

Is there any Need to Make a Policy in Public Sector to Prevent Oral Diseases. From where it can be Started?

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A few important things I want to share with junior colleagues as in my experience, Patients come with presenting complaints and low-income people are concerned with pain (complaints) so a general dentist must focus on preventing the preventable diseases particularly periodontal diseases and early carious lesions.

Advocate them for the advantages of the preventive services and outcome of those services (restoring early caries, oral prophylaxis etc).

Take the services of a junior colleague may be a dentist or even dental hygienist for oral prophylaxis. Maybe you have to offer it with a minimum cost to introduce the advantages of scaling to reduce myths of the community. Ultimately this will help community and dental healthcare providers. I found 80 percent of individuals with heavy calculus but either they don't afford it or they refuse the treatment but advocacy can change the situation slowly.

Spend time to advocate for every patient regarding oral health care measurements like brushing, flossing, limiting use of carbohydrates, frequency of eating and preventive knowledge for the benefits of individuals even though OPD is massive so that every patient should know basic primary prevention of the oral diseases.

Lastly, apply knowledge of health economics to convince patients for the treatment of early periodontal diseases and dental caries, it helps them and ultimately patients convinced for primary prevention and regular visits.

I think it is our failure (stakeholders) that still preventable oral diseases are so prevalent in a metropolitan city like Lahore so what would be a burden in remote areas? may Allah guide us to help our community and we can play our role to control preventable diseases in our community. In the first month I could only convince 5 patients for scaling and 10 patients for filling out of 900 patients but when I left the hospital daily ten times patients came for the treatment of preventable diseases and two factors were important: advocacy and low price of treatment in a charity hospital.

At least regular visit, oral health education, oral health screening, and minimum basic procedures?

- a. Early diagnosis of dental caries and restoration to prevent further spread of diseases
- b. Oral prophylaxis
- c. Extraction to prevent orofacial infection Any audit of the existing services and further recommendations.

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