



Introduction in preventive dentistry

Lec 1

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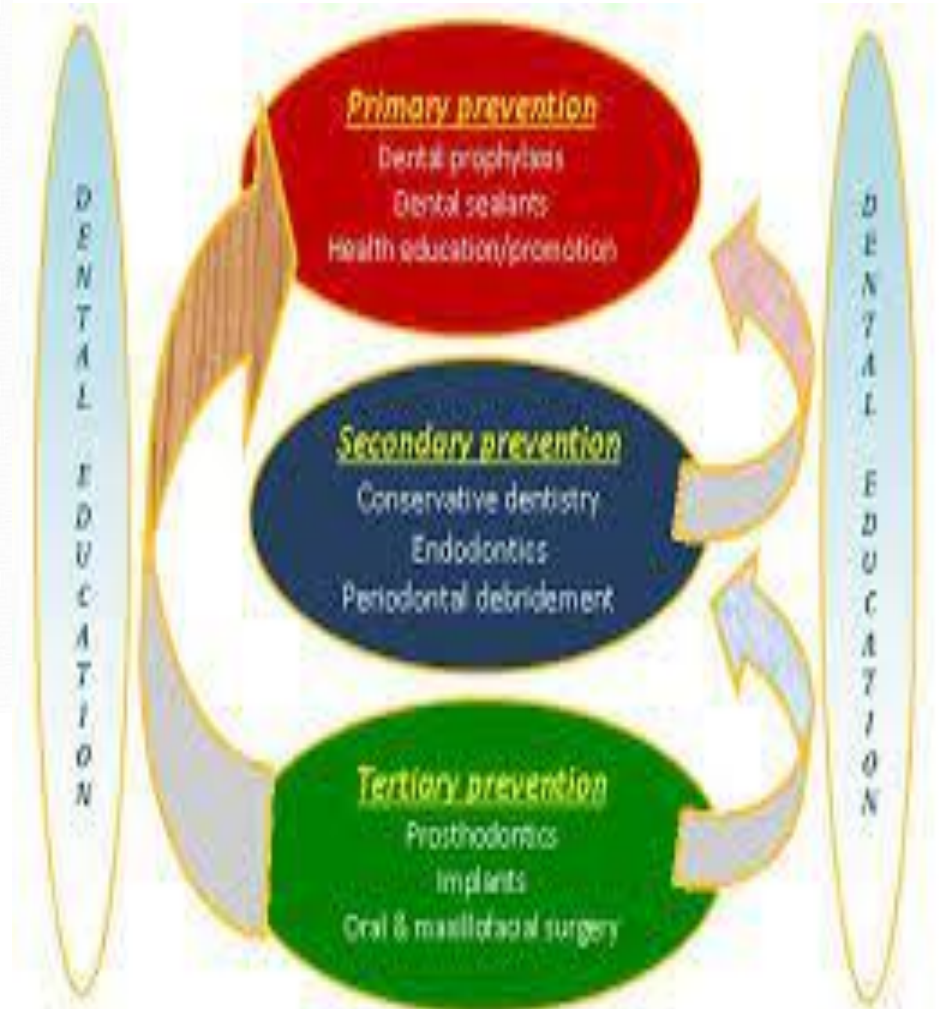
Definition of Prevention:

“Actions aimed at eliminating or minimizing the impact of disease and disability or if has already occurred then retarding its progression, is termed as **Prevention**”



Levels of Prevention:

- The concept of prevention is best defined in context of levels, traditionally called primary, secondary and tertiary prevention. A fourth level, called primordial prevention, was later added.
- Primordial prevention.
- Primary prevention.
- Secondary prevention.
- Tertiary prevention.



Primordial prevention:

“Prevention of emergence or development of **risk factors** in a population in which they have **yet not appeared.**”

- Mainly associated with chronic diseases
- Has to start in childhood when health risk behaviour begins

- **Example :**

Many adult health problems e.g. obesity, hypertension have their origins in childhood because this is the time when lifestyles are formed (for example smoking, eating patterns, physical exercise)

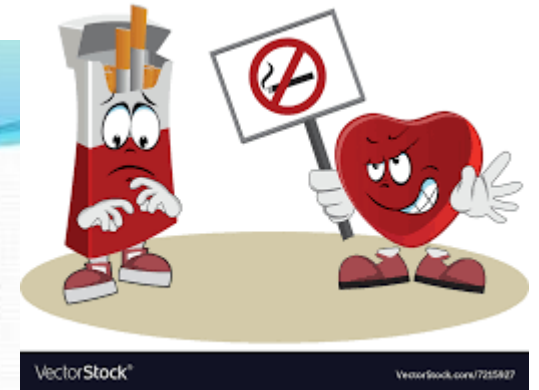


- **Intervention** – Individual and mass education

- National programmes and policies on:

