International Scholars Journals

African Journal of Dentistry ISSN 2756-3421 Vol. 9 (3), pp. 002, September, 2021.
Available online at www.internationalscholarsjournals.com © International Scholars Journals

Editorial

Description of tooth decay

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Accepted 17 September 2021

EDITORIAL NOTE

The destruction of teeth caused by acids produced by bacteria is known as tooth decay, often known as dental caries or cavities. The cavities can be a variety of shades, ranging from yellow to black. Pain and eating difficulties are common symptoms. Inflammation of the gum tissue around the tooth, tooth loss, infection, or abscess formation is all possible complications. Cavities are caused by germs destroying the hard tissues of the teeth with acid. When bacteria break down food particles or sugar on the tooth surface, acid is generated. Because simple sugars in food are these bacteria's basic source of energy, a high-simple-sugar diet is a risk factor. Caries develops when mineral breakdown outnumbers mineral build up from sources like saliva. Diabetes mellitus, syndrome, and certain drugs are also risk factors. Antihistamines and antidepressants are examples of medicines that reduce saliva production. Dental caries is also linked to poverty, poor oral hygiene, and receding gums, exposing the teeth's roots. Dental caries can be avoided by brushing your teeth regularly, eating a low-sugar diet, and taking modest quantities of fluoride. It is recommended that you brush your teeth twice a day and floss between your teeth once a day. Fluoride can be obtained from a variety of sources, including water, salt, and toothpaste. Screening can help discover cancer sooner. Depending on the extent of the damage, several procedures can be employed to restore the tooth's function, or the tooth can be extracted entirely. There is no known way to regrow a large number of teeth. In the impoverished world, access to treatment is frequently limited.

A person suffering from caries may be completely unaware of their condition. The emergence of a chalky white spot on the tooth's surface, indicating an area of enamel demineralization, is the first indicator of a new carious lesion. A white spot lesion, also known as an incipient carious lesion or a "microcavity," is a type of carious lesion. The cavity gets more visible as the enamel and dentin are eroded. The tooth's afflicted parts change colour and become softer to the touch. Once the decay has penetrated the enamel, the dentinal tubules, which contain pathways to the tooth's nerve, become exposed, causing pain that can be temporary, intensifying with exposure to heat, cold, or sweet foods and beverages. The cavity gets more visible as the enamel and dentin are eroded. The tooth's afflicted parts change colour and become softer to the touch. Once the decay has penetrated the enamel, the dentinal tubules, which contain pathways to the tooth's nerve, become exposed, causing pain that can be temporary, intensifying with exposure to heat, cold, or sweet foods and beverages. A tooth surface, caries-causing bacteria, fermentable carbohydrates, and time are all necessary for caries to form. This involves food sticking to the teeth and the microorganisms that make up dental plaque producing acid. These four conditions, however, are not necessarily sufficient to produce disease, and a protected environment conducive to the formation of a cariogenic biofilm is necessary. Caries disease is not a foregone conclusion, and various individuals will be prone to varying degrees depending on the structure of their teeth, dental hygiene habits, and saliva buffering ability.

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