

Saraswati Dental College, Faizabad Road, Lucknow

Science Update Notice Board

March 2016

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<https://www.dentalhealth.org/news/details/902>

A glass of water can help tackle morning breath

Tuesday, 16 Feb 2016 12:00

New research suggests that a drinking a glass of water first thing in the morning is an effective way of reducing morning breath. The research published in the International Journal of Dental Hygiene has shown that drinking or rinsing the mouth with a glass of water helped remove up to 60 per cent of the substances which contribute to bad breath.

Bad breath is a very common problem and there are many different causes; persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth, gums and tongue. Although this study has shown the positive effects of water the British Society of Dental Hygiene and Therapy (BSDHT) is keen to highlight that there are more effective ways of beating morning breath. Michaela O'Neill, President of the BSDHT, explained:

- "A glass of water in the morning to help wash away bacteria that cause bad breath is a great way to start the day **but people should not consider it the solution.**
- "The best way to beat bad breath is to ensure that you have an effective oral health routine; this should involve brushing your teeth last thing at night and at least one other time during the day, with fluoride toothpaste.
- "Bits of food that get caught between the teeth and on the tongue will rot and can sometimes cause an unpleasant smell; making sure you clean in between your teeth with interdental brushes or floss at least once a day can help to stop this.
- "Don't forget to brush your tongue as well, or use a tongue scraper, to help remove more bacteria.
- "A dental hygienists or someone dually qualified in dental hygiene and therapy can help give advice and tips on how to keep your mouth healthy."
- Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation, added: "**There is a simple test that you can do if you think you may be suffering from bad breath. Just lick the inside of your wrist, wait for it to dry and sniff - if the smell is bad, you can be fairly sure that your breath is too.**

- "If you do have bad breath, try keeping a diary of all the foods you eat and list any medicines you are taking. Take this diary to your dentist or hygienist, who may be able to suggest ways to solve the problem.
 - "If you suffer from persistent bad breath it is important that you do not just continuously cover it up as it can be the sign of more serious problems and you should visit the dental team as soon as possible.
 - "The bacteria on our teeth and gums (called 'plaque') cause gum disease and tooth decay. One of the **warning signs of gum disease is that you always have bad breath or a bad taste in your mouth.**
 - "Other medical conditions that cause bad breath include infections in the throat, nose or lungs; sinusitis; bronchitis; diabetes; or liver or kidney problems.
 - "Make sure you visit your dentist or hygienist regularly, as often as they recommend, to help uncover these problems. The earlier the problems are found, the more effective the treatment will be.
 - "Water is an essential part of the diet and has many benefits for oral health so having a glass of water in the morning is a good idea; some areas in the UK have fluoridated water which is hugely beneficial to oral health as it helps strengthen tooth enamel."
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Quote of the Day

*The best preparation for tomorrow is
doing your best today.*

H. Jackson Brown, Jr.

<https://www.dentalhealth.org/blog/blogdetails/179>

Seven of the most common dental health pitfalls to avoid

Tuesday, 2 Feb 2016 10:53

Keeping our oral hygiene high is something few of us actually manage to achieve on a permanent basis. We are all entitled the occasional lapse in our routines but here are the 7 most common dental pitfalls that you absolutely must try to avoid whenever and however possible.

These 7 tips will help you maintain your oral hygiene:

1. Twice a day brushing

Whilst the most obvious of our tips this is undoubtedly the most important. Nearly a quarter of adults in the UK don't brush their teeth twice daily. However, regular brushing stops the bacterial build-up of plaque. Studies have shown that even missing one brushing session can start the process of forming cavities. Make sure you brush twice a day for two minutes to keep your teeth plaque free.

2. Incorrect brushing technique

Brushing technique is just as important as brushing. One of the most common mistakes we make is missing areas of the mouth. When brushing you need to ensure that every tooth is cleaned and that we clean the total surface area of the tooth. When you're in a hurry it can be easy to just skim over areas but this often leaves plaque on the teeth and along the gum line - leading to cavities and gingivitis. In addition also be careful not to brush your teeth too hard as you can damage your gums.

3. Not using the right toothbrush

You need to make sure you are using the right tools for the job. Toothbrushes come with different thickness and strength bristles. Small headed brushes are widely regarded as the best as they allow you to reach everywhere in your mouth more easily. In terms of bristles softer tend to be better - ideally with rounded heads to prevent aggravation of the gums.

4. Not replacing your toothbrush enough

We've all used a toothbrush past its best. Once the bristles start to lose their strength and you have a spread it is already past time to replace your brush. Our best tip is to **buy multiple brushes and always have one spare in the bathroom cabinet.** Using a brush past its sell by date makes it more likely that you will miss areas of your mouth whilst brushing and that plaque will not be removed efficiently.