- Food and nutrition
- Against smoking and drugs
- To promote regular physical activity

- **Who is responsible ?**



Primary Prevention:

“Action taken prior to the onset of disease, which removes the possibility that a disease will ever occur, is called primary prevention”

- Approaches for primary prevention (WHO):

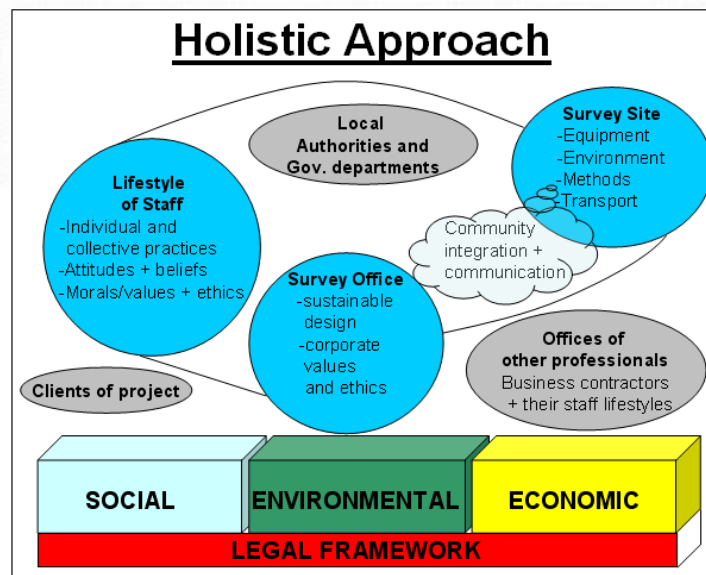
- A. **Population (mass) strategy:**

- Directed at whole population irrespective of individual risk levels
 - Involves socio-economic, behavioral and lifestyle changes

- B. **High risk strategy:**

- To individuals at special risk

- Holistic approach





- **Example:**
 - Controlling diseases like cholera, typhoid, dysentery, plague, tuberculosis, by raising standards of living
- **Modes of intervention:**
 - Health promotion
 - Specific protection



Health Promotion:

is a process of enabling people to increase control over and to improve health by

- Health education
 - Environmental modifications
 - Nutritional interventions
 - Lifestyle and behavioural changes
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- Not directed against any particular disease.

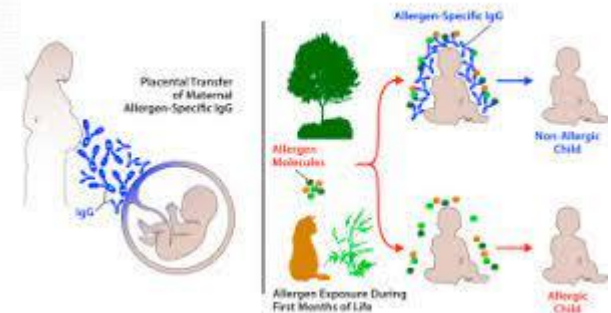


Specific Protection:

- Efforts directed toward protection against specific diseases by
 - Immunization
 - Use of specific nutrients
 - Chemoprophylaxis
 - Protection against occupational hazards, accidents and carcinogens
 - Avoidance of allergens etc.



Maternal allergen-specific IgG may protect the child against allergic sensitization



Secondary Prevention:

“Action which halts the progress of the disease at its incipient stage and prevents complications, is called secondary prevention”

- **Intervention:**
 - Early diagnosis (through screening tests, case finding programs)
 - Adequate treatment
- **Example:**

Treatment of Hyper tension or cancer in early stages reduces complications and mortality rates.



- Advantages:

- Prevent complications
- Reduces mortality

- Disadvantages:

- Patient already subjected to mental distress & physical pain
- More expensive than primary prevention

Tertiary Prevention:

“All measures available to reduce or limit impairments and disabilities, and to promote the patient’s adjustment to irremediable conditions, is called tertiary prevention”

- Disease is in late pathogenesis phase.
- Modes of intervention:
 - Disability inhibition
 - Rehabilitation

Disability inhibition:

- To prevent or halt the transition of disease process from impairment to handicap.

