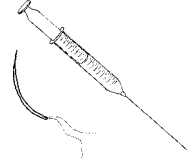


APPENDICES

Get Rid of Wastes Safely	205
The Dental Kit.	207
Medicines	208
Supplies	211
Instruments.	213
Records, Reports, and Surveys	218
Resources	221
Vocabulary	223
Index	228

Get Rid of Wastes Safely

Every time you examine a person's mouth, fill a cavity, or extract a tooth, you are left with some waste. For example, used cotton or gauze, disposable needles and syringes, plastic gloves, and other materials must be thrown away. But **do not put them in the trash**. These wastes carry germs and can spread infections to you and to people in the family and community. Wear gloves when you touch wastes, and get rid of them carefully.



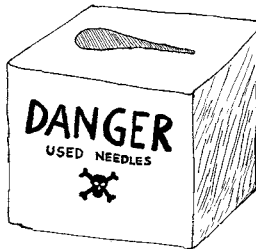
HOW TO DISPOSE OF SHARP WASTES

Sharp wastes must be put into a container so they will not injure anyone who finds them. A container made of metal or heavy plastic, with a lid or tape to close it, works well.

When the container is half full, add 5% bleach solution, then seal it closed and bury it deep in the ground.

Make a box to dispose of needles safely

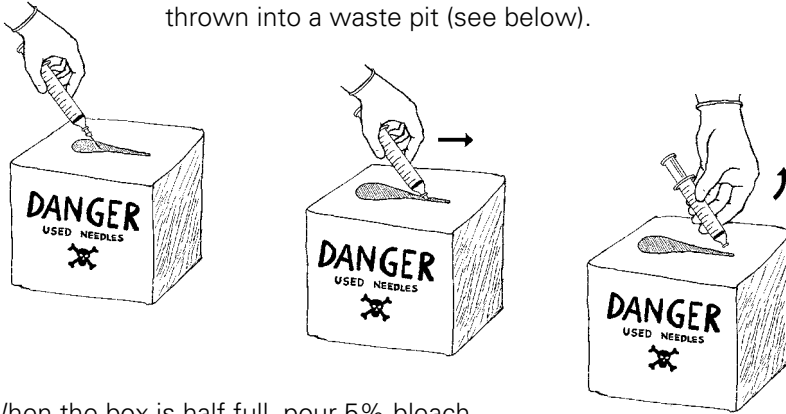
Find a metal or hard plastic box. Make a long hole in the lid of the box that is wide on one side and gets narrower on the other side.



(continued on next page)

When you have finished using a disposable syringe, put the needle into the box and slide it down to the narrowest point.

Then pull up on the syringe and the needle will fall off into the box. The plastic syringe can be sterilized and thrown into a waste pit (see below).



When the box is half full, pour 5% bleach solution into the box, seal it closed, and then bury it deep in the ground.

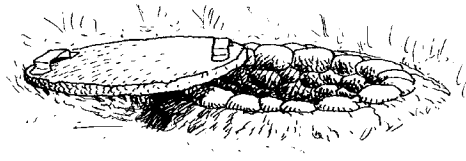
OTHER WASTES

Other wastes, like plastic gloves, syringe barrels, or cloth soaked in blood, should be sterilized and then buried deep in the ground. You can sterilize them by soaking them in bleach for 20 minutes.

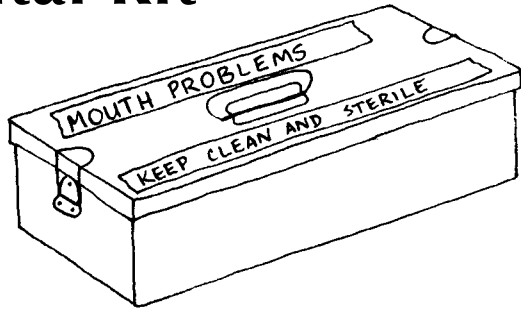
WARNING: Do not burn plastic gloves, syringes, or any other plastics. Burning plastic wastes is dangerous—when plastic burns, it makes smoke and ash that is very poisonous.

BURYING WASTES

Find a place away from where people get their drinking water and away from where children play. Dig a safe waste pit to bury wastes.



The Dental Kit



In the next 10 pages, there are lists of medicines, instruments, and other supplies recommended in this book. Keep them together in a kit. **You may want to change some of them, or add others to meet your own needs.**

As a dental worker, you will be able to get many of the items on the lists from your government medical stores. Some things you will have to buy yourself. That can be expensive, so we make several suggestions to help you save money.

Before you order, decide how many of each thing you need. Ask yourself: How many persons do I treat each day? For what problems? Then order enough medicines and supplies for three months.

Note: As more people learn about the treatment you can give, more will come to ask for your help. Remember this when you order. Remember, also, that some persons may need more than one treatment.

On pages 208 to 209 we give an example. We recommend how many medicines, supplies, and instruments you will need if you see 10 people a day—200 a month. You cannot be exact, of course, because you cannot predict exactly what problems will arise. However, we can say that, **on the average:**

In a group of 10 persons with urgent problems:

- 6 persons need you to take out 1 or more teeth (so you must inject)
- 2 persons need cement fillings
- 2 persons need medicine before you can treat them.

Many of these persons must return for another visit:

- 5 persons need you to scale their teeth and teach them how to care for them better
- 1 person will need a cement filling
- 2 persons will need treatment after taking medicine.

MEDICINES

Use ↓	Proper Name ↓	local name (write in here) ↓	Amount you need in 3 months ↓	Amount to keep in kit ↓	See Page ↓
For Pain	1. aspirin, 300 mg tablets	_____	2,000 tablets	100 tablets	94
	2. acetaminophen (paracetamol) 500 mg tablets	_____	500 tablets	10 tablets	94
For infections	1. penicillin, 250 mg tablets	_____	2,000 tablets	100 tablets	94
	2. erythromycin, 250 mg tablets	_____	500 tablets	40 tablets	94
	3. nystatin drops or gentian violet	_____	12 small bottles	2 small bottles	105

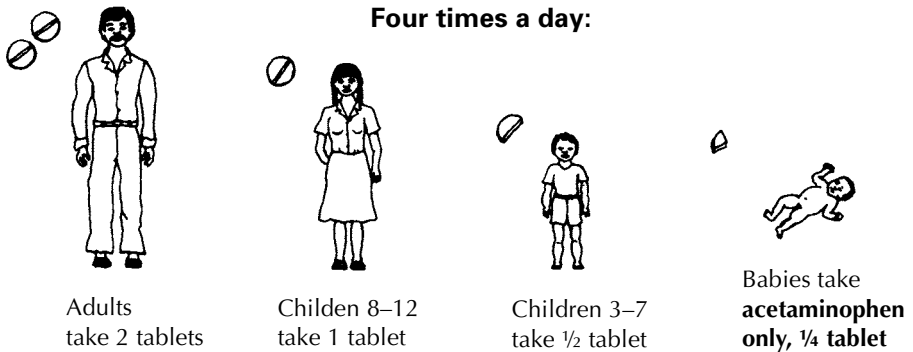
Another antibiotic, tetracycline, is not recommended for any of the treatments in this book because it is a broad-spectrum antibiotic. Narrow spectrum antibiotics (see 'antibiotics,' page 225) are usually safer and just as effective for most dental problems. If you do use tetracycline, read page 355 of *Where There Is No Doctor* and remember, **do not give tetracycline to a pregnant woman or to a young child.** Tetracycline can make young, developing teeth turn yellow.

SUGGESTIONS:

1. Compare prices before you buy medicines. Often the same medicine has many different names. The **generic name** (the name we use on this page) usually is cheapest, and the medicine is just as good as the 'brand-name medicines'. Use the generic name to order and buy, not the brand name.
2. Always look for a date on the package. It is called the expiration date (or expiry date). **If today is later than that date, do not buy or use that medicine.**
3. Be careful to give the correct dose. Read the next two pages carefully, as well as the 'Treatment' section of each problem in Chapter 7. If pages 209 and 210 are not clear to you, read Chapter 8 (pages 59 to 64) of *Where There Is No Doctor*.
4. For serious infections, see page 210.

THE CORRECT DOSE

Before you give medicine, think about the sick person's weight and age. The smaller children are, the less medicine they need. For example, pain medicine such as aspirin (300 mg tablets) or acetaminophen (500 mg tablets) can be broken up into smaller tablets:



Note: Do not hold aspirin on the bad tooth. Aspirin has acid that can hurt the tooth. Always swallow aspirin immediately. **For severe pain**, when aspirin does not help, an adult can take 30 mg of codeine 4 to 6 times a day, as needed.

ANTIBIOTICS: TO FIGHT INFECTION

Antibiotics kill bacteria that cause infections. Some antibiotics work better than others on certain bacteria. If you can, test the pus (page 220) to find which antibiotic works best.

Do not give penicillin to a person who is allergic to it. Ask about the person's allergies before you give penicillin pills or injections. When you inject penicillin, always keep epinephrine (*Adrenalin*) ready to inject if the person shows signs of allergic shock. Stay with the person for 30 minutes. If you see these signs...

