puberty, pregnancy, menopause, monthly cycle causes sensitivity and inflammation in gums
- Poor nutrition
- Chronic diseases such as diabetes, cancer, and HIV, impair the body's ability to fight infection, including gum disease.





SYMPTOMS & SIGNS:

- Red, puffy/swollen gums along tooth margin
- Bleeding gums
- Tooth pain or sensitivity
- Bad breath
- Loose teeth
- Widening of the gap between teeth
- Swollen gums
- Deposits and discoloration of tooth

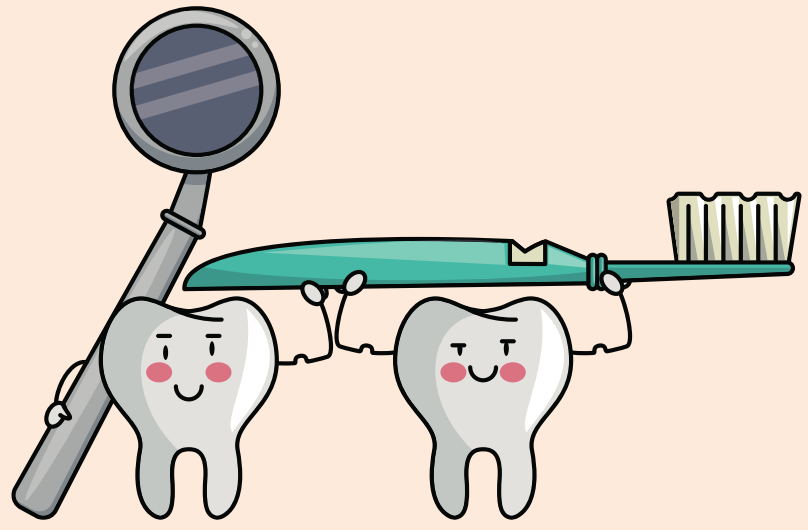




YOUR ROLE

DO

- Check gums for bleeding and change in colour from normal
- Patient having diabetes, heart diseases or any regular medication will require extra care and precautions
- Refer to nearest SHC/facility in case you see above symptoms



ADVISE

- Rinse mouth with water
- Brushing of teeth twice a day
- Avoid picking teeth using any objects

4. GUMS ABNORMAL GROWTH/ ENLARGEMENT

This is a condition where there is an abnormal increase in the size of gums

Causes:

- Gum diseases
- History of taking medicines like anticonvulsants, immunosuppressants, and calcium channel blockers
- Pregnancy-induced
- Vitamin C deficiency

Signs:

- Red swelling with a smooth and shiny surface
- Balloon shaped swelling of gum margins
- Increase the size of gums with redness



Figure: Gum Enlargement





YOUR ROLE

Advise the patient to rinse mouth with water after meal

- Brushing gently with a soft-bristle toothbrush
- After consulting CHO, refer to MO/dentist in the nearest health facility in case you find any above symptoms



