

DENTAL CARE: Tooth Caries Symptoms And Treatments

Yasser Khan*

Tooth decay (caries or cavities) is one of the most common of all disorders, second only to the common cold. It usually occurs in children and young adults but can affect any person. It is a common cause of tooth loss in younger people.

Bacteria are normally present in the mouth. The bacteria convert all foods - especially sugar and starch - into acids. Bacteria, acid, food debris, and saliva combine in the mouth to form a sticky substance called plaque that adheres to the teeth. The acids in plaque dissolve the enamel surface of the tooth and create holes in the tooth (cavities). Cavities are usually painless until they grow very large and affect nerves or cause a tooth fracture. If left untreated, a tooth abscess can develop.

Carbohydrates (sugars and starches) increase the risk of tooth decay. Sticky foods are more harmful than non sticky foods because they remain

on the surface of the teeth. Frequent snacking increases the time that acids are in contact with the surface of the tooth.

Symptoms

There may be no symptoms. If symptoms occur, they may include:

- Tooth pain or aching feeling, particularly after sweet, hot, or cold foods and drinks
- Visible pits or holes in the teeth
- Discomfort or pain
- Fractured tooth
- Tooth abscess
- Tooth sensitivity

Treatment

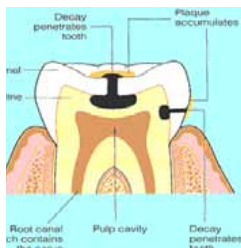
Treatment can help prevent tooth damage. Treatment may involve:

- Fillings
- Crowns
- Root canals

Prevention

Oral hygiene is necessary to prevent cavities. This consists of:

- regular professional cleaning (every 6 months),
- brushing at least twice a day, and flossing at least



daily.

- X-rays may be taken yearly to detect possible cavity development in high risk areas of the mouth.
- Avoiding chewy, sticky foods (such as dried fruit or candy)
- Avoid constant sipping of sugary drinks or frequent sucking on candy and mints.
- Dental sealants can prevent some cavities. Sealants are thin plastic-like coating applied to the chewing surfaces of the molars.
- Fluoride is often recommended to protect against dental caries. Topical fluoride is recommended to protect the surface of the teeth. This may include a fluoride toothpaste or mouthwash. Many dentists include application of topical fluoride solutions (applied to a localized area of the teeth) as part of routine visits.

*Dr Yasser Khan is a Melbourne based dental surgeon.

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Melbourne: Rabbi in The City Circle Event



Above: Participants at the City Circle Event, Including Rabbi Meir Shlomo Kluwgant, second from right.

Rashid Alshakshir
Melbourne

Rabbi Meir Shlomo Kluwgant addressed a group of Muslims on the issues facing the Australian Jewish Community as part of a City Circle event held on 27 June.

Rabbi Meir, who currently holds a position at Jewish Care, said many of the issues faced by other communities are faced by the Jewish community too. He discussed issues such as domestic violence and the many sects within the Jewish faith.

Rabbi Meir said he "didn't believe in inter-

faith dialogue" describing it as useless but did encourage intra-faith dialogue.

After the presentation the audience was given the chance to question Rabbi Meir. He was questioned about his and the Jewish community's position on the situation in the Palestine/Israeli conflict. He refused to give an answer saying he chooses to remain apolitical, but offered to link the audience with someone who can speak on the issue.

The next City Circle event will be:

Date: Sunday 25th July

Speaker: Waleed Aly

Topic: On The Road To Political Participation

For more info contact 0422 295 726

Lebanon: Grand Ayatollah Muhammad Hussein Fadl- Allāh Passed Away

The Lebanese Muslim scholar Grand Ayatollah Muhammad Hussein Fadl-Allah died on the 4th of July 2010 after long struggle with illness.

Fadlallah was one of the pioneers Shiite Islamic resistance in Lebanon. Israeli

intelligence attempted to assassinate him on several occasions. The most infamous attack was a massacre on 8 March 1985 when a car bomb equivalent to 440 lb (200 kg) of dynamite exploded 45 metres from his house in Beirut, Lebanon. The blast destroyed a 7 story apartment building and a cinema, killing 80 people and wounding 256. The attack was timed to go off as worshippers were leaving Friday Prayers. Most of the dead were girls and women, who had been leaving the mosque, though the ferocity of the blast also burned babies in their beds and killed three children as they walked home from the mosque. It also devastated the main street of the densely populated West Beirut suburb but Fadl-Allah escaped injury. One of his bodyguards at the time, Imad Mughniyeh, was later assassinated in a car-bombing in February 2008.

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Braeghan MCLEOD

DATE OF BIRTH:	10-Jul-1990
HEIGHT:	185 cm
BUILD:	Medium
EYES:	Brown
HAIR:	Brown
COMPLEXION:	Fair

Where is Braeghan MCLEOD? MCLEOD failed to appear on summons at the Heidelberg Magistrates Court. A warrant for his arrest has been issued.

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