5. Not Using Floss

No matter how good your brushing is you cannot reach every area between your teeth. Regular flossing helps remove plaque and food that builds up between your teeth. The build-up of plaque along the gum line is one of the leading causes of gum disease. Daily flossing helps remove plaque and prevent gum disease.

6. Too much sugar

Our diets are the leading cause of tooth decay. The big enemy here is fizzy drinks - as **many of us now drink these all day**. Drink sugary or fizzy drinks irregularly to avoid cavities. Your health and your mouth will thank you.

7. Not visiting the dentist

Even if your oral hygiene is superb you still should visit the dentist twice a year. Visiting the dentist regularly ensures that any problems that do arise can be quickly dealt with. Your dentist can also make sure you are using correct brushing techniques and advise you on the best options for oral care. If you need to find a local dentist use dental review sites like **WhatClinic** to find the best local options.

Quote of the Day

*I can't change the direction of the wind, but I can
adjust my sails to always reach my destination.*

Jimmy Dean

<https://www.dentalhealth.org/news/details/900>

It's Brush Time! Oral health charity launches new programme for schools

Friday, 5 Feb 2016 12:00

The British Dental Health Foundation have launched their new school tooth brushing programme 'Brush Time' at the Nursery World Show 2016, today in London.

The leading independent oral health charity have developed Brush Time to help nursery and school staff teach children how to brush their teeth correctly; it provides all the information and tools they need to develop engaging, interactive and informative lessons for their pupils.

Brush Time is also a great resource for dental professionals who currently, or are looking to, visit schools to help deliver important oral health messages to children.

The charity developed the programme, which is free to download, in response to a recently published review by a Cochrane Oral Health Group which found that regular brushing with a fluoridated toothpaste results in 24 per cent fewer cavities than brushing with non-fluoridated toothpaste.

Amanda Oakey, Director of Educational Resources at the British Dental Health Foundation, **highlights the important role educators can play in helping children to develop good tooth brushing habits from an early age.**

Ms Oakey says: "Over the last twenty years children's oral health has generally improved, but the levels of dental decay in the first and second teeth it is still a major problem.

"A recent study of twelve year olds in England and Wales found that on average **38 per cent of 12 year olds had dental decay**; this is a huge amount and is something which can quite easily be prevented with a comprehensive tooth brushing programme taught throughout schools and nurseries.

"Educators play a key role in all areas of children's development as they are a trusted and familiar figure for them to learn and develop important behaviour from. They therefore can make a real difference when it comes to nurturing children's tooth brushing habits and improving their dental lifelong health.

"Brush Time is suitable for children of all ages in part-time, full-time education and care and we hope educators will use this free resource to help bring important oral health messages directly to children into the classroom."

Brush Time provides educators a huge range of information; including important guidance on the **type of toothpaste which should be used for children** of certain ages, **how to properly brush teeth, how to store toothbrushes between use to avoid infection** as well as frequently asked questions about children's dental hygiene.

The programme has been developed with the help of oral health and education experts to meet the unique needs of children in an educational environment and hopes to play a significant role in how dental health is taught in the UK.

"Educators will be excited to find a number of activities, songs and resources which they can use to make the children's education fun as well as sample permission forms to get them involved in the programme," adds Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation.

"Regular brushing twice a day with an **appropriate** fluoride toothpaste is highly effective in preventing dental decay, by establishing good oral hygiene practice at an early phase in a child's life helps it become an integral part of normal daily hygiene later in life.

"We believe there is a real need for Brush Time, this really is a fantastic opportunity for educators to help young children understand the importance of good oral health and can really help reinforce the message of good tooth brushing behaviour."

For those who wish to get involved and contribute to students dental health the programme can be downloaded in full for free from the Dental Buddy website www.dentalbuddy.org/brushime.

Quote of the Day

You must do the things you think you cannot do.

Eleanor Roosevelt

<http://www.hpvaction.org/hpv.html>

Human papilloma virus (HPV)

Human papilloma virus (HPV) is the name for a group of viruses that affect the skin and the moist membranes lining the body, for example, in the **cervix, anus, mouth and throat**. There are **more than 100 types** of HPV. HPV is most commonly passed on through genital contact, usually during vaginal, oral and anal sex, but it can be transmitted in other ways too, such as through skin-to-skin contact. It can be passed on even when the infected person has no signs or symptom and between straight and same-sex partners. HPV is very common and almost every sexually-active person will get HPV at some time in their lives. **Most people with HPV never develop symptoms or health problems**. 90% of HPV infections go away by themselves within two years and don't affect the health of most people. But sometimes HPV infections persist and may cause a variety of serious problems.

