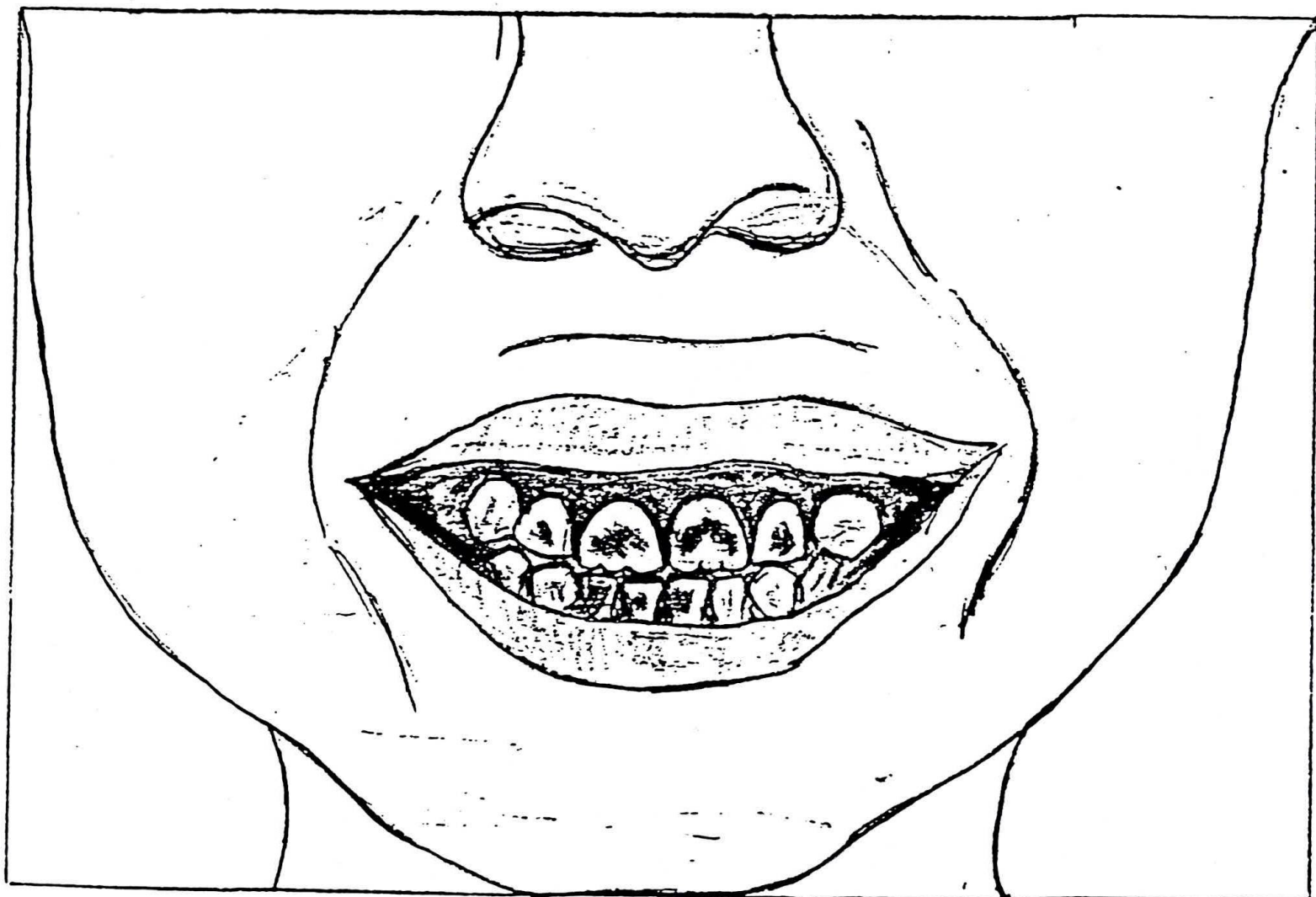


DENTAL FLUROSIS

CARD - 1

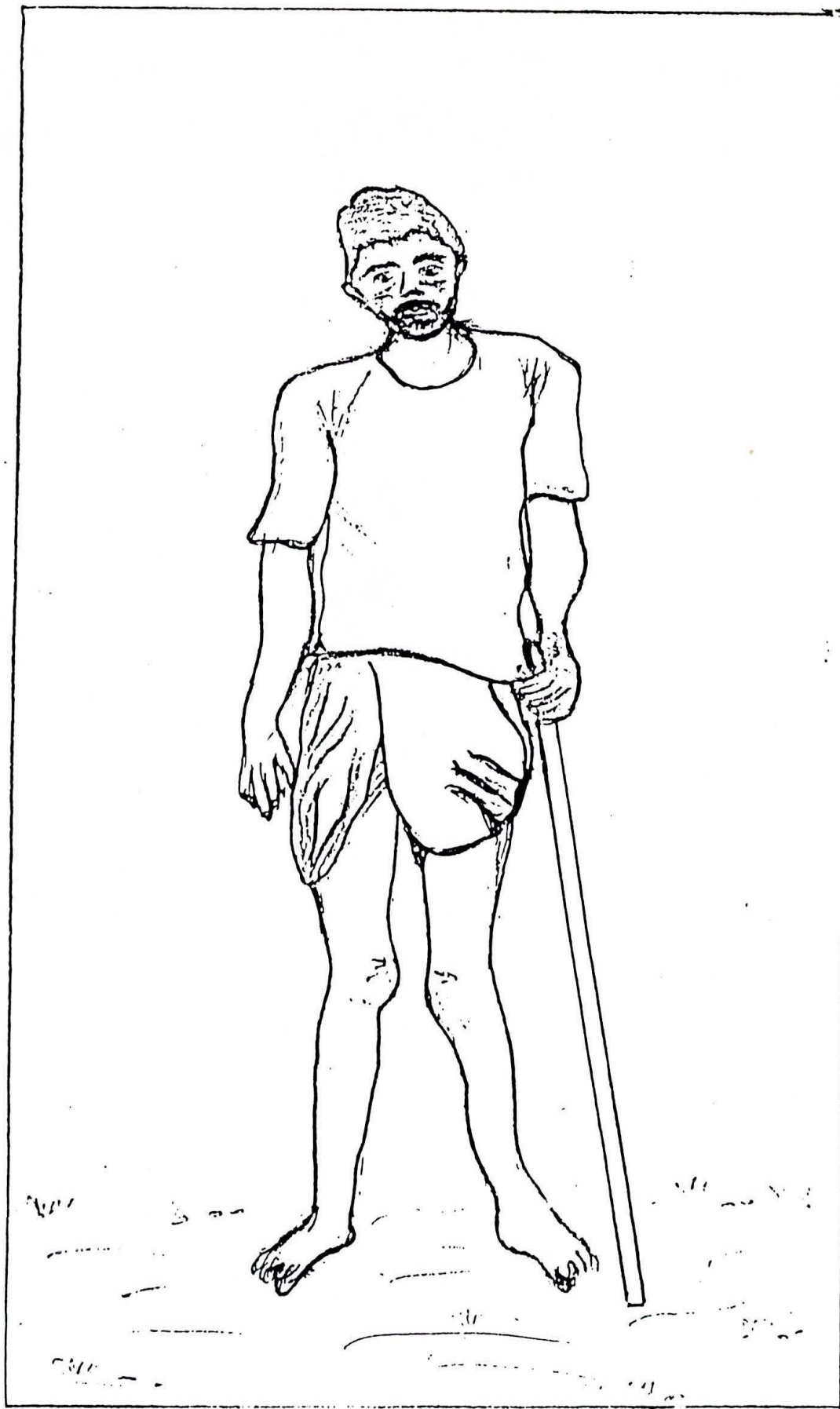
The Photographer said smile. As he was about to click, Lata covered her mouth. She was shy because her teeth were stained brown.



CARD - 2

What was the problem with Lata's teeth?

