



Maritime Health Trainings for Seafarers and Doctors

Dental care

ERASMUS+ KA2 - Cooperation for Innovation and the Exchange of Good Practices
KA202 - Strategic Partnerships for vocational education and training



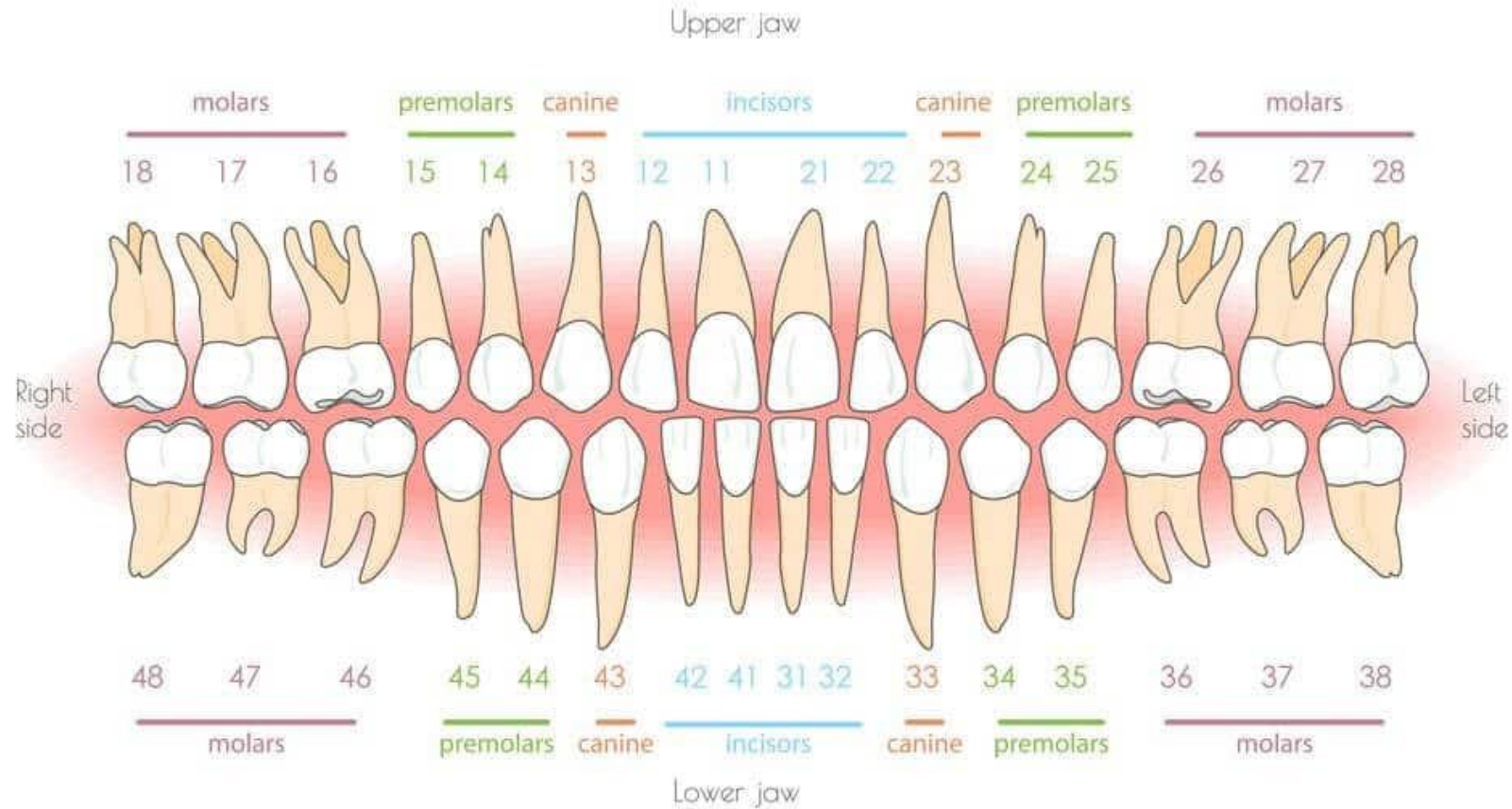
REPUBLIC OF TURKEY
MINISTRY OF HEALTH
GENERAL DIRECTORATE OF HEALTH
FOR BORDER AND COASTAL AREAS OF TURKEY