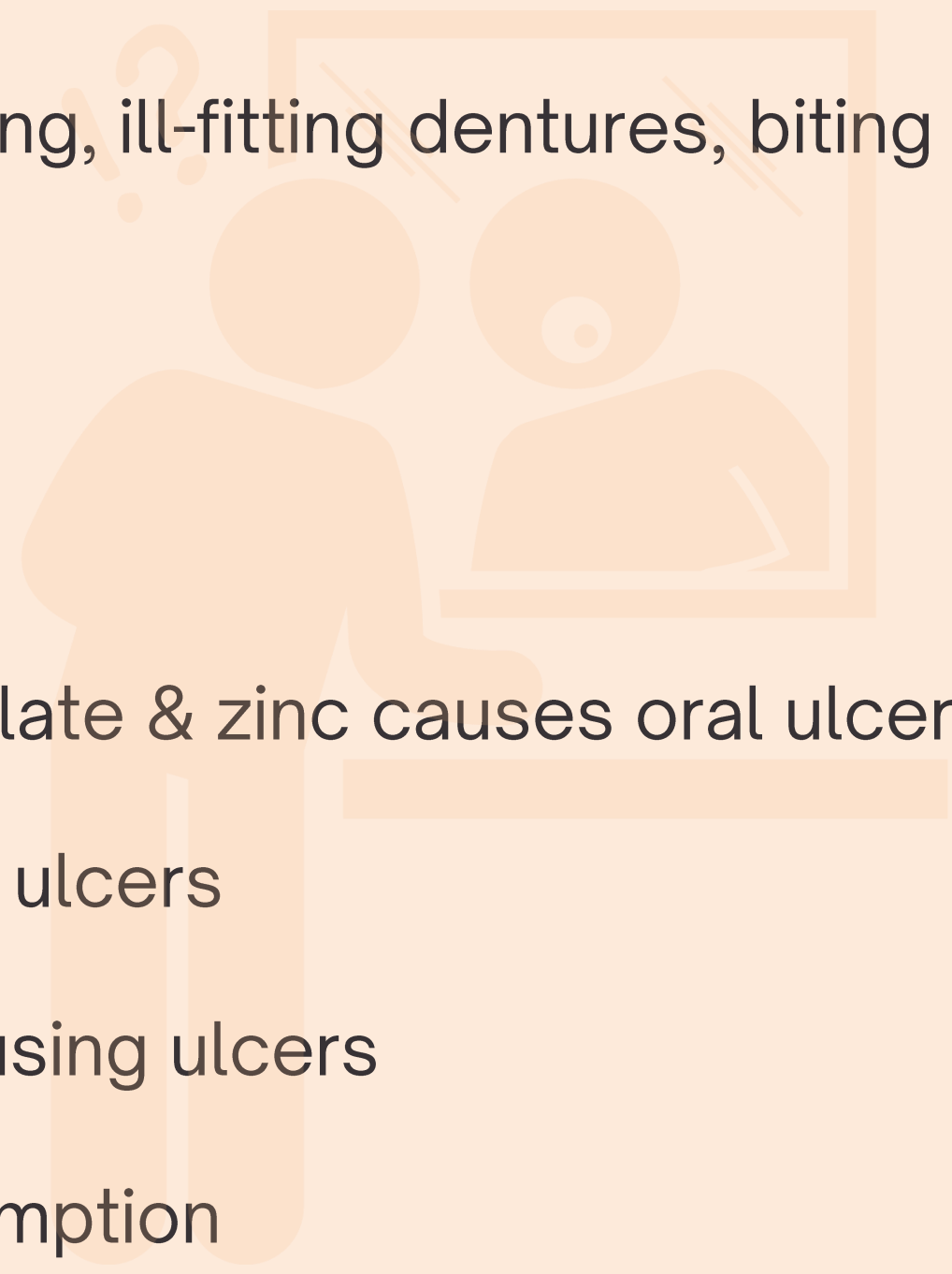


5. ORAL ULCERS

Oral Ulcers include all those in the oral mucosa/inner lining of the mouth/lip/cheek or tongue

Causes:

- Trauma or tissue damage- Damage from vigorous brushing, ill-fitting dentures, biting with teeth inside the mouth
- Stress- Mostly common in teenagers
- Allergic reactions and hormonal changes
- Nutritional deficiency- Deficiency of vitamin B-12, iron, folate & zinc causes oral ulcers
- Infections- Bacterial, viral or fungal infection causes oral ulcers
- Foods & drinks- Some foods and drinks release acid causing ulcers
- Harmful Habits of tobacco and excessive alcohol consumption





5. ORAL ULCERS

Signs and symptoms:

- Mostly occur on the inner lining of lips/cheeks/tongue and palate
- Tingling or burning sensation for 1-2 days before ulcer occurs
- Pain and redness around the ulcer
- Round or oval in shape
- Single or multiple ulcers
- Difficulty in eating, talking, brushing, and drinking





YOUR ROLE

- Advise on rinsing the mouth with salt water
- Cooling mouth rinses with cold water or applying ice on ulcer
- Maintenance of oral hygiene by brushing twice a day
- Bland and healthy diet rich in vitamin B,C and zinc
- Avoid very hot food and drinks
- Immediate referral to SHC-HWC in case if you identify any of these symptoms





6. WHITE PATCH (LEUKOPLAKIA)

This is a white patch formed on the tongue and lining of the mouth. Most serious cases linked to oral cancer

Causes:

- Tobacco chewing or smoking habit
- Areca nut chewing
- Injury to the inside the cheek, such as from biting
- Rough, uneven teeth
- Dentures, especially if improperly fitted
- long-term alcohol use

Signs:

- Patch of white or grey color
- Site- tongue, gums, inside cheeks
- Thick, hard, and raised surface
- Red spots





YOUR ROLE



- Identify white or red patches on tongue, inner lining of lip and cheeks
- Advise to stop smoking or chewing tobacco and alcohol
- Advice on intake of food rich in antioxidants such as spinach and carrots.
- Maintain good oral hygiene by brushing and mouth rinsing
- Redness may be a sign of cancer. After consulting CHO, refer immediately to MO/dentist if you see any patches or patches with red spots

7. FUNGAL INFECTION (ORAL THRUSH)

The most common fungal infection of the mouth is called Candidiasis or Oral thrush.