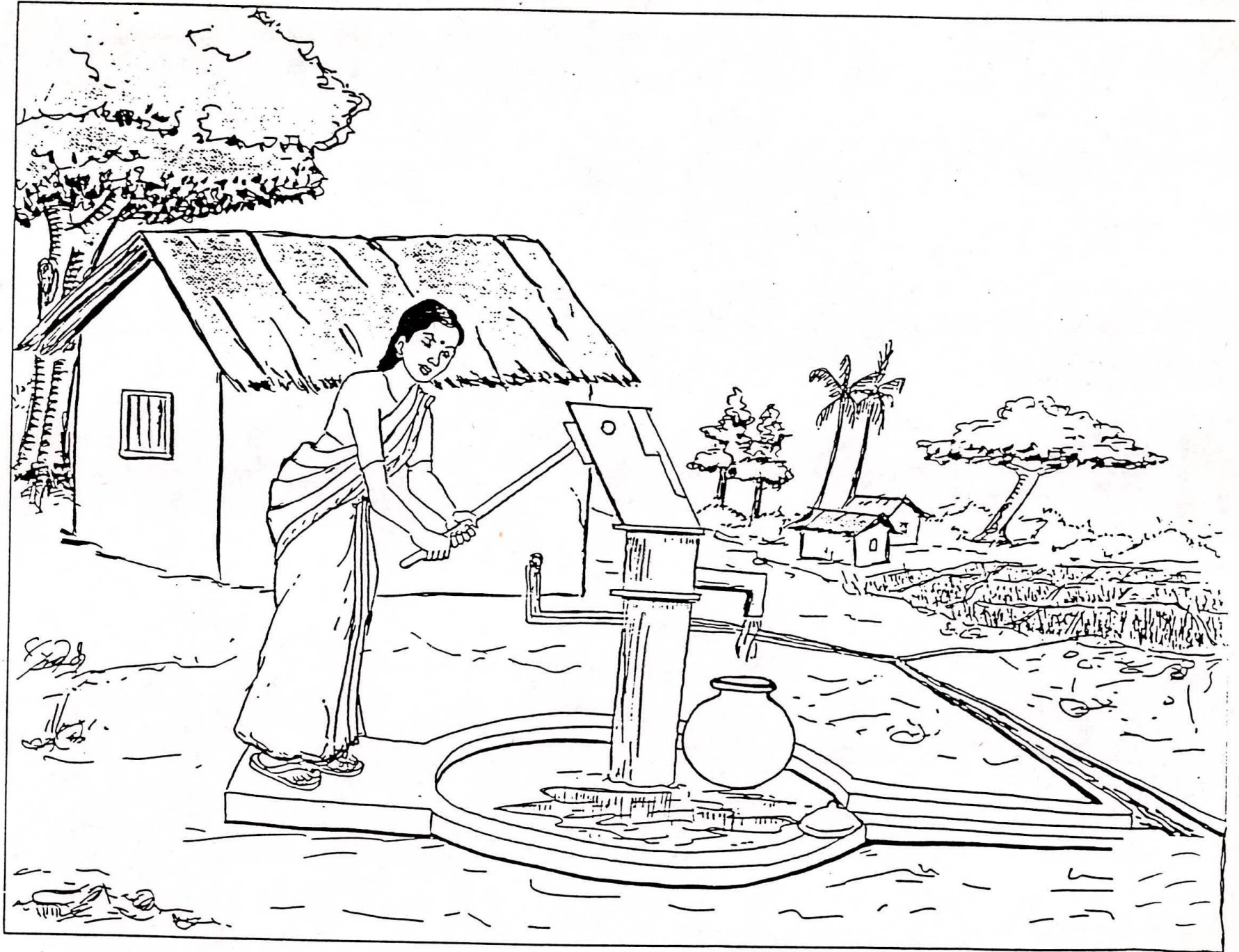
The Health Assistant from Lata's village had reported that many people including adults and children had brown discolouration of their teeth. Some adults had even bony deformities.teeth.



CARD - 3

Why did people of Lata's village suffer from brownish discolouration of teeth and bony deformities?

