Preventive sheet

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***Radiographs***

* Please refer to the Radiograph article and dental intervention to prevent children dental caries.
* Why do we use dental radiographs? It is used to detect and diagnose oral diseases in all aspect of dentistry.
* When to take Rx? Dentists should follow basic guidelines and patient needs to help you when to take Rx after history and clinical examination, make sure to monitor disease if it is already presents.
* It is an adjunct to provide best treatments
* As it is well documented that protection from radiation exposure is necessary, which is achievable by using thyroid collar, aprons for children/pregnant whenever you can .
* When child in primary dentition comes to dental clinic, what are the possible indications to prescribe Rx? ), it depends on clinical case and interproximal tight contacts (use bitewings).
* If patient has no oral disease and/or has open interproximal contacts then you might not prescribe Rx.
* If a patient is high caries risk or irregular attender, then prescribe BW every 6-12 months for children and every 3 months recall radiographs for adults (time interval varies).
* If a patient is low caries risk or with no clinical caries then prescribe BW every 12-24 mo .
* In the mentioned caries risks above, consider the tightness of interproximal contacts.
* If a patient has advanced disease/new attender then prescribe periapical/ occlusal and posterior bitewings or panorama and posterior bitewings.
* Why are OPG not enough? It does not detect caries mainly interproximal caries in anterior teeth.
* When to prescribe OPG? To monitor development and growth , impacted teeth, MIH (to decide whether to keep or extract FPM by observing root development of second molars, periapical radioluceny, presence/ missing premolars) , trauma, fracture, hypodontia.
* Now the doctor started to talk about improper positions and how it affects the musculoskeletal system of the dentist:
* 60-80% of dentists suffer from back pain.
* Multifactorial etiology such as; prolonged sitting, static movements, improper lighting (it makes you sitting improperly to see the field of work), low chair to shoulder level, age, genetic predisposition…etc
* Characteristics of improper sitting in dental clinic: prolonged static sitting make more than half of muscles in that area contracted not relaxed.
* Characteristics of ideal sitting is reached by maintaining normal curvature position of spine.
* Curves of spine: cervical, thoracic, lumbar, coccyx and sacrum lordosis.
* If one of these spine curves is exaggerated or flattened then muscle ache and strains result.
* Unsupported sitting result in flat lumbar area and no support for the spine so all body hinge on muscles causing muscle strains and disc herniation.
* When head and neck are in forward position, cervical lordosis is flattened resulting in area held by muscles not the spine so imagine how much strain on muscles is exerted!
* Tension like syndrome: one of syndromes dentists may have due to improper sitting headache, chronic pain in neck, shoulder pain.
* How to avoid this? Ear over shoulder (straight) and moving patient down and close to you.
* If arm is elevated more than 50 degrees, this stops blood supply to muscles and pain in trapezius results.
* How to avoid this? Maintain low back curvature;

1. sit the chair 15 degree
2. hips higher than knees
3. close to the patient for proper curve of spine
4. place foot firmly on ground
5. contract transverse abdominal muscle

* Contract stomach muscles to help you stay straight
* Saddle style operator tool: used most often in orthodontics departments to maintain low back curve by increasing hip angle up to 130 degree.
* Tilt the hip to leg angle up to 130 degree but the chair to floor angle is up to15 degree.
* Magnification instead of being close to patient
* Don’t stay in static position.
* Micro breaks are more effective than infrequent long breaks (for example 2 hours of clinic time; do stretching for seconds, take deep breath, move neck).
* Position the patient to proper height.
* Stretching in opposite direction to treating position of patient to relieve tension in muscles.
* Alternate between standing and sitting.
* Adjust chair as a first step in proper positioning.
* Why is advisable to stretch? Because it maintains normal level of motions, improve blood supply and joint fluids and helps muscles.
* Exercise shoulder and trunk area to stretch muscles and improve blood supply and increase level of motions.
* Carpal tunnel syndrome: area of numbness and pain in thumb, index, middle finger, and mesial half of ring finger (is a medical condition in which the median nerve is compressed as it travels through the wrist at the carpal tunnel and causes pain, numbness and tingling, in the part of the hand that receives sensation from the median nerve. Pain may extend up the arm leading to discomfort extending to the shoulder and forearm. The mechanism of injury is compression).

Good luck Seniors ☺

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