Causes:

- Low body immunity
- Poorly fitting dentures
- Continuous use of antibiotics/steroids/inhalers
- Dry mouth
- Treatment of cancers- Chemotherapy / Radiotherapy
- Neglect of oral hygiene

Sign & Symptoms:

- A whitish curd-like patch which can be removed by brushing
- Burning sensation and pain
- Altered taste
- Difficulty in chewing or swallowing
- Foul odour

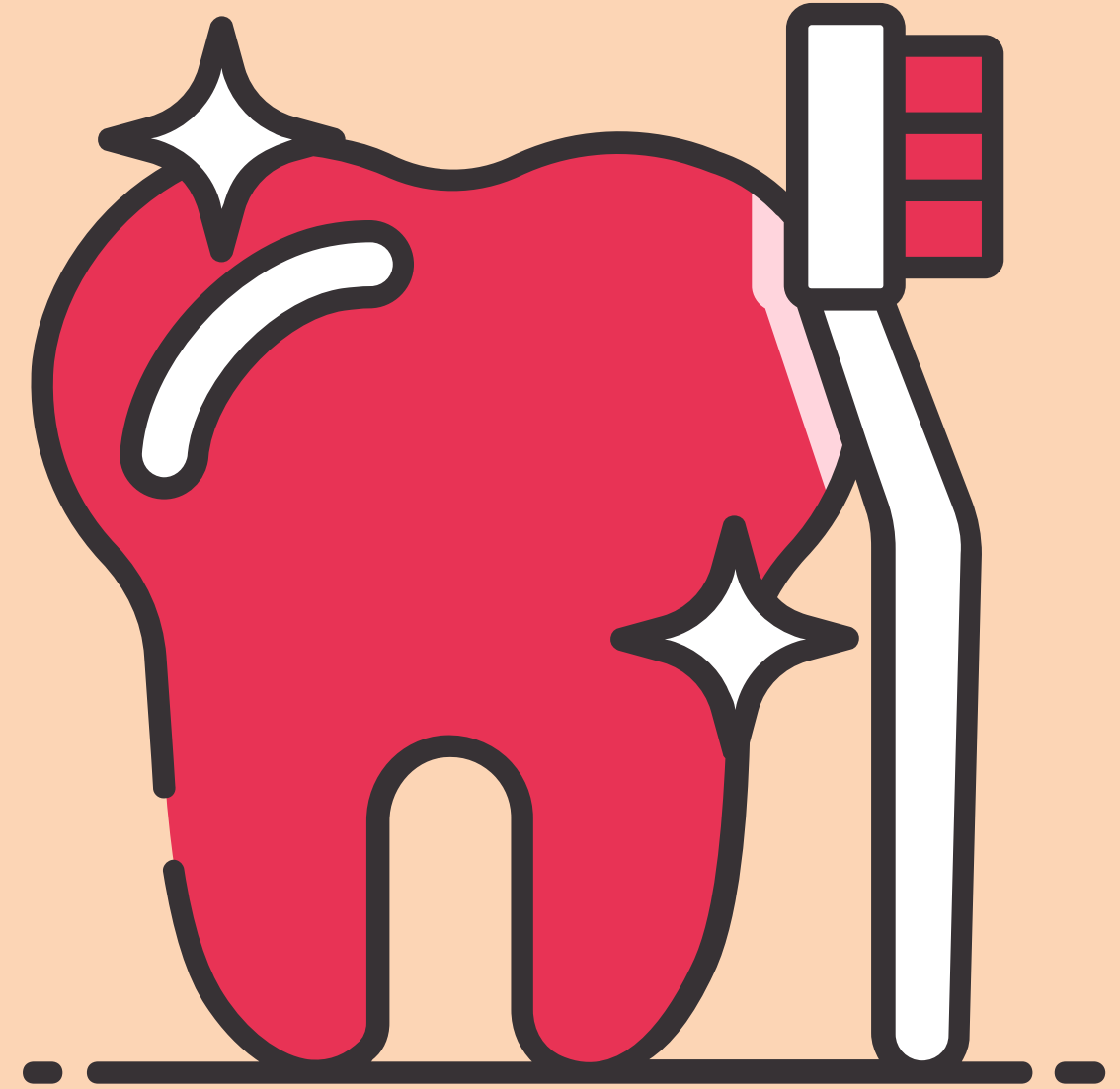




YOUR ROLE



- Identify the white patches in the oral cavity
- Ask for a history of any systemic health problems
- Advice regular oral hygiene practices.
- Advise on discontinuing the use of ill-fitting/faulty dentures
- Advise on repairing ill-fitting dentures
- Advise on rinsing with salt water
- Advise on the consumption of more water and keeping mouth wet