AP&A
GROUP

Tooth Anatomy Different Parts of a Tooth

HUMAN DENTITION



PERMANENT TEETH

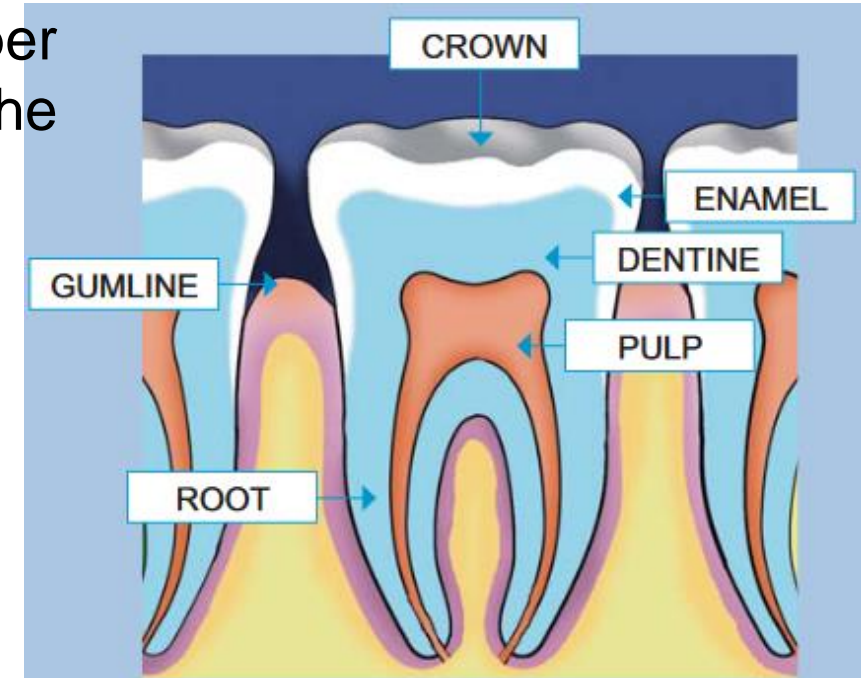
Gumline: where the tooth and the gums meet. Without proper brushing and flossing, plaque and tartar can build up at the gumline, leading to gingivitis and gum disease.

Root: the part of the tooth that is embedded in the jaw-bone.

Enamel: the outermost layer of the tooth.

Dentine: the layer of the tooth under the enamel. If decay is able to make its way through the enamel, it next attacks the dentine

Pulp: the soft tissue found in the centre of all teeth, where the nerve tissue and blood vessels are.



Different Types of Teeth

Every tooth has a specific job or function (the dental diagram at the end of this section may help to locate and identify each type of tooth)

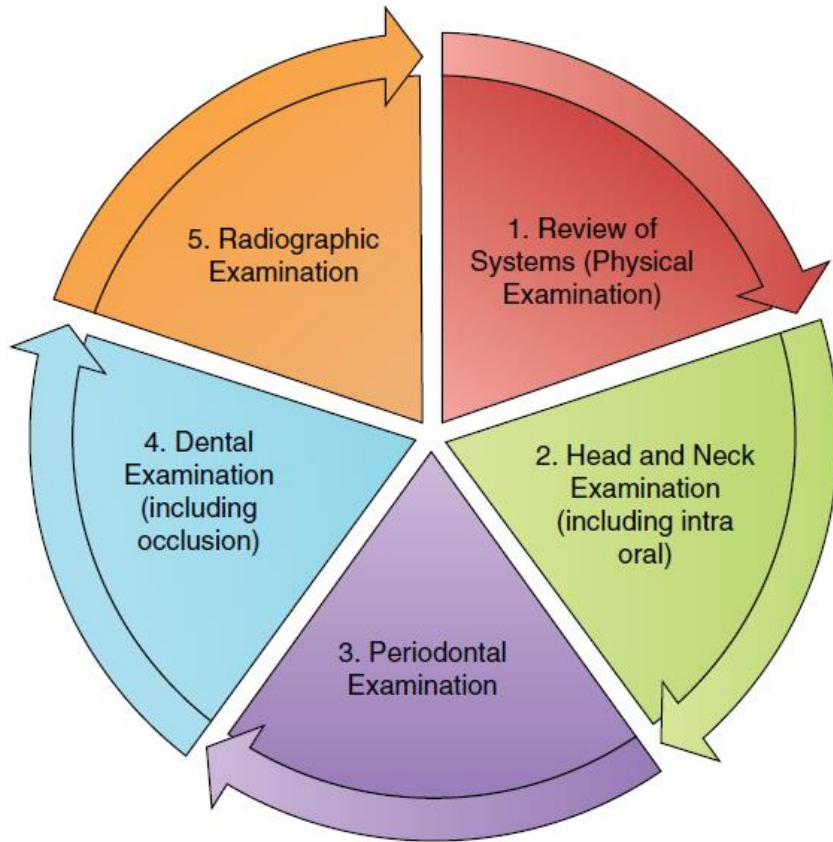
Incisors: the sharp, chisel-shaped front teeth (four upper, four lower) used for cutting food.