Disease → impairment → disability → handicap

- **Impairment:** any loss or abnormality of psychological, physiological or anatomic structure or function
- **Disability:** any restriction or lack of ability to perform an activity in the manner considered normal for a human being
- **Handicap:** disadvantage for a given individual, resulting from impairment or disability, that limits or prevents the fulfillment of a role that is normal for that individual



Disease - dental caries



Impairment - loss of tooth



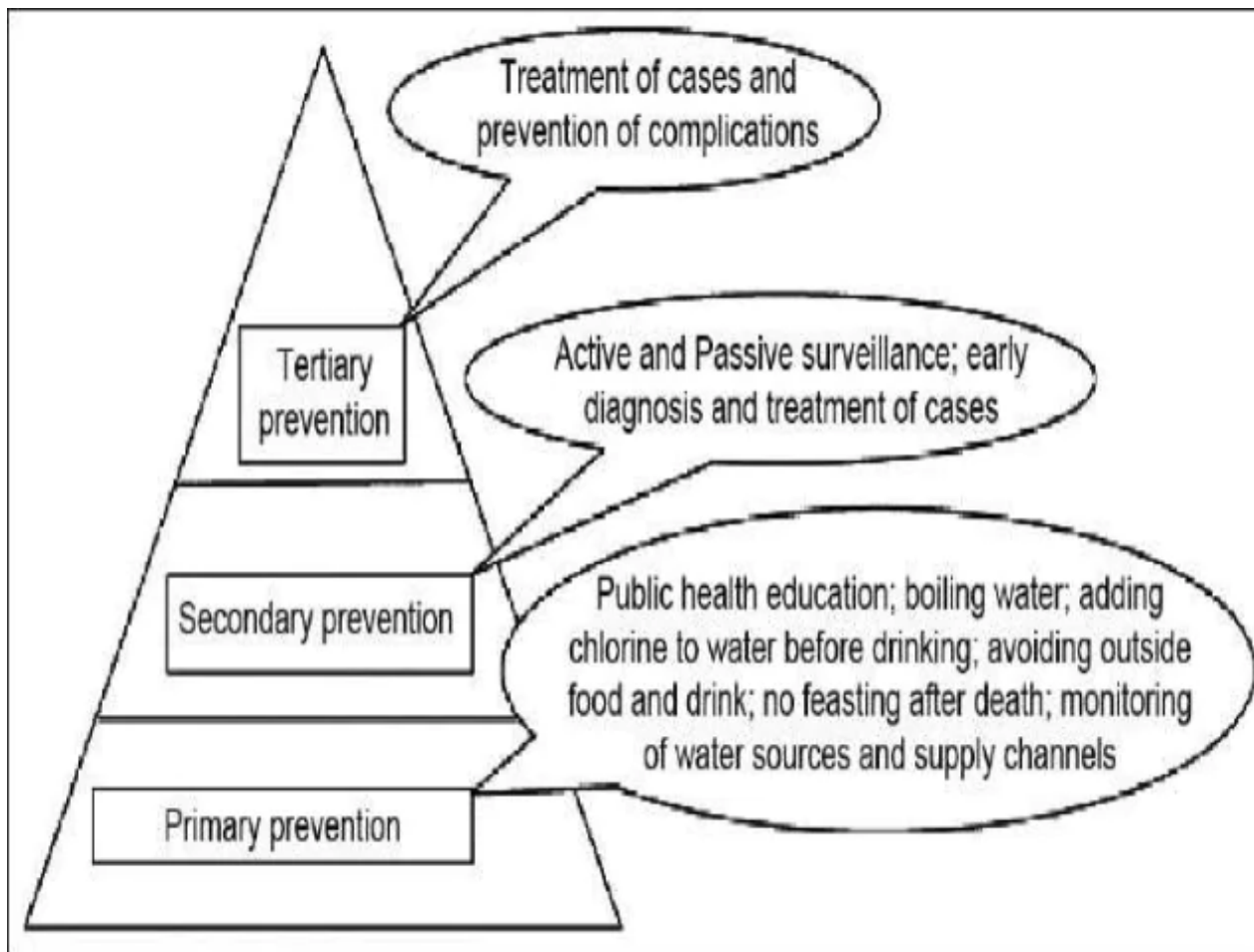
Disability - cant talk



Handicap - can't socialize

Rehabilitation

- “The combined and coordinated use of medical, educational, social and vocational measures for training and retraining the individual to the highest possible levels of functional ability ”
- Examples of rehabilitation:
 - Establishing schools for blind
 - Provision of aids for crippled
 - Exercises in neurological disorders
 - Prosthetic restoration of lost tooth
- Requires cooperation from different sections of society





Conclusion:

- *'Prevention is better than cure'*
- Prevention can be achieved in any stage of disease and
- in Primordial or primary prevention, it is most effective and economical.

THANK YOU