8. IRREGULAR ARRANGEMENT OF TEETH & JAWS

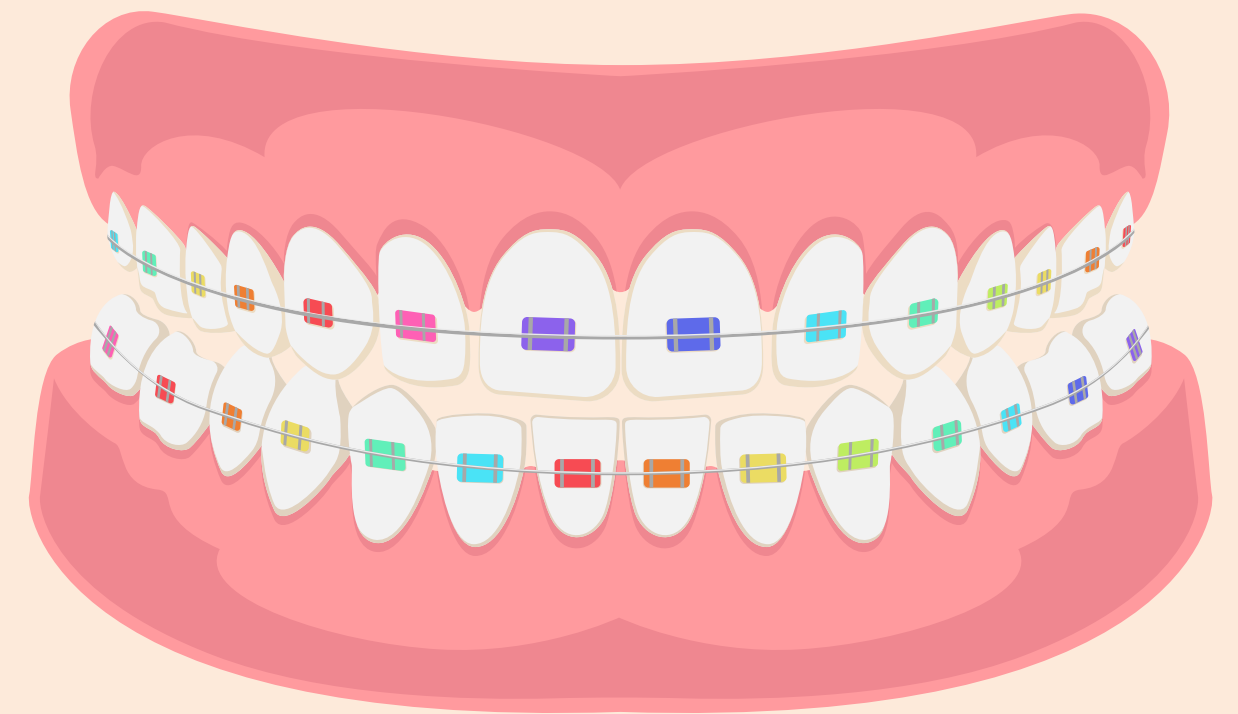
Any deviation from the normal alignment of teeth and /or upper/lower jaw. It may compromise the appearance or other functions like speech and chewing. The following conditions occur due to irregular arrangement of teeth / Jaws:

(a) Restricted Mouth Opening

- Inability to open the mouth fully or restriction of the normal opening of mouth or lockjaw.

Causes:

- Muscle spasm
- Infections of the oral cavity
- Oral cancer
- Oral ulcers
- Oral cysts with un-erupted third molars
- Fracture of jaw
- Tetanus





SYMPTOMS & SIGNS:

- Pain in the jaw, even without movement
- Difficulty in eating and swallowing foods
- Difficulty in brushing the teeth

Your Role:

- Ask the person to insert three fingers together (index, middle, and ring fingers) in the mouth and assess the extent of the mouth opening.
- After consulting CHO, Refer to a nearby health facility where the dentist is available if you see any individual with restricted mouth opening





(b) Jaw Dislocation

When the lower part of your jaw moves out from the normal location

Causes:

- Previous injury to the jaw
- Excessive yawning
- Vomiting
- An opening mouth too wide for eating

Sign & Symptoms:

- Difficulty in eating and swallowing
- Difficulty in speaking
- Drooling of saliva
- Deviation of chin towards the opposite side

Your Role:

- Advise-Do not open the mouth wide during eating and yawning
- Refer to the nearest health facility where the dentist is available in case you see any person with jaw dislocation



c) Malocclusion

- The irregular arrangement of teeth leads to serious oral health problems.

Different types of misalignment are:

- Crowded teeth
- Forwardly placed teeth
- Reverse bite
- Space between teeth (adults)



Causes:

- Cleft lip and palate
- Prolonged use of bottle feeding in early childhood
- Oral habits causing abnormal pressure on teeth and surrounding structures such as thumb and finger sucking, tongue thrusting, mouth breathing, nail-biting
- Abnormally shaped or impacted teeth
- Early loss of milk teeth due to dental decay



SYMPTOMS & SIGNS:

- Abnormally forward or backward teeth
- Gaps between the teeth
- Uneven crowded teeth
- Cross bite/reverse bite
- Asymmetry of face
- Frequent biting of the inner cheeks or tongue
- Difficulty in pursing lips
- Difficulty in keeping teeth clean because they are crowded



Your Role:

- Identify oral habits
- Advise parents on stopping bad oral habits
- Advise parents to stop bottle feeding in children
- Advice on maintaining good oral hygiene to prevent tooth decay
- Refer to SHC-HWC in case you see any of above signs and symptoms

9. CLEFT- LIP OR PALATE

A split in the lip or the roof of the mouth seen at birth is called a cleft.

Cleft lip- Congenital split in the upper lip.

Cleft palate- Midline split in the roof of the mouth that results from failure of two sides to fuse.