Canines: some times called cuspids, these teeth are shaped like points(or cusps) and are used for tearing food.

Premolars: these teeth have two pointed cusps on their biting surface and are some times referred to as bicuspids.

Molars: used for grinding, these teeth have several cusps on the biting surface.





1. The Physical Exam or Review of Systems (ROS) is a list of questions, by organ system, intended to uncover disease or dysfunction.

2. The Extra oral and Intra oral Soft Tissue Examination evaluates head and neck structures for abnormalities or lesions.

3. The Periodontal Examination evaluates the patient's oral hygiene and the clinical appearance of the periodontal soft tissue.

4. Examination of the Teeth (and Occlusion) Before beginning the dental examination, the clinician should review the dental history, particularly the chief complaint(s) involving the teeth.

5. The Radiographic Examination: Radiographs are considered an essential adjunct to the visual clinical examination.

Figure 2 Five parts of the clinical examination

Emergency Toothache

If there is a lost filling or defect in the enamel (surface of the tooth), oil of cloves should be applied to the tooth surface.

If there is a large defect in the tooth, a temporary dressing should be inserted into the cavity as follows:

- the tooth should be isolated by putting a 5X5 cm piece of gauze on each side of it
- the cavity should be dried with a cotton bud or pellet
- a drop of oil of cloves on cotton wool should be gently pressed into the cavity and left in place
- the isolating gauze should then be removed

This procedure may be repeated two to three times a day as necessary.

Medical advice should be sought urgently if there is:

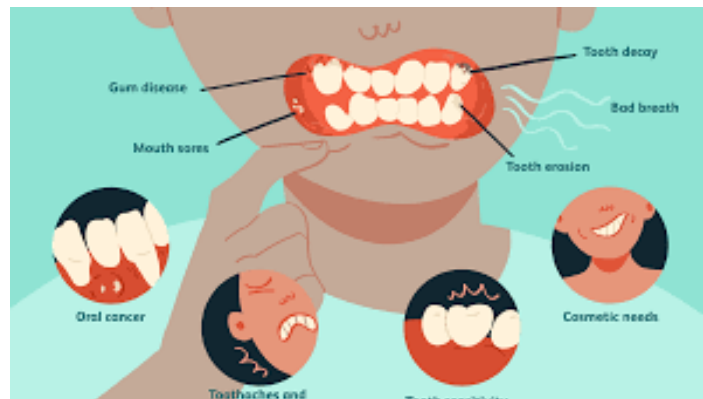
- difficulty opening the mouth
- difficulty swallowing
- drooling
- difficulty breathing
- swelling in the neck
- pain much beyond the area of the infected tooth



Diseases of the teeth

Diseases of the teeth, mouth and jaw can affect the general state of health considerably and it often happens that, on account of this, **a ship has to make an emergency call at a port** or a fishery protection vessel has to be asked to assist.

Very often it needs only a short inspection of the cavity of the mouth in order to achieve an early diagnosis and to apply effective treatment.



Diseases of the teeth

The aim of emergency treatment can only be to relieve the toothache and to prevent a deterioration in the patient's condition until he is able to undergo appropriate dental treatment ashore.

Most of the time the dental therapy is restricted to the application of strong analgesics and to provision al closure of the carious defects.

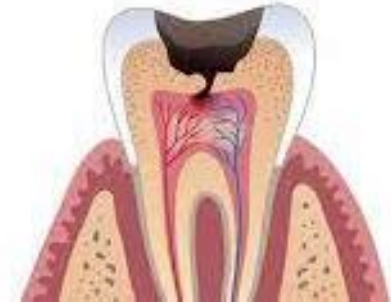
It is important to take good care of your teeth and have regular checkups at the dentist, especially before embarkation.



Most frequent Dental Problems

Tooth Decay (dental “caries”) which is the decomposition of tooth structure caused by the destructive toxins created by Plaque, a combination of natural bacteria and food debris left on the teeth by inadequate oral hygiene.

