

## Preventive Dentistry - Practice from “Womb to Tomb”

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*A Healthy Outside Starts From Inside - Robert Ulrich*

Despite giant strides made in the world of Dentistry over the past two or three decades dental diseases still torment man today. The major impact on these diseases are lacking the priority to preventive healthcare and this should commence and have the concept of “Womb To Tomb”.

To start healthy dental practices it should be done when you are in womb - one is not doomed to have dental problems when one is pregnant. Keeping your mouth healthy before and during your pregnancy will improve your chances of having a healthy pregnancy and a healthy baby. And if you have a healthy mouth, it's more likely that your baby will as well. Pregnant women with periodontal disease may be at a higher risk of problems such as early delivery or low birth weight babies. And the children of women with current tooth decay, or a lot of decay in the past, are more likely to get cavities before the age of 5. Older adults don't necessarily have to give up having a beautiful smile as they age. Teeth are amazingly strong. Your molars can bear down with over 200 pounds of pressure. But they're not indestructible. A lifetime of crunching, gnawing, and grinding wears away the outer layer of enamel and flattens the biting edges.

Prevention of dental diseases is possible and preventive dentistry is a reality but very less practiced. It is a matter of attitude and motivation from both the professionals and patients. Preventive methods which are economical and effective are developed and provide an effective alternative to traditional methods. However the best approach will be in combining and integrating preventive and therapeutic measures to bring dental diseases in control.

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