They suffered from fluorosis. The water in their village had high levels of a chemical called fluoride. Many villages in Karnataka, Andhra Pradesh, Tamilnadu, Kerala, Punjab, Haryana and Rajasthan have high levels of fluoride in the water. This causes a condition called Fluorosis. Since everyone drinks water, everybody in the area is likely to be affected by it. Fluorosis thus becomes a Community Health problem.



HP-100

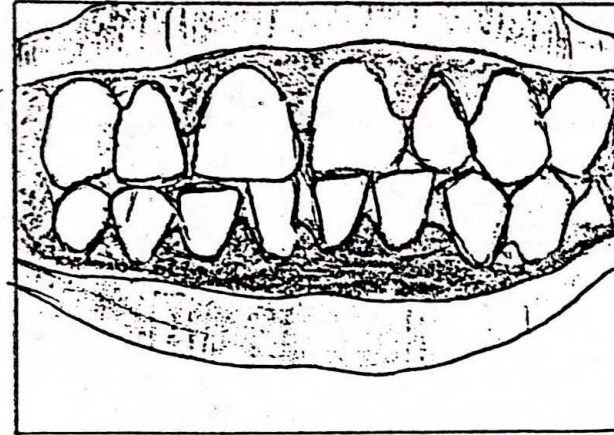
15526

CARD - 4

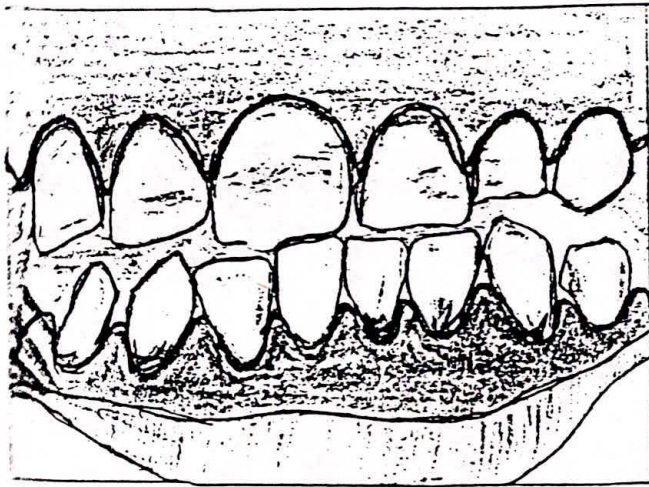
Persons suffering from the effect of fluorides on their teeth have the following changes.

1. Teeth lose their shiny appearance. Chalky white opaque spots or lines develop on their teeth.
2. Brownish staining of teeth.
3. Pitting of their teeth which gives the tooth a corroded appearance.