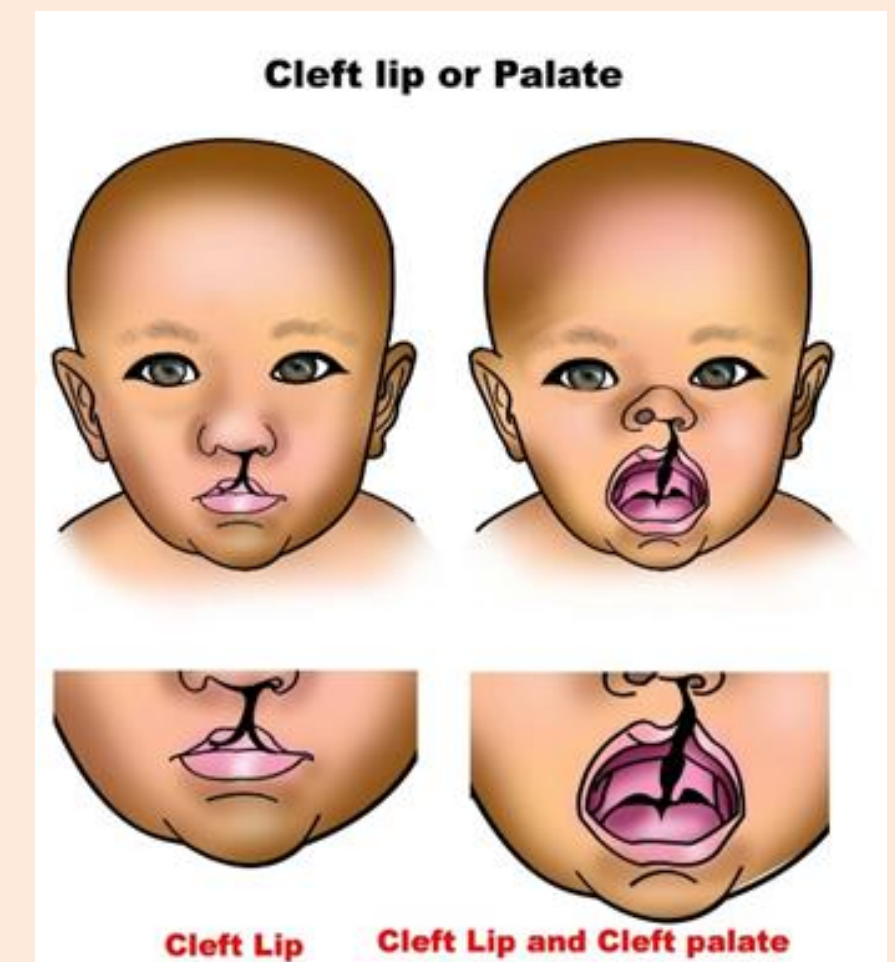


Cause:

- Genetic reasons
- Deficiency of folic acid during pregnancy
- Smoking and drinking alcohol during pregnancy

Sign & Symptoms:

- Split lip/palate or both
- Difficulty in feeding, swallowing and speech
- Unpleasant appearance of the face

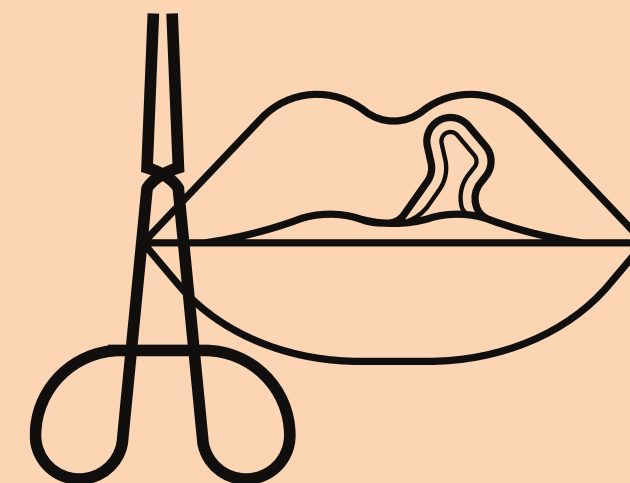




YOUR ROLE



- In case of cleft, refer to CHO/MLHP at HWC
- In consultation with CHO and MO, Coordinate with the RBSK team for a referral to DEIC
- Advice on stopping intake of alcohol/smoking during pregnancy
- Educate parents on feeding practices for cleft children
- Advise pregnant women to take the full course of Iron Folic Acid tablets during pregnancy





10.MISSING TOOTH/ TEETH



Loss of tooth or teeth

- The jaws without teeth are called “edentulous”
- Partially edentulous- when a few teeth are missing from either from the upper or lower jaw
- Completely edentulous- when all teeth are missing

Causes:

- Neglected, long-standing decay that progresses to a broken tooth or complete loss of tooth
- Untreated gum diseases, mobile teeth leading to complete loss of tooth/teeth
- Trauma or road traffic accidents that lead to loss of front teeth
- Systemic diseases and bone disorders weaken support and lead to tooth loss