- cool, moist, pale, gray skin (cold sweat)
- difficulty breathing
- weak, rapid pulse (heartbeat)
- loss of consciousness

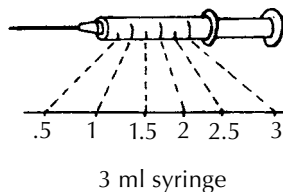
... immediately inject epinephrine: .5 ml for adults or .25 ml for children. If necessary, inject the same dose again after 20 or 30 minutes. For more information on allergic shock, see *Where There Is No Doctor*, pages 70 to 71.

Always give the full dose of penicillin or any antibiotic, even if the person feels better. See page 94 for the correct dose of penicillin or erythromycin. Erythromycin also comes in liquid form. It has 125 mg in 5 ml, so 10 ml of liquid (about 2 large teaspoons) is the same as one 250 mg tablet.

It is important to take a strong first dose of penicillin or erythromycin, and then smaller doses 4 times a day for 3 to 5 days after that. Carefully read the instructions on page 94.

INJECTIONS: FOR SEVERE INFECTIONS

It is always safer to take medicine by mouth. Sometimes, however, an infection is so bad that you need to give medicine by injection. **Learn how to give injections from an experienced health worker.** The injections described on this page are not like the anesthetic injections in Chapter 9 of this book—you must inject these medicines into a large muscle in the buttocks or arm. For more instructions on this kind of injection, see Chapter 9 (pages 65-74) of *Where There Is No Doctor*.



For severe infection: There are 2 kinds of penicillin to inject.

Procaine Penicillin



300,000 units
in 1 ml

You will usually use 'aqueous procaine penicillin'. Give only 1 injection per day.



Crystalline Penicillin



1,000,000 units
in 1 ml

For very severe infections, give 'crystalline penicillin' every 6 hours for the first day. It acts quickly and for a short time only.

INJECTABLE MEDICINES						
SUPPLIES			DOSE			
Proper Name	Amount you need in 3 months	Amount to keep in kit	Adult (over 40 kg)	Child 6-12 years old (22-39 kg)	Child 1-6 years old (10-22 kg)	
1. procaine penicillin, bottle with 300,000 Units per ml	200 bottles	4 bottles	4 ml 2 times/day	2 ml 2 times/day	1 ml 2 times/day	
2. crystalline penicillin, bottle with 1,000,000 Units per ml	50 bottles	1 bottle	3 ml 4 times/day	1.5 ml 4 times/day	1 ml 4 times/day	

SUPPLIES					
Use ▼	Proper Name ▼	Local name (write in here) ▼	Amount you need in 3 months ▼	Amount to keep in kit ▼	See Page ▼
To make dressings	1. clean cotton gauze	_____	8 packages of 100	20 pieces	225
	2. clean cotton rolls	_____	10 packages of 50	8 rolls	147
To fill cavities	3. oil of cloves (eugenol)	_____	50 ml	1 small bottle	146
	4. zinc oxide powder	_____	500 grams	1 small bottle	146
To treat sensitive teeth	5. flouride toothpaste	_____	1 tube	1 tube	211 (below)
To give injections of local anesthetic	6. lidocaine 2% 1.8 ml cartridge	_____	8 boxes of 100 cartridges	10 cartridges	136
	7. disposable needles, 27 gauge long	_____	8 boxes of 100 needles	10 needles	136
	8. lidocaine topical anesthetic	_____	5 small tubes	1 tube	141

FLUORIDE

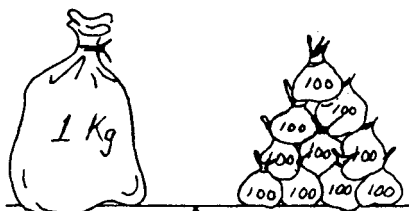
You can use a special solution of fluoride (if available) or any fluoride toothpaste, which is much cheaper and more common (see above, number 5), in 2 ways:

To treat a sensitive tooth: Put cotton rolls between the lip and gum on each side of the bad tooth. Dry the bad tooth with cotton and look for the small groove that is causing the pain. Cover the groove with a smear of fluoride toothpaste and tell the patient not to spit or rinse it out for several minutes. One week later, give the same treatment again, or have the patient do it himself.

To help prevent cavities, in children who do not clean their teeth with fluoride toothpaste, once a week have children bring their toothbrushes or toothsticks to school. Put some fluoride toothpaste on each child's brush or stick and have them brush and coat their teeth, leaving the paste in their mouths for at least one minute. Then they can spit it out. Do not eat or drink for 30 minutes.

On page 24, children are shown using a twice yearly application of a special paste, a 'topical fluoride gel'. This is good, but the weekly treatment with fluoride paste is even better for the teeth.

Weight (how heavy something is)



1 kilogram (kg) = 10 x 100 grams (g)

1 kilogram = 1000 grams

1 gram = 1000 mg

Volume (how full something is)



1 liter 1 cup 1 teaspoon

1000 ml = 1 liter

236.5 ml = 1 cup

5 ml = 1 teaspoon

1 ml = 1 cubic centimeter (cc)

Use	Proper Name	local name (write in here)	Amount you need in 3 months	Amount to keep in kit	See Page
To make rinses	1. salt	_____	2 kilograms	100 grams	7
	2. hydrogen peroxide	_____	3 liters	500 ml	8
To keep instruments clean	1. 95% alcohol disinfectant solution	_____	18 liters	1.5 liters	89
	2. bleach for disinfectant solution	_____	2.5 liters	125 ml (½ cup)	89
To keep instruments sharp	Arkansas sharpening stone	_____	1 stone	1 stone	134
For examining	wooden tongue depressors	_____	8 boxes of 50 per box	10	75

SUGGESTIONS:

If you order your supplies in bulk long before you need them, you probably will pay lower prices. If you have a place to store supplies that is clean, dry, and free from cockroaches and rats, consider ordering enough for one year instead of only 3 months.

INSTRUMENTS

When you are treating several people on the same day, you will need to clean some instruments (see pages 86 to 89) at the same time that you are using others. Therefore, it is necessary to have several of each kind of instrument, to be sure that the instrument you need will be ready (clean or sterile) when you need it.

There are 3 instruments you will need for each person who comes to you, no matter which treatment is needed. They are: a mirror, probe, and cotton pliers. Keep them together. Below we recommend that you have 15 of each of these, so you can keep one in each treatment kit. **You do not need to buy all of these instruments.** You can make several of them—see pages 214–216. If you like, buy only one example of each of the instruments below, and use them as models to copy when you make your own extra instruments.*

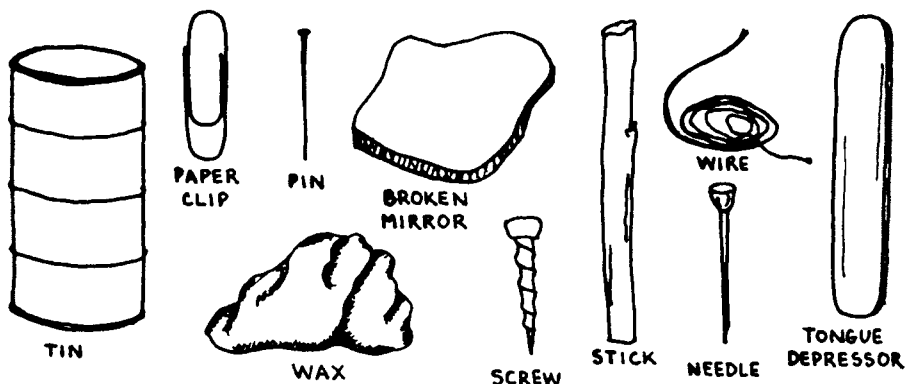
Use ↓	Proper Name ↓	Local name (write in here) ↓	Number to buy or make ↓	See Page ↓
To examine or to give any treatment	1. dental mouth mirror	_____	15	75
	2. explorer	_____	15	75
	3. cotton pliers	_____	15	128
To inject	Aspirating dental syringe to use with 1.8 ml cartridges	_____	3	135
To scale teeth	1. Ivory C-1 scaler	_____	1	128
	2. Gracey 11–12 curette	_____	1	128
To place cement fillings	1. spoon excavator	_____	1	145
	2. filling instrument	_____	1	145
	3. cement spatula	_____	1	145
To remove teeth	1. spoon excavator	_____	3	161
	2. straight elevator (No. 34)	_____	3	161
	3. upper universal forcep (No.150)	_____	3	161
	4. lower universal forcep (No.156)	_____	3	161

Note: See pages 161–162 for recommendations of other elevators and forceps that are good to have if you can afford them.

*If you want the help of a charitable organization in buying instruments, see page 217.

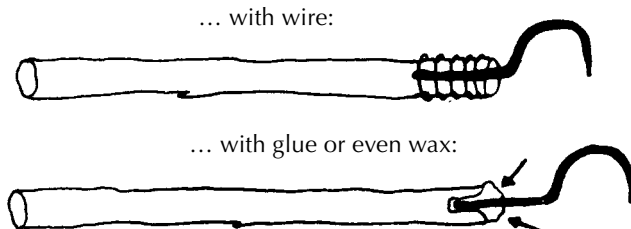
MAKING YOUR OWN DENTAL INSTRUMENTS*

Here are a few ideas for making instruments at low cost. Try to use materials that are available where you live.