Infection with some types of HPV can lead to:

- Abnormal tissue growth and other changes to cells in some parts of the body, which can cause cancer
- Genital warts, which is the most common sexually transmitted infection (STI) in the UK

HPV types 16 and 18 are the high-risk types that most commonly cause cancer.

HPV types 6 and 11 cause most cases of genital warts.

Other types of HPV infection can cause minor problems, such as common skin warts and verrucas.

Infection with HPV is the cause of almost all cervical cancers, as well as a significant number of cancers of the vulva and vagina in women and the penis in men. HPV also contributes to cancers of the anus, head and neck in both sexes. It is estimated to be the causal agent in 5% of all human cancers.

HPV infection (mostly types 6 and 11) can, rarely, also cause a condition known as recurrent respiratory papillomatosis (RRP). Affecting children as well as adults, multiple warts grow within the airway and breathing passages resulting in hoarseness and an altered voice but more importantly breathing difficulties. Although the link between HPV and cervical cancer has received most attention, HPV is certainly not just a women's health problem. It is clearly a men's health problem too.

Quote of the Day

*No matter what people tell you,
words & ideas can change the world Robin Williams*

<http://www.hpvaction.org/news/hpv-action-report-jabs-for-boys-the-case-for-gender-neutral-vaccination>

About HPV Action (HPVA)

HPV Action (HPVA) is a collaborative partnership of 44 patient, professional and other organisations that are working to **reduce health burden of HPV through introduction of gender-neutral vaccination**. This means that all boys and girls will be routinely offered vaccination against HPV at the age of 12/13.

HPV Action believes that the UK national HPV **vaccination programme should include both boys and girls to prevent a range of HPV-related conditions**, including cancers and genital warts. This would improve public health, tackle health inequalities and be cost-effective. Support for HPV vaccination for boys as well as girls is now widespread and growing among clinicians, scientists, patient groups, policymakers and parents. In November 2015, the JCVI recommended that men who have sex with men (MSM) should be offered HPV vaccinations at sexual health clinics. HPV Action believes that all adolescent boys should be vaccinated at the same time as girls. MSM should also be offered the vaccination because they are at particular risk of HPV-related diseases. These steps are complementary and both are essential to reduce HPV infection and disease in men. However, vaccinating all boys is the most effective way to protect males against cancer, pre-cancers and genital warts. Cancer Research UK has stated that **'the most effective option for improving public health would be to offer HPV vaccination to both boys and girls at age 12/13.'**

Background

- Human papillomavirus (HPV) is a very common sexually transmitted infection. It is so prevalent that an estimated 70-80% of sexually active men and women acquire it at some point in their lives.
- There is a 50-80% chance of HPV transmission following unprotected sexual intercourse with someone with a current HPV infection.
- Most people are unaware they have been infected and, fortunately, their bodies clear the infection naturally with no lasting harm.
- In an estimated 3-10% of cases, especially among people with a weakened immune systems (e.g. because they are HIV-positive), the virus persists and can lead to serious health problems for both males and females.
- HPV infection is widely known to be a cause of cervical cancer, but it is also associated with other anogenital cancers (vaginal, vulval, anal and penile) as well as several head and neck cancers.
- Overall, HPV is responsible for about 5% of all cancers worldwide. It also causes genital warts, a very common sexual health problem, and a rarer condition known as recurrent respiratory papillomatosis (RRP). RRP is an

often disabling breathing disorder caused by non-cancerous tumours in the respiratory tract.

- The incidence of anal and head and neck cancers has increased significantly in recent years. The incidence rate of anal cancer in men in Great Britain has increased almost four-fold since 1975 and in women almost five-fold.
- While anal cancer occurs most often in women, the incidence of anal cancer is highest in MSM.
- An estimated 1,850 cases of head and neck cancer were caused by HPV in the UK in 2011, of which over 1,400 were in men.
- The incidence of these cancers is rising dramatically: the rate in men and women in England is expected to roughly double between 1995 and 2025.
- The head and neck cancer site with the biggest increase is the oropharynx. Cancer in this site is caused by HPV in over 70% of cases and men are much more likely to be affected.

Vaccination is the most effective way to protect against HPV infection and its related diseases, including cancer.

HPV Action believes that the decision-making process must be accelerated and that genderneutral vaccination should be rolled out nationally as soon as possible.

Quote of the Day

*Believe in living today.
Not in yesterday, nor in tomorrow.*

Loretta Young