Sign & Symptoms:

- Missing teeth
- Inability to chew
- Difficulty in a speech in case of missing front teeth
- Unpleasant appearance and compromised smile



Your Role:

- Identify and refer to the nearest dentist for replacement of missing teeth



MISSING TOOTH/ TEETH

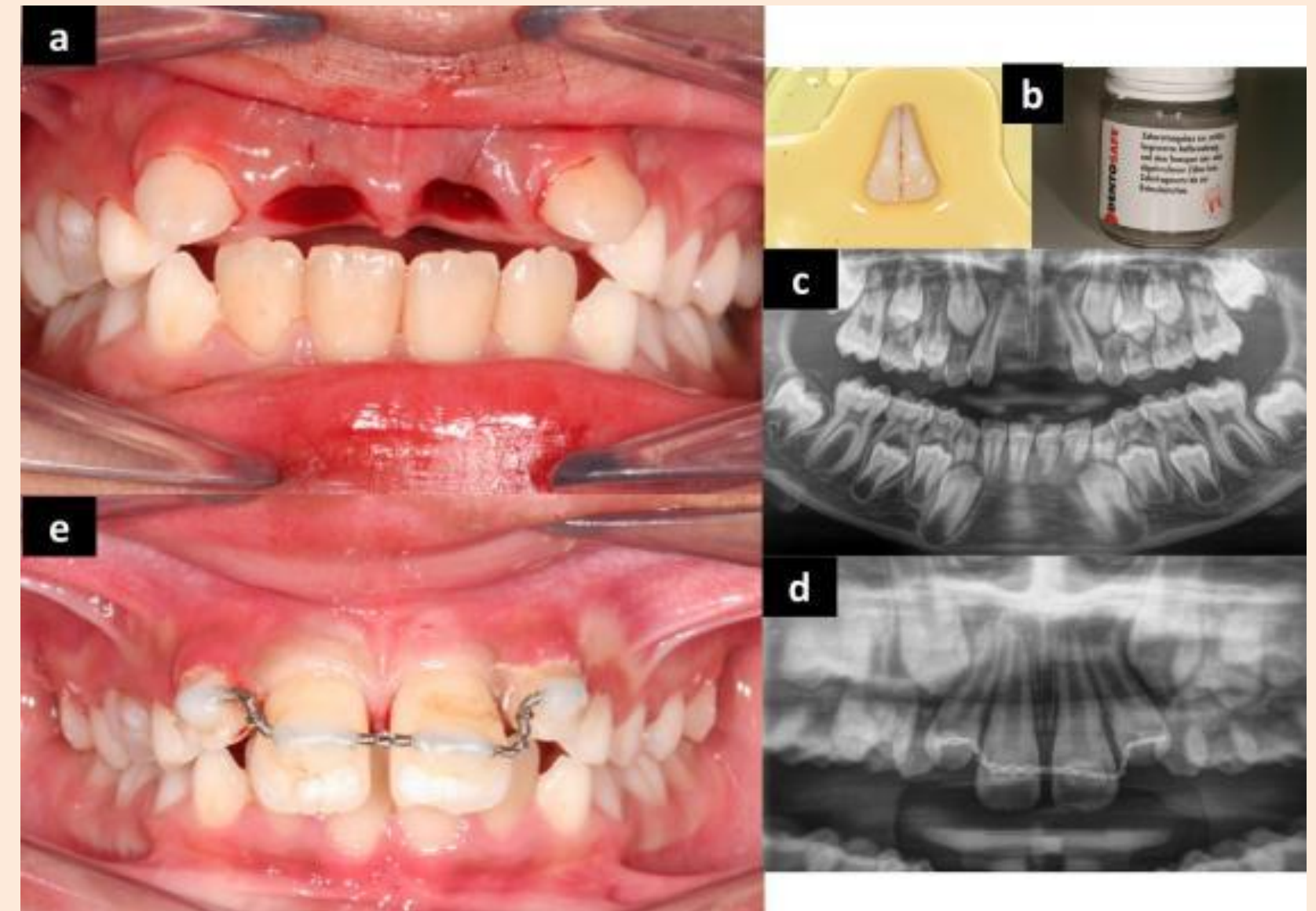
11. TRAUMA TO TEETH AND FACE:

Teeth and face may get injured easily. Injury can occur in the following cases:

- Playing/cycling/running
- Sport injuries
- Road accidents
- Physical violence
- Falls

Signs & Symptoms:

- Broken tooth/ knocked out tooth
- Bleeding
- Loss front tooth
- Wounded and swollen lips
- Back teeth not meeting
- Pain & bleeding
- Numbness
- Reduction in mouth opening





DO

- Arrest the bleeding with a pressure /cold pack
- Save the knocked-out tooth /broken tooth fragment and place it in a milk /water/tender coconut water
- Refer the patient to the nearest dentist as soon as possible
- If injury involves face/head, refer to the nearest health facility immediately