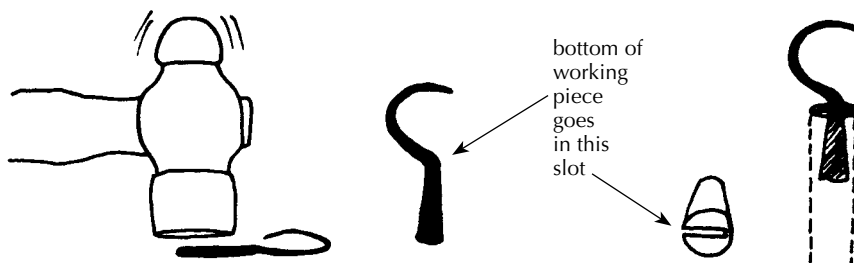


Can you think of any other materials you can use?

Each instrument has two parts: a **handle** and a **working piece** at the end. Join them together:



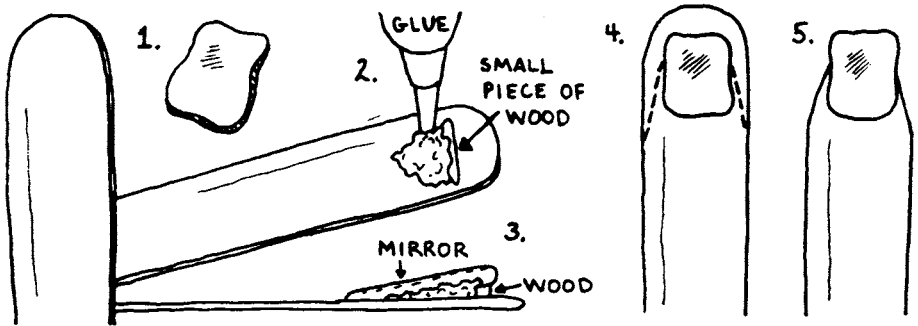
If you make the end flat, it can prevent the working piece from turning. Pound the working piece with a hammer and make a flat slot in the handle so the working piece cannot turn.



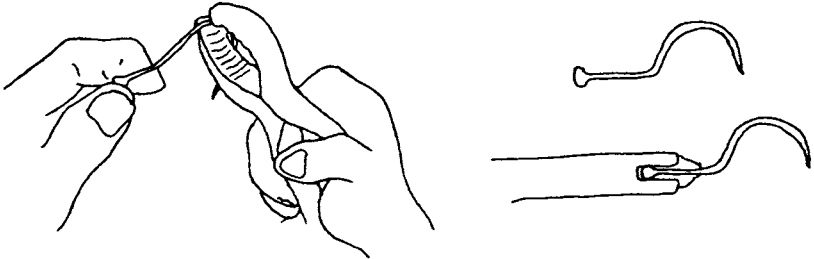
*I am grateful to Aaron Yaschine for the ideas in this section.

MAKING THE THREE INSTRUMENTS YOU USE MOST

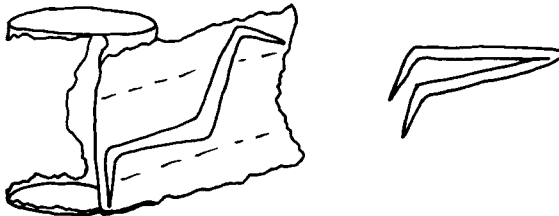
Mirror: Use old pieces of mirror or a shiny piece of tin. You even can use a polished silver coin. A tongue depressor is the handle.



Probe: Use the end of a paper clip, pin or needle for the working piece. Rub it against a smooth stone to sharpen it. Bend it so it can reach around to the back of a tooth. Attach the working piece to a smooth stick handle (p. 214).

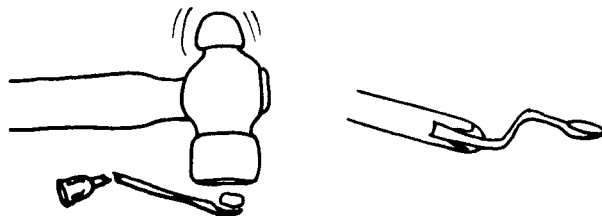


Tweezers: Draw the shape on a piece of tin and then cut it out with strong scissors. Use a file or a smooth stone to make the edges smooth. Bend in half to make the tweezers.

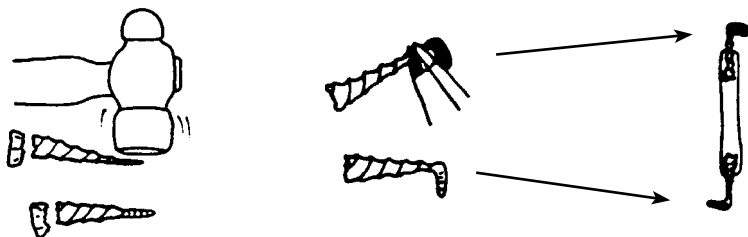


MAKING OTHER INSTRUMENTS AND SUPPLIES

Spoon: Bend a paper clip or needle. Flatten the end. Then pound a small stone against the end, to make it hollow. Make 2 bends and attach to a stick handle.

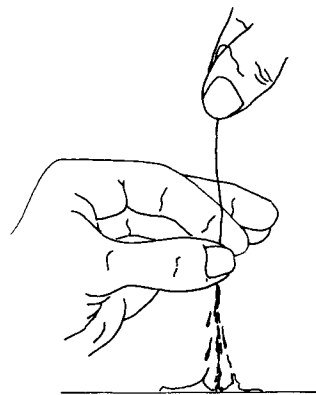


Filling Tool: Remove the heads from 2 long screws. With a file and hammer, make the end of one screw flat and the end of the other screw round. Bend each end in the direction of the edge (not the face) of the flat side. Attach both working pieces to a small stick handle.



Dental Floss: When using string to clean between your teeth (pages 71–72), you may have trouble getting this string down in between your teeth. Sometimes, also, the string gets caught there, forming a kind of 'bird's nest'. Three things can cause problems with dental floss:

- 1. An incorrectly made filling**—flat and rough instead of round and smooth. Replace the filling.
- 2. Teeth too tight together.** Use the floss on a tooth. Then pull the string out from between the teeth as you press the free end down against the gum with the fingers of your other hand. If there is a sharp filling on a tooth, the string will pass under the filling as it comes free.
- 3. String that is too thick.** Make thinner but stronger floss by waxing as in this picture. The wax also will make the floss easier to slide between your teeth.



- (1)** Soak thin string in hot wax.
- (2)** To remove the extra wax, pull the string between your fingers.

BUYING DENTAL SUPPLIES

When you do not have much money, you must spend wisely. Dental instruments are very expensive, especially when you buy them at commercial prices. Ask other health workers in your area where you can get instruments at lower prices. You can also try contacting the national dental association in your country. If you do not know how to locate your national dental association, contact the World Dental Federation:

FDI – World Dental Federation

Tour de Cointrin, Avenue Louis Casaï 51
Case Postale 3
1216 Geneve-Cointrin
SWITZERLAND
tel: 41-22-560-81-50
fax: 41-22-560-81-40
website: www.fdiworldental.org

There are many organizations that donate health supplies—including dental instruments—or that distribute them at low cost. Some of these organizations prefer to help church-sponsored health projects, but others will provide instruments to anyone who needs them.

Durbin PLC, a company in England, may sell the instruments mentioned in this book at lower than commercial prices. For more information, contact:

Durbin PLC

180 Northolt Road
South Harrow, Middlesex HA2 0LT
UK
tel: 44-20-8660-2220
fax: 44-20-8668-0751
website: www.durbin.co.uk
e-mail: cataloguesales@durbin.co.uk

Other organizations that may be able to help:

World Dental Relief

PO Box 747
Broken Arrow, OK 74013-0747
USA
tel: 1-918-251-2612
fax: 1-918-251-6326
website: www.worlddentalrelief.com
e-mail: dentalreliefinc@aol.com

Project HOPE

255 Carter Hall Lane
P.O. Box 250
Millwood, VA 22646 USA
tel: 1-540-837-2100
website: www.projecthope.org
e-mail: HOPE@projecthope.org

Direct Relief International

27 S. La Patera Lane
Goleta, CA 93117 USA
tel: 1-805-964-4767
fax: 1-805-681-4838
website: www.directrelief.org
e-mail: info@directrelief.org

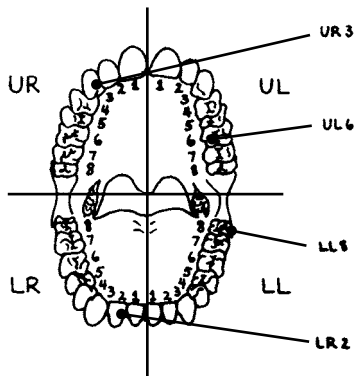
MAP International

4700 Glynco Parkway
Brunswick, GA 31525-6800
USA
tel: 1-800-225-8550
website: www.map.org
e-mail: map@map.org

Dentaid

Giles Lane, Landford,
Salisbury, Wiltshire SP5 2BG
UK
tel: 44-1794-324249
fax: 44-1794-323871
website: www.dentaid.org
e-mail: info@dentaid.org

Records, Reports, and Surveys



For record keeping, you can divide the mouth into 4 parts:

- Upper Right (UR)
- Upper Left (UL)
- Lower Left (LL)
- Lower Right (LR)

In each part there are 8 teeth (fewer in children—see page 43).

Here are the short names of 4 teeth. Can you find the tooth named LL5?

You can call each tooth by its short name, for example, UR3.

Keep a record of each person you see. Write some brief information about the person and the problem. This way, if the person returns, you remember what you did to help.



