

## Despite the Advances in Dentistry, Why Do Children Have Tooth Decay?

M Karimi\*

Department of Pediatric Dentistry, Sepideh Dental Clinic, Iran

### 1. Editorial

Nowadays, oral problems are one of the most common problems of people around the world, especially among children. Of course, it may seem that with the advancement of health status, the level of tooth decays and loss of teeth is much less than in the past, but with regard to the types of nutrition, misconceptions and the inadequate use of oral hygiene instructions, unfortunately, dental problems still exist and somehow it seems the conditions of oral hygiene among children has gotten worse.

Dr. Alvin Dannenberg says that the cause of our children's tooth decay is not a lack of fluoride. The reason for the gingival bleeding in children is not lack of tooth brushing or not using dental floss. The main causes of this condition are the lack of nutrition, the consumption of acidic and sweet drinks, the disruption of the healthy intestinal bacteria and their inactive lifestyle [1].

In addition to brushing and flossing, he believes four other criteria should be considered. Having healthy bacteria in the intestine, reinforce healthy bacteria in the children's saliva and makes them function naturally in the mouth. As a result, it helps prevent dental caries and gum disease [1].

Avoiding the use of refined carbohydrates is another way of preventing the spread of unhealthy bacteria and helping to maintain acid concentration at a healthy level in the mouth. In addition, parents should place the

essential nutrients and minerals in the diet of children [1]. Finally, parents should advocate active living and playing outdoors [1].

The statistics of dental caries in children are very high due to the statistics observed from different sources. According to my experiences, I have been suffering from the spreading of dental caries in young children. Even children between the ages of 2 and 3 are involved with this issue.

### 2. What Should Be Done to Solve This Problem?

In Karimi M opinion, solving this problem requires a public action that we can begin the education from the very beginning. Mothers should start oral health education before the baby is born. Furthermore, the mothers should be trained by visiting the special treatment centers which should be equipped for this matter.

First of all, training should be given to pregnant mothers about their baby's oral health. These tutorials begin first with moms. In fact, the mother should first take care of herself during pregnancy, because pregnancy is a difficult period and dental treatments become even more difficult, which is why such people should regularly visit their dentists. It is proven that if

**\*Corresponding author:** M Karimi, D.M.D., B.S., Department of Pediatric Dentistry, Sepideh Dental Clinic, Ghasrdasht Ave. in front of World Trade Center Complex, Shiraz, Iran, Tel: 00987136285000, E-mail: [drmokarimi@yahoo.com](mailto:drmokarimi@yahoo.com)

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the mother's mouth is full of teeth decays and is not treated as soon as possible, it is possible to transfer these micro flora to her baby after delivery. In pregnancy, due to the secretion of hormones that occur in the mother's body, they are susceptible to many diseases, including gum disease, which can be prevented by following the proper oral hygiene instructions and eating the right foods and diets.

Second, there should be scheduled training sessions on infant feeding. From the time of tooth eruption, special care should be given and the baby's mouth and teeth should be cleaned after each feeding. Also, before the baby turns to one-year-old, parents must have the first dental visit so the advice given to them.

Third, after one year of age, the nightly feeding should be decreased. If this issue is not followed, she would have extensive caries all over the surface area at the age of 2 to 3 and in most cases, they would lose the anterior

teeth due to dental abscesses.

Fourthly, the children ate meals based on the diet of their mother and father. Parents should get used to eating healthy snacks and healthy drinks. So, if there is a healthy diet at home and at schools, it will reduce the dilemma of dental caries.

Fifth, we have to make dental examinations pleasant for them so the next time they refer to the dental office without any dental phobia and stress.

Lastly, outdoor activities should not be forgotten, because sitting in front of the television and computer games not only takes them away from mobility but also make them overeat due to the excitement of these programs and games.

## References

1. [Alvin Danenberg. Why do our kids have tooth decay? DrBicuspid.com contributing writer. 2018.](#)

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