Dental caries has been described as a “disease of civilization,” especially in relation to the last hundred years, as man has strayed from a diet rich in fruit and vegetables to one with a high intake of refined sugars.



Most frequent Dental Problems

Gum Disease is an inflammation of the gums that can progress to affect the bone that surrounds and supports the teeth.

This can cause teeth to become loose, fall out or have to be removed by a dentist.

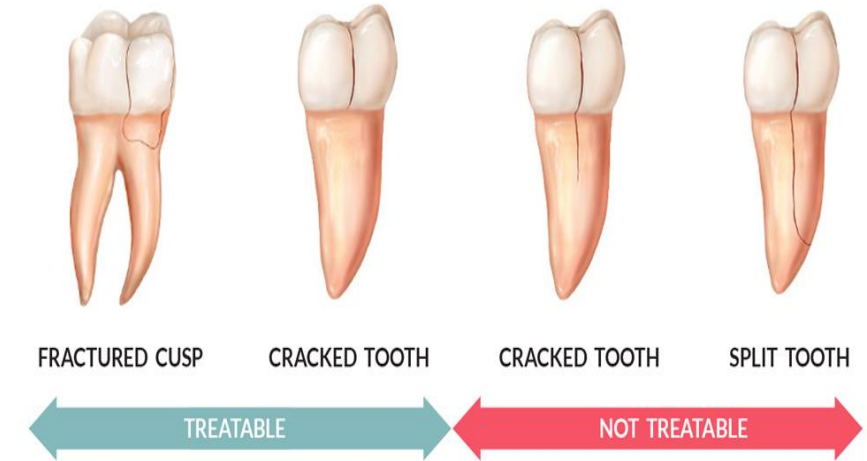


Root Canal Problems

It occurs when the tooth's pulp, a small, thread-like tissue in the centre of the tooth is damaged or diseased.

The most common causes of pulp damage or disease are :

- ❖ a cracked tooth
- ❖ a deep cavity
- ❖ an injury, such as a severe knock to the tooth, either recently or in the past



**** Call medical assistance in case of dental problems**

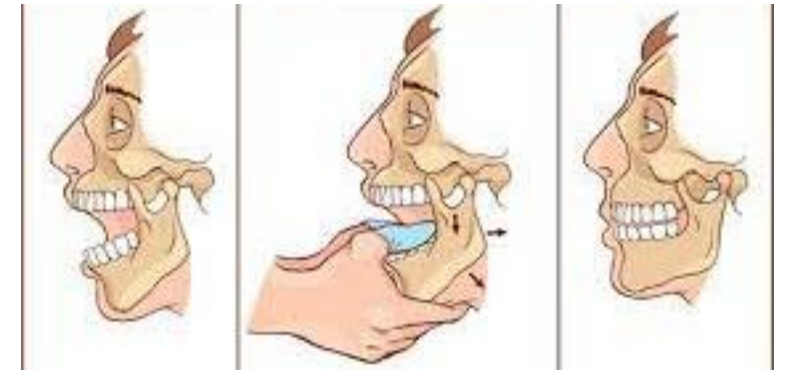
Dislocated jaw

The jaw can be dislocated during yawning, for instance. Closing the mouth is impossible. If the dislocation is only one-sided, the jaw appears crooked.



The treatment is to simply relocate the jaw. The patient is sitting down; the helper places his/her thumbs against the molars in the mouth, and supports the lower jaw with the other fingers.

**** Call medical assistance immediatelly.**



Toothache

Toothache is caused by an infection of the dental pulp, either because of caries or because of a broken tooth. The infection causes severe pain.



A detached tooth

A tooth that has accidentally come off should always be replanted if the jaw bone seems intact. The tooth is cleaned carefully in such a way that the surface of the root is not rubbed or unnecessarily touched.

The dental alveolus from where the tooth came out should be rinsed with saline (salt) solution, using a syringe to spray the solution into the alveolus.

Medical assistance is required for Further treatment.



A broken tooth

If a tooth is broken or chipped, the remaining part of the tooth can be protected with dental cement . If the dental pulp is exposed, pain medication may be necessary because of the stabbing pain.

Medical assistance is required for Further treatment.



Attrition. Wear on the teeth from grinding.



Abrasion. Wearing away of tooth due to excessive tooth brushing.



Abfraction. Notching of the cervical area



Erosion. Dissolution of enamel due to lemon sucking.



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