Date	Name	Diagnosis	Treatment	Instructions
6 June 83	1. Edafi	Abscess	Removed	Bite on cotton
	2. Toni (5 years)			

When a person needs to come more than once to take care of a problem, it is better to keep a special record for that person. With all the treatments on one page, you can follow that person's progress more easily. Below is an example for a person named Yupere. Yupere has a bad tooth that has hurt from time to time for 2 months. One day when he woke up, his face was swollen. Yupere decided to wait a day to see if the swelling would go away. The next day it was worse, so he went to the medical post for treatment.



NAME <u>Yupere Epp</u>				
DATE	DIAGNOSIS	TREATMENT	INSTRUCTIONS	
6 June 83	Abscess UL4 with swollen face	1. Penicillin 4 tabs immediately, then 1 tab 4x1 day for 3 days 2. Aspirin, 1 tab 4x1 day for 2 days	1. Heat inside mouth and on face	2. Drink lots of liquids 3. Return on 3rd day
10 June 83	Abscess UL4	Removed	UL4	usual

Reports

You need to write a report whenever you send a person for medical help. Give as much information as possible so that your treatment can continue and new treatment starts as quickly as possible. If you cannot go along, **always send a report with a sick person.**

The story of Niame: After drinking for several hours, Niame's husband returned home asking for money. She had none and told him so. He did not believe Niame, so he beat her with his hands and then a knife. Niame's friends carried her, unconscious and bleeding, to the aid post. The front part of her lower jaw was hanging out of position.

URGENT! <u>Pato, Niame</u>			
Date	DIAGNOSIS	TREATMENT	INSTRUCTIONS
3/12/81	Cuts to face, broken jaw	1. sutured cuts on face 2 Tetanus Toxoid 0.5 ml 3. Proc. Pen. 1,200,000 units 4. Aspirin 5 head bandage	sent to Immanuel Hosp. for at 11:30 PM
			Yalis Aid Post
			December 31, 1981
			Time: 11:30 P.M.
Patient: Niame Pato, 25 years			
Diagnosis: Cuts and a broken jaw			
This lady was beaten by her husband tonight. I saw her at 10:30 P.M and treated her by:			
1. suturing the cuts on her face.			
2. giving tetanus toxoid 0.5 mls.			
3. giving Procaine Penicillin 1,200,000 units			
4. giving aspirin 2 tablets			
5. making a head bandage to support her jaw.			
Please treat her broken jaw. Later I can help her at home with a special diet.			
Sincerely,			
Nisa Stephen			
Aid Post Orderly			

Resources

TEACHING MATERIALS

Oral Health Manual

This manual is designed for clinical workers who want to learn about oral health care in areas with limited resources and no dentist. Written in 'plain English' with clear layout and high quality images, it includes clear advice on how to set up and manage an oral health clinic, examine the mouth and diagnose common problems, perform injections in the mouth, and perform cleaning and simple extractions. Available in English, French and Spanish.

Free download from the web here:
www.teethrelief.org.uk/teaching-material/

Order in print or CD-ROM from:
Sunnymede Trust – Teeth Relief
1 Laneway, Putney
London SW15 5HX, UK
email: info@teethrelief.org.uk
website: www.teethrelief.org.uk/teaching-material/

Or from:

TALC

Units 25/26
Thrales End Business Centre
Thrales End Lane, Harpenden
Hertfordshire AL5 3NS, UK
tel: 44-1582-380883
e-mail: info@talcuk.org
website: www.talcuk.org

Common Oral Conditions Video

Free to view or download from the web here:
<http://www.teethrelief.org.uk/common-oral-conditions/>

Guide for Safety and Infection Control for Oral Healthcare Missions

This is a practical guide to providing safe dental care in low-resource settings. Available from:

OSAP — Organization for Safety & Asepsis Procedures

A Global Dental Safety Organization
P.O. Box 6297
Annapolis, MD 21401, USA
tel: 1-800-298-6727; 1-410-571-0003
fax: 1-410-571-0028
e-mail: office@osap.org
website: www.osap.org

A Teacher Resource to Support Dental Health Education, an illustrated manual for teachers of Kindergarten through Grade 5. Includes lesson plans and activities.

Free download from the web here:
<http://www.sdta.ca/mrws/filedriver/dental-health-teacher-resource.pdf>

More information from:

Saskatchewan Dental Therapists Association

P.O. Box 360
2364 Proton Avenue
Gull Lake, SK S0N 1A0
CANADA
tel: 1-306-672-3699
fax: 1-306-672-3619
e-mail: sdta@sasktel.net

OTHER ORAL HEALTH RESOURCES

FDI World Dental Federation

Tour de Cointrin, Avenue Louis Casai 51
Case Postale 3
1216 Geneve-Cointrin
SWITZERLAND
tel: 41-22-560-81-50
fax: 41-22-560-81-40
e-mail: info@fdiworldental.org
website: www.fdiworldental.org

World Health Organization (WHO) Oral Health Programme

Avenue Appia 20
1211 Geneva 27
SWITZERLAND
tel: 41-22-791-4426
fax: 41-22-791-4832
website: www.who.int/oral_health

WHO has a Focal Point for Oral Health in each of its regional offices around the world. This web page gives contact information for each regional office, as well as other resources:

www.who.int/oral_health/partners/en/

Regional Centre for Oral Health Research & Training Initiatives for Africa

No 3c CBN Road
PMB 2067
Jos, Plateau State
NIGERIA
tel: 234-73-462-901
fax: 234-73-462-901
website: www.rcortiafro.org/

RCORTI works in collaboration with the WHO to conduct research, training and demonstration activities relating to oral and facial health problems, with emphasis on Noma (cancrum oris), oral cancers, oral manifestations of HIV/AIDS, dental caries, periodontal diseases, dental fluorosis and cranio-facial anomalies. The Centre organizes regular training programmes and workshops throughout Africa for all dental practitioners.

International No-Noma Federation

c/o Winds of Hope Foundation
20 Avenue de Florimont
CH 1006 Lausanne
SWITZERLAND
tel: 41-21-320-77-22
fax: 41-21-320-77-00
e-mail: info@nonoma.org
website: www.nonoma.org

VOCABULARY

This vocabulary is listed in the order of the alphabet:
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Most names of sicknesses are not in this vocabulary. Find the name of a sickness in the Index and read about it in the book.

There are many words in this vocabulary that are not in the rest of the book, but you may see them in other books or hear dentists use them.

A

Abscess A sac of pus caused by an infection. For example, a boil.

Acid A strong liquid that is produced from certain foods left in the mouth. Acid causes both tooth decay and gum disease.

Acute Sudden and short-lived. An acute illness is one that starts suddenly and lasts a short time. The opposite of 'chronic'.

Adrenaline Also called **epinephrine**. A drug which stimulates the heart, used for severe allergic shock.

Adult teeth See **Permanent teeth**.

Allergy A bad reaction after breathing in, eating, touching, or being injected with something. The reaction may be itching, sneezing, or difficult breathing.

Analgesic Medicine to calm pain. Aspirin, acetaminophen (paracetamol), and codeine are all analgesics.

Amalgam A special metal used in permanent fillings.

Anemia A disease in which the blood gets thin. Signs include tiredness, pale skin, and lack of energy.

Anesthetic A drug that causes the mouth or other part of the body to feel numb.

Antibiotic Medicine that fights infections caused by bacteria. A **broad-spectrum** antibiotic such as tetracycline kills many kinds of bacteria, while a **narrow-spectrum** antibiotic like penicillin kills only a few kinds of bacteria.

Appropriate Something that is the easiest, safest, and most likely to work in a particular situation or condition.

Arkansas stone A special stone used to sharpen dental instruments.

Aspirate To breathe. An 'aspirating syringe' is one that can 'breathe', or allow liquid to go both in and out of the needle tip.

B

Baby teeth The first set of teeth. There are 20 baby teeth, which are also called milk teeth or primary teeth.

Bacteria Tiny germs that you can only see with a microscope and that cause many different infectious diseases.

Beeswax Wax made by honey bees.

Bicuspids The teeth between the canine teeth and the molars; premolars.

Bite (1) To cut with the teeth. (2) The way the upper and lower teeth fit together when they close.

Blood pressure The force, or pressure, of the blood flowing through the blood vessels (veins and arteries).

Blood vessels Tubes that carry blood through the body. Veins and arteries.

Boil (1) To heat water until it bubbles. (2) A swollen, inflamed lump with a pocket of pus under the skin. A kind of abscess.

Brand name Trade name, the name a company gives to its product. A brand-name medicine is sold under a special name and is often more expensive than the same generic medicine.

Bridge False teeth that are glued onto several nearby healthy teeth.

Buccal Of the cheek. The buccal face of a tooth is the side facing the cheek.

Bulk Large quantity or amount.

C

Calcium A nutritional element which makes teeth strong and hard.

Calculus Tartar.

Calories Units of heat found in food, giving energy for the body to use.

Cancer A tumor or lump that grows and may keep growing until it causes death.

Canine teeth Also called cuspids, dog teeth, and eye teeth. These teeth have the longest roots of any tooth.

Carbohydrates Starches and sugars—foods that give energy. In this book they are called GO foods.

Caries Cavities; tooth decay.

Cavity A hole in a tooth where bacteria have entered.

Cement filling A temporary filling, which may protect a tooth for up to 6 months. Also see Filling.

