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PREVENTION IS BETTER THAN CURE: THE CHANGING TRENDS IN ORAL HEALTH CARE

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Dental caries has been recognized as an infectious disease; hence it becomes important for everyone to understand the underlying causes of dental caries and intervene at the right time to prevent this disease. As in earlier times, Restoration of a carious lesion is no longer considered as a cure. Perhaps the most valuable return on diligent preventive care is avoiding simple tooth decay from growing into a worse problem. Left untreated, it can either extend into a gum disease, painful conditions or tooth extraction which can in turn lead to other dental problems. As clinicians it is our duty to recognize patients with active caries or signs of this disease and provide appropriate preventive and treatment measures. Progress of a carious lesion leads to more painful conditions which require more intensive treatment like Root canal Treatment. Dental Caries preventive methods include sealant application, antimicrobial agents and many more. Caries control methods are more invasive and include cutting of tooth structure for restoring the decayed part of the tooth. It also includes pulpal therapy and restoration of badly broken teeth in cases where caries progression has not been controlled. With time changes and advancements have taken place in terms of Dental Materials, Concepts and technologies. Knowledge of these advancements not only help the clinicians in curing the disease but also helps us to recognize patients at high risk and prevent the disease in them. It is the duty of the academic teams of various institutions around the world to develop quality diagnostic tools and better preventive and control measures so as to control and prevent this infectious disease.

Biography

Viresh Chopra has completed his MDS in Conservative Dentistry & Endodontics at the age of 26 years from Subharti Dental College in INDIA. He is the Founder member of Indian academy of Conservative Dentists and Endodontists in Delhi. He has published more than 15 papers in reputed journals and has been serving as an international editorial board member of International Journal of Oral Research. He is also a Co Author of two books on Halitosis and Regeneration in Endodontics. He has researched thesis on Composites which has been published in Reputed journal. During his internship he was nominated for Pierre Fauchard Academy Award for Best intern in his college. He has also been selected and invited to Zurich to attend teach the Trainers programme in Advance Endodontics and Aesthetic Dentistry by Coltene, Whaledent. He is a Key opinion Leader for Coltene, Whaledent in Oman. Currently, He is working as Faculty of Endodontology in Oman Dental College, Muscat, Oman.

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