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
- 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

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
Epsilon, 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

www.hesperianhealthguides
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

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

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
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

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)
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
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

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