Cementum The outer covering of the tooth's root.

Chronic Long-term or frequently recurring (compare with 'acute'). A chronic disease is one that lasts for a long time.

Colony Germs grouped together in one place.

Contagious disease A sickness that can be spread easily from one person to another.

Contraindication A situation or condition when a particular medicine should not be taken, or a certain treatment not given. For example, many medicines are contraindicated during pregnancy.

Crown The top 1/3 of the tooth, the part that is protected with hard enamel.

Curette A scaling instrument.

Cuspids Canine teeth.

Cyst An abnormal, sac-like growth in the body which is often filled with water.

D

Decay See Tooth Decay.

Dentition A whole set of teeth.

Dental floss See Floss.

Dental worker A health worker who works for healthy teeth and gums.

Dentist A professional who has advanced formal education in care of teeth and gums.

Dentures False teeth.

Diagnosis A decision made by a health worker about what a person's illness is.

Diet The kinds and amounts of foods that a person should eat or avoid eating.

Dislocation A bone that has slipped out of place at a joint.

Distal The side of the tooth that faces the back of the mouth. The opposite side from the 'mesial' side.

Drill An instrument used to change the shape of a cavity before placing a filling.

Duct A tube that carries liquid. For example, ducts carry spit from the spit gland to the mouth.

E

Elevator An instrument used to loosen a tooth before you take it out.

Enamel The protective layer that covers the crown (top part) of a tooth. The enamel is the hardest part of the body.

Epulis A tumor of the gums, usually found between the teeth.

Eruption The moment when a new tooth cuts through the gums and becomes visible in the mouth.

Evaluation A study to find out the value of something, or to find out what has been accomplished. Evaluations often compare different conditions before and after a new activity begins.

Examination A careful look at something; an investigation.

Expiration date The month and year marked on a medicine that tells when it will no longer be good. Throw away most medicines after this date.

Explorer See **Probe**.

Extraction Taking out a tooth.

F

False tooth A 'tooth' made of plastic or other material, used to replace a tooth that has been taken out.

Fever A body temperature higher than normal.

Fiber A fine, threadlike piece. A **fibrous food** like coconut contains a lot of fiber.

Filling Material put into the cavity in a tooth to prevent further decay.

First aid Emergency care or treatment for someone who is sick or injured.

Floss Special string used to clean between the teeth.

Fluoride A chemical which strengthens the teeth. Painted on the teeth, as an ingredient in toothpaste, or added to water for drinking or rinsing, fluoride enters and hardens the enamel. It is especially good for children's teeth.

Forceps Instruments used to pull teeth.

Fracture A broken bone.

G

Gauze A material made of cotton, woven into an open mesh.

Generic name The scientific name of a medicine. Usually different from the brand names given it by the different companies that make it.

Germs Very small organisms that can grow in the body and cause some infectious diseases; bacteria.

Gram A metric unit of weight. There are about 28 grams in an ounce. A paper clip weighs about 1 gram.

Groove A long, narrow cut on the surface of back teeth. Grooves are ‘protected areas’ because food and germs can hide and remain in them longer.

Gum bubble Also called a **gum boil**. A small abscess on the gums.

Gum disease Illness that causes gums to become loose, red, and swollen, and to bleed when the teeth are cleaned.

Gum pocket The space between the tooth and the flap of gums around it, forming a small pocket.

Gums The skin around the teeth.

H

Hemorrhage Bleeding.

Hemostat A needle holder, used for putting in sutures.

Herb A plant, especially one valued for its medicinal or healing qualities.

History (Medical history) What you can learn through asking questions about a person’s sickness—how it began, when it gets better or worse, what seems to help, whether others in the village or family have it, etc.

Hydrogen peroxide A liquid used to clean wounds and kill certain bacteria.

Hypertension High blood pressure.

I

Immunizations (vaccinations) Medicines that give protection against specific diseases. For example, there are immunizations against diphtheria, tetanus, polio, tuberculosis, and measles.

Incisors The four front teeth on the top and bottom.

Infection A sickness caused by bacteria or other germs. Infections may affect part of the body only (such as a sinus infection) or all of it (such as measles).

Infectious disease A disease that is easily passed from one person to another; contagious disease.

Inflammation An area that is red, hot, and painful, often because it is infected.

Inject To give a medicine such as an immunization or anesthetic, using a syringe.

J

Joint The place where two bones meet. When this book talks about the ‘pain in the joint’, it means the joint (called the ‘temporomandibular joint’) where the cheek and jaw bones meet.

K

Kilogram (kg) One thousand grams. A ‘kilo’ weighs a little more than 2 pounds.

L

Labial Of the lips. The labial side of a tooth is the face of the tooth nearest the lips.

Ligature wire A thin, strong wire that bends easily, used to attach a loose tooth to a strong tooth.

Lingual Of the tongue. The lingual side of a tooth is the face of the tooth nearest the tongue.

M

Malnutrition Health problems caused by not eating enough of the foods that the body needs.

Mandible The lower jaw bone.

Maxilla The upper jaw bone.

Mesial The side of the tooth that faces the front of the mouth; the opposite of ‘distal’.

Milligram (mg) One thousandth of a gram.

Molar The back teeth, used for grinding. Molars are the largest teeth in the mouth, with 2 or even 3 roots each.

N

Nerves Thin threads or strings that run from the brain to every part of the body and carry messages for feeling, pain or movement. There is a nerve, along with a blood vessel, in every root of every tooth.

Numb Without feeling; anesthetized. When teeth and the gums around them are numb, they cannot feel pain.

Nutrition The mixture of foods the body needs to grow, be healthy, and fight off disease.

O

Occlusal The biting surface, or top, of the tooth.

Oral Of the mouth. An oral medicine is one taken by mouth.

Organisms Living things (animals or plants).

P

Palate The roof or top part of the mouth.

Permanent filling A filling using a special metal or ceramic material which lasts for years.

Permanent teeth The 32 adult teeth which grow into the mouth to replace the baby teeth.

Petroleum jelly (petrolatum, Vaseline) A grease-like jelly used in preparing skin ointments.

Plaque A film or coating of germs that can form on the teeth, mix with food and make acid. You cannot see plaque unless you stain it.

Plate A set of false teeth.

Premolars The teeth between the molars and the canine teeth; bicuspids.

Prenatal Before birth.

Prevention Action taken to stop sickness before it starts.

Probe An instrument for examining teeth for tartar or other problems.

Protective foods Foods that are rich in vitamins and minerals. They help build healthy bodies and make people more able to resist or fight diseases. In this book they are called GLOW foods.

Proteins Body-building foods necessary for proper growth and strength. In this book they are called GROW foods.

Pus A yellow-white liquid found inside infections.

R

Records, reports Written information about sick persons and the treatment they receive. Records are for the personal use of the health worker, reports are written by one health worker to another to describe an illness and ask for further treatment.

Resistance The ability of something to defend itself against something that would normally harm or kill it. Many bacteria become resistant to the effects of certain antibiotics.

Rinse To hold a liquid in the mouth, moving around inside the mouth.

Risk The possibility of injury, loss, or harm. Danger.

Root The lower part of the tooth, under the gum, connected to the bone.

Root canal The hollow part of every root of a tooth, which has a blood vessel and a nerve inside.

Root canal treatment A special operation on a dead tooth to remove material from the root canal and replace it with filling material.

Root fibers Tiny fibers which hold the root of the tooth to the jaw bone.

S

Saliva Spit. Saliva helps us to swallow our food.

Scab The crust of dry blood that forms over a wound.

Scale To scrape the tartar off the teeth. A **scaler** is an instrument for scaling.

Scientific method A way of learning something. It begins with information, then an idea, and then the idea is tested against the information available.

Side effects Problems caused by using a medicine.

Signs The things or conditions to look for when you examine a sick person, to find out what sickness the person has. In this book the symptoms (the problems a person feels) are included with signs.

Sinus A hollow place inside the bone.

Socket The wound left after you take out a tooth.

Soft drinks Fizzy, carbonated drinks like Coca-Cola.

Spatula An instrument used for mixing cement for fillings.

Starches Energy foods like maize, rice, wheat, cassava, potatoes, and squash.

Sterile Completely clean and free from living micro-organisms. Things usually are not sterile until you boil them or steam them.

Sterilize To make things sterile by boiling or steaming for 30 minutes.

Sugars Sweet foods like honey, sugar, or fruit that give energy but often cause tooth and gum problems.

Survey A collection of facts about a small group of persons or things in the community. If the small group is not unusual, the survey results will describe the whole community.

Suture A stitch made with needle and thread to sew up an opening or wound.

Swelling An area of the skin that is abnormally large, puffed up. A swollen area is one that has swelling.

Symptoms The feelings or conditions that sick persons report about their sickness. In this book, symptoms are included with signs.

Syringe An instrument with a small sharp needle, for giving injections.

T

Tablespoon A measuring spoon that holds 3 teaspoons or 15 ml.

Tartar A hard, rocky coating on the tooth near the gums, also called calculus or toothstone. Tartar forms when old plaque mixes with calcium in the spit.

Teaspoon A measuring spoon that holds 5 ml. Three teaspoons equal one tablespoon.

Teething The action of new teeth cutting through the gums. Also see **Eruption**.

Temperature The degree of heat of something, such as the air or a person's body.

Temporary filling A filling meant only to last until a permanent filling can be placed.

