

Fluorosis: Lack of Dental Care?

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In last decades, we have seen a decline in the prevalence of tooth decay, not only in industrialized countries but also in some developing countries. This phenomenon has been attributed, in large part, to the use of products with fluoride. However, the increase in the prevalence of dental fluorosis has been reported too, which should be observed with great care by dental surgeons and public health agencies.

The fluoride ion addition in public water supply is considered to be the most effective, economical and far-reaching method for the prevention of tooth decay by many developing countries, but coincidentally, in these same countries the incident of fluorosis has been higher, especially in the cities that maintain good levels of fluoride in water.

This problem may be due to the fact that there is no socioeconomic differentiation between the different regions of the same city. We know that some factors in the child's overall health, nutritional status, and renal changes may interfere with the absorption of fluoride by the dental structure.

Fluoride ingested in excessive amounts, in a chronic manner, can produce adverse effects. It's a consensus that dental fluorosis is a developmental disorder that affects enamel during its formation and is caused by excessive and prolonged ingestion of fluoride.

This disorder occurs during the stage of calcification and maturation of the development of dental enamel, which can lead to deficiencies in mineralization, which can be seen as changes in the dental surface, ranging from white stains to brown cavities.

Therefore, a child in a poor area, who does not have a good nutrition and adequate oral hygiene habits nor access to dental care, probably needs more fluoride in the water to provide the needs of this mineral, and cannot be treated in the same way, but this is not what has been happening, since fluoride levels in the water supply are the same for all regions of the same city, causing an unnecessary intake of fluoride by many children, who will later need dental treatment, but this time it will not be for lack of dental care or deficiency in oral hygiene.

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