

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 people, now, 15-16
- Acetaminophen** (See Paracetamol)
- Acid**
 causes tooth decay and gum disease, 7, 50, 225
 some sugars make acid more easily, 55
- Adrenaline (epinephrine), 136, 137, 160, 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
 warning on tetracycline, 63
- Antiretroviral therapy (ART), 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

"Brush it!" (game), 50-51

Brushing teeth (See Cleaning teeth)

Brushstick (homemade toothbrush), 4

Bubble (See Gum bubble)

Bupivacaine, 136, 137

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 people 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, 137, 160, 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 people 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, 224

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 (“Brush it!”), 50-51

Generic name, 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

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 jaw joint: 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

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

Mouthwash, 103, 183-185, 187

N

Neck of a tooth, grooves in, 92

Needle, hypodermic
disposable, for oral anesthetic, 211
safe disposal, 205-206
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 people 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, paracetamol (acetaminophen), or ibuprofen can help, 94
mouth and throat, 195

Paracetamol (acetaminophen)
dental kit supply, 208
dose for pain, 94-95

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
people 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**, 205-206**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

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)

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, 199-201
- 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,
 199-200
 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 people, 77

Z

Zinc, 103

Zinc oxide, 146, 211