T.M.J. The temporomandibular joint. See **Joint**.

Tooth abscess See **Abscess**.

Tooth decay Damage to the tooth caused by acid; cavities.

Toothache Pain in a tooth.

Toothpaste A paste for cleaning teeth.

Tongue depressor A tongue blade; a piece of wood used to keep the tongue out of the way when examining or treating the teeth.

Top of the tooth The part of the tooth that bites on food. For both upper and lower teeth, the biting surface is the 'top' and the root is at the 'bottom'.

Topical On top of the skin. A topical medicine is put on the skin.

Traditions Practices, beliefs, or customs handed down from one generation to another by example or word of mouth.

Treatment Care given by a health worker to fight an illness, attend to an injury, or prevent a new problem.

Tropical Having to do with the tropics—the hot regions of the world.

Tumor An abnormal mass of tissue without inflammation. Some tumors are due to cancer.

Tweezer Small metal instrument for picking up cotton or small objects. Some persons use the word **forceps** for tweezers, but in this book, forceps are instruments for taking out a tooth.

U

Ulcer A break in the skin or mucus membrane; a chronic open sore that can appear on the skin, gums, or gut.

V

Vaccinations See **Immunizations**.

Vaseline See **Petroleum jelly**.

Vessels See **Blood vessels**.

Virus Germs smaller than bacteria, which cause some infectious diseases, like measles or the common cold.

Vitamins Ingredients in fruits and vegetables that our bodies need to work properly.

Volume The amount of space a thing occupies. We measure volume in liters, ml, gallons, etc.

W

Weight The heaviness or lightness of a thing. We measure weight in kilograms, mg, pounds, etc.

Wisdom teeth The 3rd molars, which grow into the mouth when a person is 16-22 years old.

X

X-ray A special photograph that allows you to see bone, roots of teeth, etc., under the skin.

INDEX

A

Abscess, 93, 225

- and gum bubble, 74
- begins with a cavity, 6, 47
- diagnosis and treatment, 93
- flip chart presentation, 30-31
- treat at once before infection reaches the bone, 6
- treat pregnant women, now, 15-16

Acetaminophen (paracetamol)

- dental kit supply, 208
- dose for pain, 94-95

Acid

- causes tooth decay and gum disease, 7, 50, 225
- some sugars make acid more easily, 55

Adrenaline (epinephrine), 136, 137, 209

AIDS, Chapter 12, 175

- (See HIV)

Alcohol, for disinfecting without heat, 89

Allergies to medicines

- and extractions, 159-160
- penicillin warning, 209

Amoxicillin, 94, 188, 190, 193

Ampicillin, 94, 105

Anemia, 16, 105, 123, 225

Anesthetics, local, 135-142

- dental kit supply, 211

Antibiotics, 94, 225

- dental kit supply, 208, 210
- doses for tooth abscesses and other problems, 94
- injections, 209-210
- precautions, 209
- sulfadimidine, 123
- warning on tetracycline, 63

Anti-retrovirals (ARVs), 177, 194

Arkansas stone, 128

Aspirating syringe, 136, 213, 225

Aspirin, 94

- correct dose for pain, 94-95, 209
- dental kit supply, 208
- do not hold against teeth, 209

Atraumatic Restorative Treatment, 92, 144, 152-155

B

Baby teeth, 62-65

- ages when baby teeth come in, 43, 64
- begin forming before birth, 62

- do not cause diarrhea and fever, 65
- how baby teeth grow and stay strong, 63
- knocked out: diagnosis and treatment, 97
- loose, 54
- make space in mouth for permanent teeth, 64
- marks on baby teeth, 62
- why baby teeth are important, 64

Bacteria (See Germs)

Bandage, head, for a broken jaw, 110

Berry juice

- used to show coating of germs on teeth, 53

Bicycle-powered dental drill, 156

Bleeding

- and extractions, 77, 159-160
- from socket: diagnosis and treatment, 118
- how to place a suture, 167-168
- in the mouth: possible causes (chart), 116

Bleach, for disinfecting without heat, 89

Blood

- boil any instrument that has touched blood, 87
- (Also see Bleeding)

Blood pressure, 77, 118

Blood vessel, 46

Bone

- bone chips inside tooth socket, 172
- broken: diagnosis and treatment, 108-112
- damage from gum disease, 42
- three main bones in the face, 108

Bones of animals, 41

Books on dental care, 221-223

Bottle feeding, 3, 63

Breast feeding, good for teeth, 3

Broken bone, 108-112

Broken root, 171

Broken tooth, 96

Brushing teeth (See Cleaning teeth)

Brushstick (homemade toothbrush), 4

Bubble (See Gum bubble)

C

Cancer, 125, 226

- can begin with white lines inside mouth, 105
- diagnosis, 125
- Kaposi's Sarcoma, 194
- look for a sore that does not heal, 106

Candy, 9

- (Also see Sweet foods)

Cancrum oris (noma)

- diagnosis and treatment, 121-124, 191

Canker sores, diagnosis and treatment, 106

Cartridges of injectable anesthetic, 135-136, 211

Cavities (caries), 226
 can begin as marks on baby teeth, 62
 can become abscesses, 47
 can make teeth hurt, 46
 caused sometimes by baby bottles, 3
 diagnosis and treatment, 92
 fill cavities before abscess forms, 6
 flip chart presentation, 30-31
 on neck of tooth, 92, 211
 puppet show about, 33-34
 school survey, 49

Cement fillings (See Fillings)

Chair for examinations and extractions, 75, 162

Cheek bone, 108

Child-to-Child program, 24

Children
 as health workers, 24
 can clean their own teeth, 58
 cannot learn well if their teeth hurt, 20
 want to learn, 19
 young children should not take aspirin, 94, 209

Chlorhexidine gluconate, 185, 187

Cleaning instruments, 75, 87-91
 after extractions, 173
 after filling a tooth, 151
 after scaling, 134
 disinfecting without heat, 89
 how to sterilize syringes, 138
 pressure cooker, 88
 sterilizing with steam, 87-88
 wash your hands, too, 86

Cleaning teeth, 56, 69-72
 can help sore gums, 7
 Child-to-Child activities, 24, 53
 especially important for persons who take certain medicines, 115
 experiment to find the best way, 58
 flip chart presentation, 31
 how to clean a baby's teeth, 63
 how to clean between teeth, 71-72
 how to make a brushstick, 4
 how to make a child's toothbrush, 63
 how to make waxed floss, 216
 make it part of a daily school activity, 59
 parents should clean children's teeth, 11, 18, 63
 pregnant women must take special care, 16
 'protected areas' that are hard to clean, 4
 soft toothbrush is best, 4, 70
 (Also see Gum disease, Scaling teeth)

Clindamycin, 123, 191

Clotrimazole, 187

Coating of germs on the teeth, 50

Cola drink, in experiment on decay, 48

Cold sores (fever blisters)
 diagnosis and treatment, 104, 192-193

'Colonies' of germs on the teeth, 50, 226

Comparative diagnosis (telling similar problems apart), 80-83

Cotrimoxazole, 184

Cotton rolls, 147, 211

'Cowhorn' forceps, 161
 do not use on baby teeth, 166

Curette (for scaling teeth), 128

D

Demonstration, 26, 48

Dental floss, 71-72, 216

Dental kit, supplies for, 207-217

Dental mirror, 75, 215

Dental tools (See Instruments)

Dental workers, can visit schools, 35

Dentures, 169-170
 bad dentures cause sore mouth, 107
 sores under, diagnosis and treatment, 106

Diabetes
 and extractions, 159-160
 and thrush, 105

Diagnosis (See Examination and diagnosis)

Diagnosis charts, 80-83
 loose tooth, 81
 sore mouth, 82
 sores 82-83
 swelling, 81
 toothache, 80
 trouble opening or closing mouth, 83
 (Also see Comparative diagnosis)

Diet (See Nutrition)

Dilantin (diphenylhydantoin), 115

Dislocated jaw
 after extraction, 173
 diagnosis and treatment, 113

Disinfectant, cold
 for cleaning certain instruments, 89, 212

Doxycycline, 77, 188, 190, 193

Drama, for teaching about tooth problems, 26

Drawing pictures, 31

Drill, dental, 156-157

Dry socket, diagnosis and treatment, 117

E

Elevators for extractions, 161-162, 213
 how to use, 164

Epilepsy
 and swollen gums: diagnosis and treatment, 115

Epinephrine (adrenaline), 136, 209
Epulis, 133
Erythromycin, 94, 188, 190, 191, 193
 dental kit supply, 208-209
Eugenol (oil of cloves), 146, 211
Examination and diagnosis, Chapter 6, 226
 bleeding in the mouth (chart), 116
 different problems come at different ages, 78
 examining inside the mouth, 79
 four steps to a good diagnosis, 76
 and HIV, 180-182
 how to check the gums, 74
 look for sores, 74
 questions that help you make a diagnosis, 73, 76
 telling similar problems apart, 80-83
 tetanus, 118
 touch the sore place, 79
 wear protective equipment, 180
 where to examine, 75
 (Also see Diagnosis charts)

Excavator, 145

Expiration date, 226

Extractions, Chapter 11

before you begin—ask questions! 159
 four problems to watch for, 160
 how to take out a tooth, 163-169
 instructions: what to do afterward, 169-173
 instruments needed, 160-162
 for people with HIV, 183
 pregnant women need not wait, 15-16, 77
 problems afterward, 116-117, 171-173
 three reasons to take out a tooth, 159