DONT'S

- Do not rub or scrub the tooth
- Do not wrap the tooth in soiled cloth
- Do not let the tooth dry
- Do not throw the tooth or broken fragment



ADVISE

- Promoting safe environments for preventing trauma



12.DISCOLOURATION OF TEETH/ DENTAL FLUOROSIS

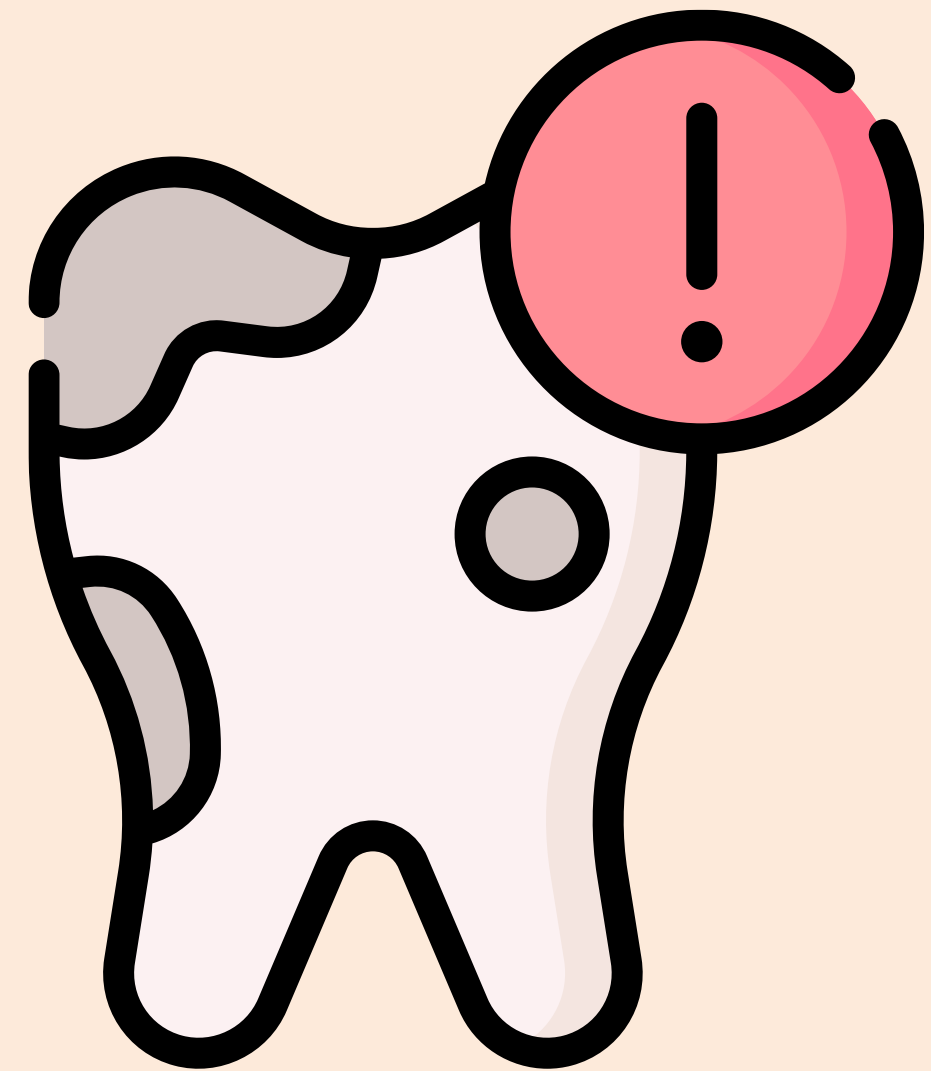
Fluorosis is caused by excess intake of fluoride through drinking water /food over a long period. It affects both teeth and bones. It is more in areas where the water level of fluoride is more than 2 ppm.

Causes:

- Intake of excess fluoride through drinking water and food
- Excessive use of fluoridated toothpaste

Signs:

- Chalky white teeth
- Brownish-yellow stains
- Pitting



YOUR ROLE



- Advice on use of peanut size amount of toothpaste for brushing
- Advice on the use of alternative sources of water for drinking in fluoride endemic areas
- Identify the condition and refer to SHC-HWC



13. ORAL CANCER

This is one of the most common cancers in India. It can occur in the oral cavity including lips, cheeks, teeth, gums, tongue, the floor of the mouth below the tongue, bony roof of the mouth,

Causes or Risk factors:

- Tobacco/smoking and alcohol consumption
- Chewing betel quid (paan), which is made up of areca nut (supari) and lime (chunna)
- Weak immune system
- Poor oral hygiene
- Sharp teeth and ill-fitting dentures





SYMPTOMS & SIGNS:

