

Solving the puzzle of caries risk and prevention in orthodontic patients

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The human oral cavity is a complex ecosystem, inhabited by more than 300 bacterial species. The risk of developing caries lesion around brackets during orthodontic treatment is high. Caries affects individuals differently, which makes it essential that those at the highest risk are identified early. There appears to be a correlation between the fluoride concentration of dentifrices, rinsing method after tooth brushing and caries prevention. The puzzling complexity of how to identify patients with high risk to develop caries, what are the new ways to reduce the risk and how to illustrate it to patients in the clinic will be discussed in this lecture.

Learning Objectives:

At the end of the session, the participant should be able to do the following:

1. Be aware of the past, present & future of evidenced based caries risk and prevention literature.
2. Be familiar with the “Cariogram”, a free caries risk computer program.
3. Have the ability to identify those patients with low, medium and high caries risk.
4. Understand the effect of 5000 ppm Fluoride toothpaste on caries.
5. Reduce caries risk in their patients significantly by following the Modified Fluoride Toothpaste Technique (MFTT).

Biography

Al-Mulla is an Assistant Professor and Director of GCC Affairs at the European University College (formerly Nicolas Asp University College) in Dubai, UAE. He received his dental degree in 2003 from King Saud University in Riyadh, Saudi Arabia and his Specialty in Orthodontics and Masters in Cariology in 2009 from University of Gothenburg, Gothenburg, Sweden; a Ph. D degree in Cariology was awarded from the same university in 2010. Dr. Al-Mulla is an orthodontist specialist with expertise in cariology; his scholarly publications reflect his special interest in caries risk and prevention in orthodontic patients. He is a reviewer in few orthodontic profession journals, such as American Journal of Orthodontics and Dentofacial Orthopedics, Angle Orthodontics, Orthodontics - The art and practice of dentofacial enhancement (formerly World Journal of Orthodontics) and European Journal of Orthodontics.

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