F

False teeth, 169-170

(Also see Dentures)

Fever blisters,

diagnosis and treatment, 104, 192-193

Filing teeth to correct a bad bite, 99

Filling tool, 145

Fillings, Chapter 10

cement filling material, 146, 211
 glass ionomer filling material, 152
 how to place a permanent filling, 152-155
 how to place a temporary filling, 146-151
 instructions for after you place a filling, 151
 instruments needed, 145
 lost or broken: diagnosis and treatment, 92
 permanent fillings, 152-157
 puppet show about, 33-34
 two kinds, 144
 what a filling can do, 144
 when not to place a filling, 143
 when to place a filling, 144

Fish bone

can get caught under gums, 133

Flannel-boards, 28, 226

Flesh, left inside socket after extraction, 172

Flip charts, 29-31, 226

example, 30-31

Flossing (cleaning between teeth), 71-72, 216, 226

Fluconazole, 187

Fluoride, 24, 70, 226

on neck of tooth, 92, 211

rinse and paste to prevent cavities, 211

Food (See Nutrition)

Forceps for extractions, 161, 213

Fracture (See Broken bone, tooth, root)

G

Game (“Scatter!”), 50-51

Generic name, 208

Gentian violet, 105, 185, 187, 208

Germs, 227

discussion about, 51

health workers must not spread germs, 85-87

impossible to kill all germs in mouth, 50
 where they hide, 87

Gingivae, gingivitis (See Gums, Gum disease)

Glass ionomer, 152

Gloves, 86, 180, 206

‘Go foods’ (energy foods), 67-68

warning about, 68

Grooves on teeth, 92, 211, 227

Gum boil (See Gum bubble)

Gum bubble, 47, 74

Gum disease, 52-53

description, 42, 52

diagnosis and treatment, 101-103

flip chart presentation, 30-31

home care for, 53

how gum disease makes teeth fall out, 42

learning activity about, 53

noma: diagnosis and treatment, 121-124

picture of, 7

possible cause of a sore mouth, 82

prevent gum disease during pregnancy, 16

serious gum disease: diagnosis and

treatment, 8, 102-103, 121-124

Gum pocket, 52, 131, 227

Gums

definition, 227

importance of, 1, 37

infected gums (noma): diagnosis and
 treatment, 121-124

healthy and unhealthy gums: description, 52

how to examine, 74
 swollen gums and epilepsy medicine, 115
 swollen gums and pregnancy, 16, 77, 102
 why gums can feel sore, 7, 52

H

Hands

wash before you touch someone's mouth, 86

Hatchet, 147

Head bandage for a broken jaw, 110

Heart disease, and extractions, 159-160

Heat, can lower swelling, 94

Hemorrhage, and extractions, 159-160

Hemostat, 167

Herpes virus, can cause fever blisters, 104, 192-193

High viscosity glass ionomer, 152

HIV, Chapter 12, 175

common problems, 184

definition, 177

dental care, 183

and food, 195

how it spreads, 178

general treatments, 184-185

prevention, 197-201

Hydrogen peroxide, 8, 185

warning: do not use too much, 8

Hygiene (keeping clean), 82-85, 86-90, 184-185

I

Incisors, 39

Infection, 227

can pass from tooth to bone, 47

dental workers can infect others, 85

description of infected gums, 52

during pregnancy, 15-16, 77, 96

in sinus: diagnosis and treatment, 95

in spit gland: diagnosis and treatment, 119

Injections, Chapter 9, 210, 227

how to give injections to children, 141

injections of antibiotics, 210

instructions for after you give an injection, 142

safe disposal, 205

sterilization of syringes, 138

two types of syringe, 135-136

use an aspirating syringe, 138

Instructions

what to do after extracting, 169-173

what to do after injecting, 142

what to do after placing a temporary filling, 151

what to do after scaling, 133

Instruments, 213-217, 227

boil any instrument that has touched blood, 87

buying instruments, 217

for examination, 75

for extractions, 161-164

for filling teeth, 145

for scaling, 128

making your own instruments, 214-216

(Also see Cleaning instruments)

Iodine Solution, 103, 123, 185, 188

I.R.M. (Intermediate Restorative Material), 146

J

Jamaica

dental workers' description of gum disease, 42

Jaw bone, 41

broken: diagnosis and treatment, 108-112

dislocated: after an extraction, 173

dislocated: diagnosis and treatment, 113

three main bones in face, 108

Joint, 227

pain in: diagnosis and treatment, 114

K

Kaposi's Sarcoma, 194

Ketoconazole, 187

L

Learning (See Teaching)

Lidocaine (lignocaine), 136

dental kit supply, 211

Ligature wire, 110, 227

Loose teeth, 54

diagnosis and treatment, 99

possible causes (charts), 81, 99

M

Main food, 67-68

Malaria, can contribute to noma, 121

Malnutrition, 227

cavities can help cause, 62

often made worse by Vincent's Infection, 102

(Also see Nutrition)

Mango string, can get caught under gums, 133

Measles

can cause dry, sore lips, 107

can contribute to noma, 121

Medicines in dental kit, 207-210

Mepivacaine, 137

Methamphetamine use, effects on teeth and gums, 126

'Meth Mouth', 126

Metronidazole, 123, 190, 191

Milk-oil drink
for persons who cannot eat properly, 111

Mirror, 75, 215

Molars, 39, 43, 66, 227
ages when molars grow in, 43
baby molars, 64
first permanent molar is often the first permanent tooth, 64
infection in new molar: diagnosis and treatment, 100
new molar can cause face to swell, 66
often grow in badly, 43
taking care of, 66

Mouth
dry or painful, 195
trouble opening and closing (chart), 83
white lines inside the mouth can be cancer, 105

Mouth wash, 103, 183-185, 187

N

Neck of a tooth, grooves in, 92

Needle, hypodermic
disposable, for oral anesthetic, 211
safe disposal, 199-206
used to wire a broken jaw, 112

Nerve of a tooth, 46, 228
main trunks and small branches, 136-137

Noma (cancrum oris)
diagnosis and treatment, 121-124, 191
prevention, 124

Nutrition, 67-68, 228
eat a mixture of foods, 11, 67-68
eat enough food, 67
flip chart presentation, 30-31
foods for persons who cannot eat properly, 111, 195
foods that make gums stronger, 7, 8
foods that we cannot eat without teeth, 38
good and bad foods, 55
good and bad sweets, 3
grow foods in your own garden, 11
and HIV, 195
pregnant women need Vitamin C, 16
tooth pain can interfere with nutrition, 62

Nystatin, 105, 107, 187, 208

O**Oil**

prevents rust when sterilizing instruments, 87

Oil of cloves, 146**P****Pain**

aspirin or acetaminophen can help, 94
mouth and throat, 195

Patches (red or purple) in the mouth, 194**Penicillin**, 93-94, 208-210

almost always taken by mouth, 93
dental kit supply, 208
dose taken by mouth, 94, 208
injectable, 210
precautions, 209
take entire dose, 93, 209

Permanent teeth, 43, 54, 228

knocked out: diagnosis and treatment, 97
need good baby teeth before them, 64

Phenytoin (See Dilantin)**Pictures**

as a teaching aid, 28, 37-38
tracing, 31

Plaque, 50, 228

disclosing solution (berry juice), 53

Plays, 26**Posters**, 28**Povidone iodine**, 103, 123, 185, 188**Pregnancy**, 15-16

and dental problems, 15-16, 77, 102, 160
women must take special care, 101
story about, 15-16

Pressure cooker for sterilizing instruments, 88**Prevention**, 35, **Chapter 5**, 228

early treatment is a form of prevention, 61
foods that are good and bad, 55
HIV, 197-201
(Also see Cleaning teeth, Nutrition)

Probe, 75, 215**Pronunciation**, why teeth are important for, 37**Puppet shows**, 32-34

example, 33-34

Puzzles, 27**R****Records**, 218, 228**Reports**, 219, 228**Rinsing the mouth**

during pregnancy, 16
with hydrogen peroxide, 8, 185

with salt water, 7, 184
various rinses, 184-185

Root of the tooth, 41

broken: diagnosis and treatment, 171
count roots before taking out a tooth, 165
has a nerve and blood vessel, 46
pushed into sinus, 172

Root fibers, 41, 228

S

Safe disposal of dental waste, 199-206

Safer sex, 197-198

Salivary gland (spit gland)

infection in: diagnosis and treatment, 119

Salt water rinse, 7, 184

Scalers, 128

Scaling teeth, Chapter 8

instruction for after you scale teeth, 133-134
instruments for, 128, 213
only scale teeth of someone who will keep
teeth clean, 127

'Scatter!' (game), 50-51

School

cleaning teeth can be a daily health activity,
59-60, 211
school lunch program, 57
(Also see Teaching)

Scientific method for making diagnosis, 76

Sewing up a wound (suturing), 167-169

Sharpening stone, 128

Shots (See Injections)

Sinus

infected, diagnosis and treatment, 95
root pushed into sinus, 172

Slides for teaching about dental health, 221

Socket, 228

broken root inside, 171
painful (dry socket): diagnosis and
treatment, 117
painful, 173