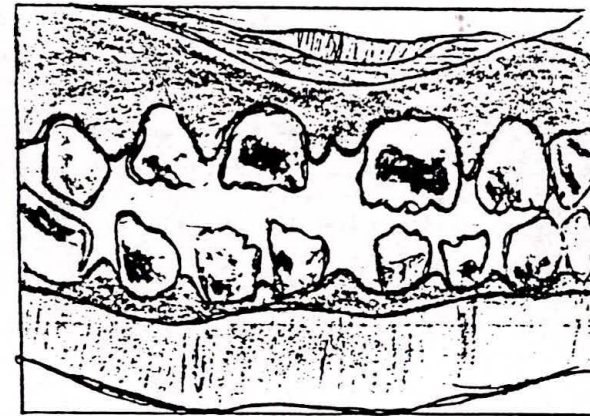
STAGES OF DENTAL FLUOROSIS



A. WHITE OPAQUE SPOTS
ON THE TOOTH SURFACE



B. WHITE SPOTS COVERING
ALMOST WHOLE OF THE
TOOTH SURFACE



C. PITTING ON THE TOOTH

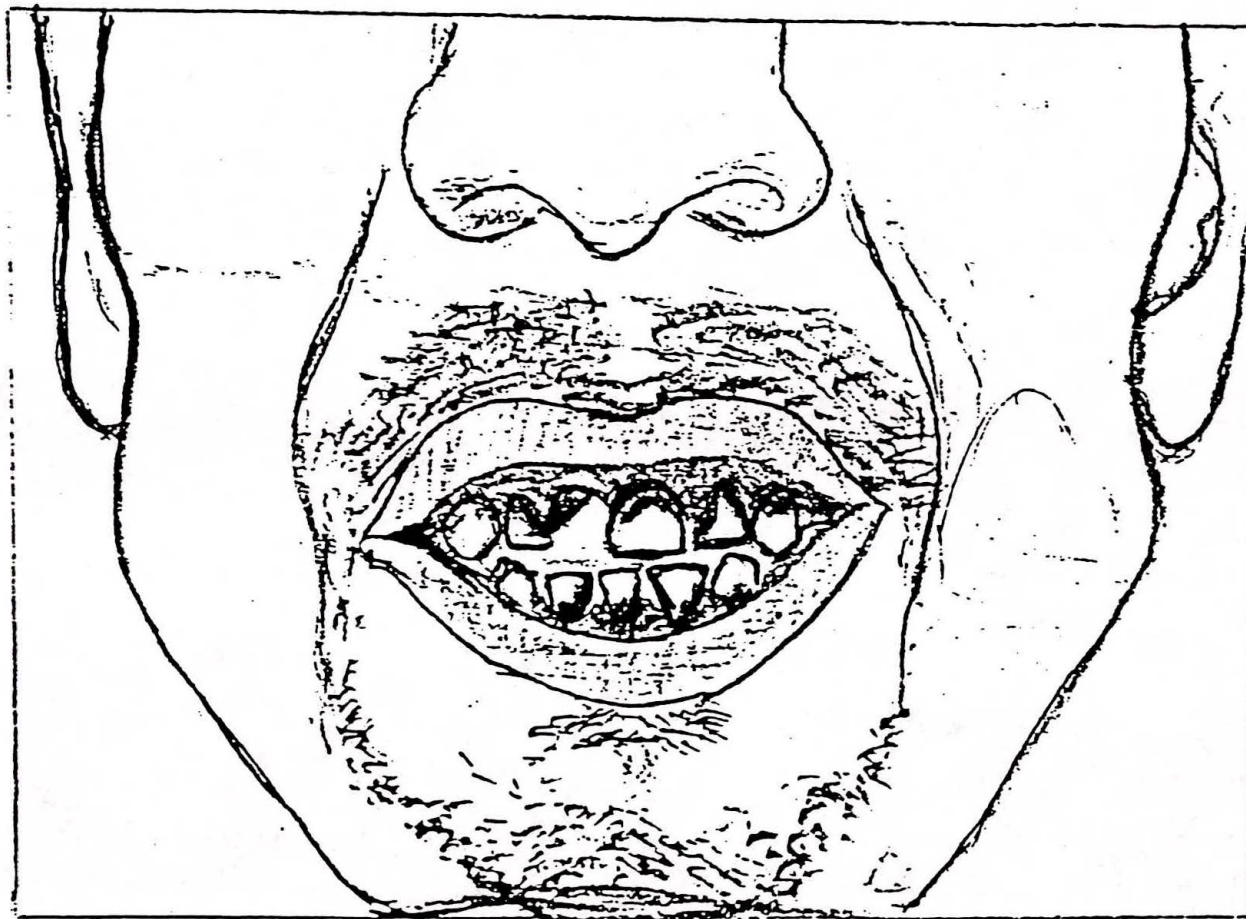
CARD - 5

Can fluorosis be prevented?

Yes, fluorosis can and must be prevented.

A home level method known as "Nalgonda Technique" can be used to reduce the fluoride content of water at both the home level and the village level.

For every litre of water 30mg of Lime powder is added and mixed well. Then 500 mg Alum is added. The water is stirred for 10 minutes. Then this mixture is allowed to settle for 1 hour. The clear water has a reduced level of fluoride which will not harm either teeth or bones.



CARD - 6

Can Lata smile again without feeling shy?

Yes, a dentist can improve her teeth by

1. Bleaching it periodically.
2. By use of veneers or crowns to cover the discoloured teeth.

Note : These are special treatments to be attempted only the dentists.