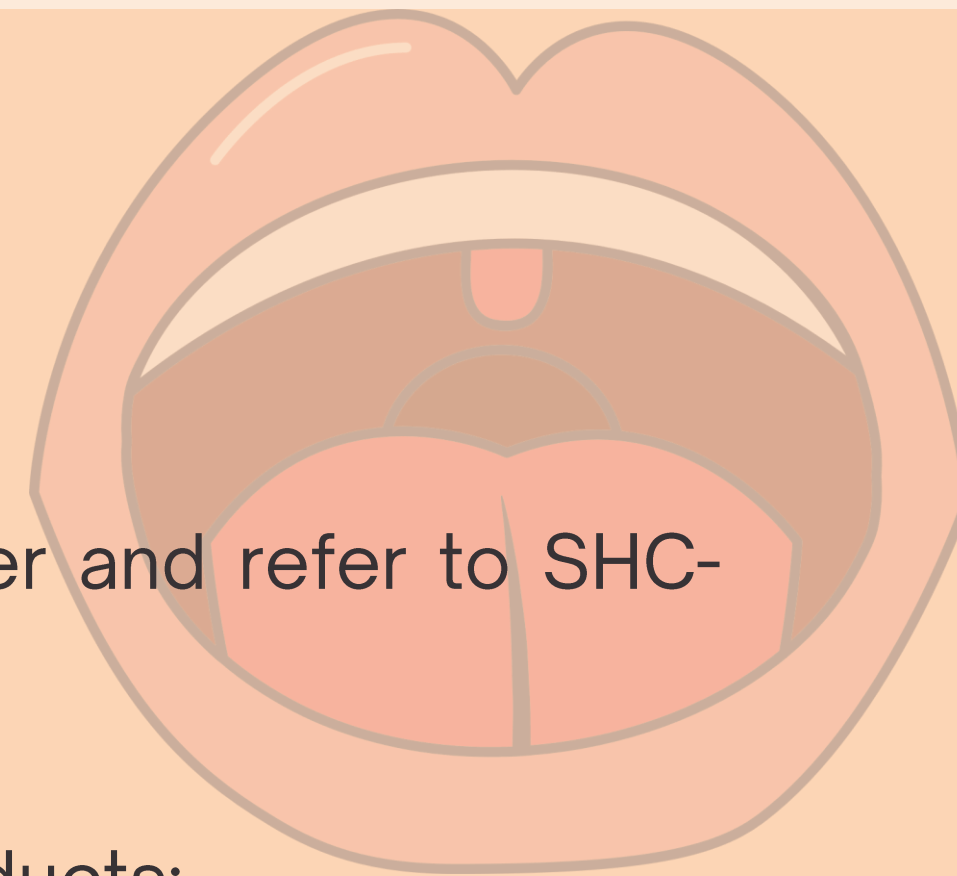
- A white or red patch in the oral cavity
- Ulcerated or rough areas in the oral cavity especially those does not heal for more than a month
- Difficulty in tolerating the spicy food
- Difficulty in opening the mouth
- Difficulty in protruding the tongue
- Change in voice (nasal voice)
- Excessive salivation
- Difficulty in chewing/swallowing/speaking

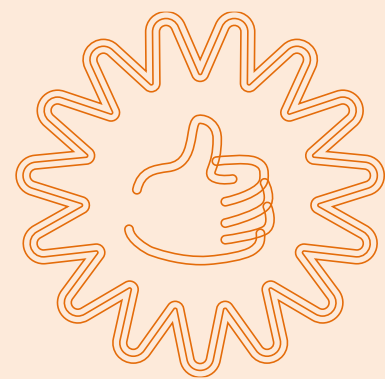




YOUR ROLE

- Identify the risk factors
- Examine the mouth
- Follow the population-based screening protocol for oral cancer and refer to SHC-HWC
- Advise brief interventions for quitting tobacco/betel or such products:
 - **Delay** the consumption of tobacco
 - **Distract** or divert the mind from tobacco towards any other activity like music/reading/conversing with friends
 - **Drink** water frequently and keep your mouth wet to reduce your craving for tobacco
 - **Deep breathe/Do exercise** regularly





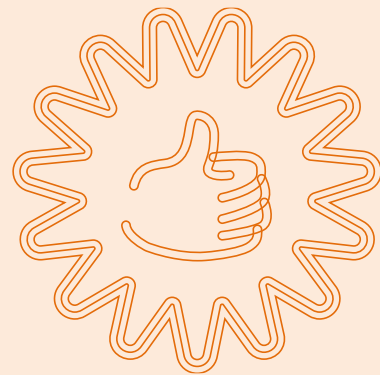
QUESTION/ANSWERS

Q 1- True or False-

1. Hormonal changes in pregnancy/menopause cause sensitivity and inflammation in gums- T/F
2. Stress is not a cause of ulcers in teenagers- T/F
3. Deficiency of folic acid during pregnancy may cause cleft -lip/palate- T/F
4. A person with missing front teeth may have difficulty in speech- T/F

Q 2- What are the four D's in interventions for quitting tobacco-

- a) b) c) d)



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- a) **Delay** b) **Distract** c) **Drink water** d) **Deep breath/Do exercise**



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Thank You