Soreness in mouth, possible causes (chart), 82

Sores

around the mouth, 107
at corners of mouth: diagnosis and
treatment, 107
different problems come at different ages, 78
from a denture: diagnosis and treatment, 106
on the face, 120
on lips, cheek, and tongue, 74, 188
types of face sores (chart), 83
types of mouth sores (chart), 82, 188

Spatula, for fillings, 145

Spit gland

infection in: diagnosis and treatment, 119

Spoon

for extractions, 161
for fillings, 145
making your own, 216

Sterilization, 87-89, 217

with steam, 88

Story telling, 15, 26

about pregnancy and dental care, 15-16

Sugar

some kinds make acid more easily, 55
sugar cane is not as bad as candy, 9
(Also see Sweet foods)

Sulfadimidine, 123

Surveys, 220, 229

as a way of learning numbers, 24, 25
counting cavities, 49, 220
counting teeth, 44-45
to find the best way to clean teeth, 58

Sutures, 167-168

Sweet foods, 9, 46, 55

avoid fizzy drinks, 11
can cause cavities and gum disease, 6-7
learning activities, 48
some are called 'go foods', 67-68

Swelling

and epilepsy medicine, 115
and pregnancy, 102
after extractions, 116, 172
different problems come at different ages, 78
from a tooth abscess, 6, 47
heat can lower swelling, 94
may be a new molar coming in, 66
possible causes (chart), 81

Syringes

aspirating, 136, 213
for injections: two kinds, 135-136
(Also see Injections)

T

Tartar, 52, 229

can be a sign of gum disease, 79
how to scale, 129
makes gums sore, 8

Teachers

can teach without dental worker's help, 36

Teaching

'association of ideas', 14
by example, 57, 199-200
community can be part of classroom, 25
each person can teach another, 12
finding the best way to teach, 13-18

finding the best place to teach, 17
 learn from the people, 13
 let students discover for themselves, 20, 24
 repetition helps people remember, 17
 teach yourself before teaching others, 2, 201
 teaching family and friends, **Chapter 2**
 teaching school children, **Chapters 3, 4**
 teaching so that learning can happen, 20-24
 with demonstrations, 26
 with drama, 26
 with posters and pictures, 28
 with puzzles, 27
 with story telling, 15-16, 175-176
 (Also see School)

Teeth

and gums, 1
 broken, 96
 four problems to watch for, 73
 how many teeth we should have, 43
 importance of, 1, 37
 injuries to: diagnosis and treatment, 96-98
 learning about anatomy, 49
 loose: diagnosis and treatment, 54, 99
 naming teeth with numbers, 218
 new tooth coming in:
 diagnosis and treatment, 100, 101
 rotting in cola drink (experiment), 48
 what holds teeth, 41
 what makes teeth hurt, 46
 why some teeth look different, 39
 (Also see Baby teeth, Loose teeth)

Teeth, false, 169-170

(Also see Dentures)

Teeth, taking out, Chapter 11

(Also see Extractions)

Teething: diagnosis and treatment, 101**Tension**

can cause pain in joint, 114-115

Tetanus

diagnosis, 118

Tetracycline, can hurt baby teeth, 63, 77, 208**Theater**, 26**Thrush**: diagnosis and treatment, 105, 186-187**Tongue blade (tongue depressor)**, 75, 212**Tools** (See Instruments)**Tooth** (See Teeth)**Tooth abscess** (See Abscess)**Toothache**

possible causes (chart), 80
 why teeth hurt, 46
 (Also see Abscess)

Toothbrushes

how to make your own, 4-5, 23
 how to make a brush smaller for a child, 63
 soft is best, 4

Tooth decay

can touch nerve and cause an abscess, 6
 flip chart presentation, 30
 (Also see Cavities)

Tooth injuries

broken tooth: diagnosis and treatment, 96
 tooth knocked out: diagnosis and treatment
 97-98

Toothpaste, 5, 69**Tracing pictures**, 31**Traditional beliefs**, 10, 13, 229

about pregnancy, 15
 building new traditions from old ones 14

Treadle-powered dental drill, 156**Treatment, Chapter 7**

can be given during pregnancy, 15-16, 77,
 102, 160
 early treatment prevents serious problems, 2

Trench mouth:

diagnosis and treatment, 102, 189

Tumor, diagnosis and treatment, 125**Tweezers**, how to make, 215**V****Vegetable soup (special drink)**

for those who cannot eat properly, 111

Vincent's infection of the gums

can worsen and become noma, 121-124
 diagnosis and treatment, 102-103, 189-190

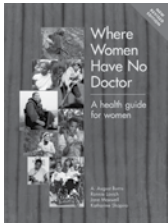
Vitamin C, 16, 103, 124**W****Wax**, to replace a knocked-out tooth, 98**Wire ligature**, 110**Wisdom teeth (3rd Molars)** (See Molars)**X****X-rays**

for knocked-out teeth, 98
 to look at new tooth growing in, 100
 warning about pregnant women, 77

Z**Zinc**, 103**Zinc oxide**, 146, 211

Other Books from Hesperian

Where There Is No Doctor, by David Werner with Carol Thuman and Jane Maxwell. Perhaps the most widely used health care manual in the world, this book provides vital, easily understood information on how to diagnose, treat, and prevent common diseases. Emphasis is placed on prevention, including cleanliness, diet, and vaccinations, as well as the active role people must take in their own health care. 512 pages.



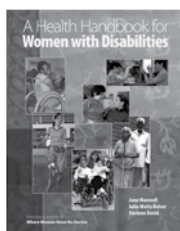
Where Women Have No Doctor, by A. August Burns, Ronnie Lovich, Jane Maxwell, and Katharine Shapiro, combines self-help medical information with an understanding of how poverty, discrimination and culture can limit women's health and access to care. This book is essential for any woman who wants to improve her health, and for health workers who want more information about the problems that affect only women or that affect women differently from men. 600 pages.

Helping Children Who Are Blind, by Sandy Niemann and Namita Jacob, aids parents and other caregivers in helping blind children develop all their capabilities. Topics include: assessing how much a child can see, preventing blindness, moving around safely, teaching common activities, and more. 200 pages.



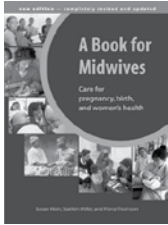
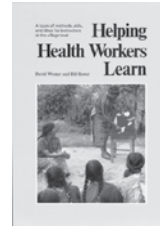
Helping Children Who Are Deaf, by Sandy Neimann, Devorah Greenstein and Darlena David, helps parents and other caregivers build the communication skills of young children who do not hear well. Covers language development through both signed and spoken methods, assessing hearing loss, exploring causes of deafness, and more. 256 pages.

Disabled Village Children, by David Werner, covers most common disabilities of children. It gives suggestions for rehabilitation and explains how to make a variety of low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.



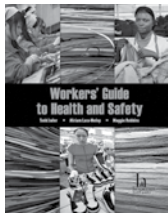
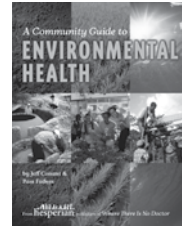
A Health Handbook for Women with Disabilities, by Jane Maxwell, Julia Watts Belser, and Darlena David. The social stigma of disability and inadequate care are often greater barriers to health than the disabilities themselves. This groundbreaking handbook provides suggestions on daily care, family planning, violence and abuse, pregnancy and childbirth, disability-friendly health care, and more. 416 pages.

Helping Health Workers Learn, by David Werner and Bill Bower. An indispensable resource for teaching about health, this heavily illustrated book presents strategies for effective community involvement through participatory education. Includes activities for mothers and children; pointers for using theater, flannel-boards, and other techniques; and ideas for producing low-cost teaching aids. 636 pages.



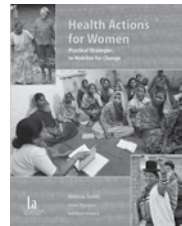
A Book for Midwives, by Susan Klein, Suellen Miller, and Fiona Thomson, is for midwives, community health workers and anyone concerned about the health of women and babies in pregnancy, birth and beyond. It includes: helping pregnant women stay healthy, care during and after birth, handling obstetric complications, breastfeeding, and expanded information for women's reproductive health care. 544 pages.

A Community Guide to Environmental Health, by Jeff Conant and Pam Fadem, helps urban and rural health promoters, activists, and others solve environmental problems to improve health. 23 chapters with dozens of activities and instructions provide information about reducing harm from pollution, protecting water and watersheds, farming sustainably, managing solid and health care waste, and more. 640 pages.



Workers' Guide to Health and Safety, by Todd Jailer, Miriam Lara-Meloy and Maggie Robbins, makes occupational safety and health accessible to those most affected by hazards — the workers themselves. An invaluable resource for training workers, supervisors, and safety committees, and in courses on labor relations. 576 pages.

Health Actions for Women, by Melissa Smith, Sarah Shannon and Kathleen Vickery, was field tested by 41 community-based groups in 23 countries and provides a wealth of clearly explained and engagingly illustrated activities, strategies and stories that address the social obstacles and practices that prevent women and girls from enjoying healthy lives. 352 pages.



1919 Addison St., #304
Berkeley, CA 94704 USA

To purchase books:
tel: 1-510-845-4507
fax: 1-510-845-0539
email: bookorders@hesperian.org
online: store.hesperian.org

All our books are available in multiple languages.
See www.hesperian.org for details.

www.hesperian.org
health guides