

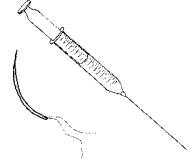
# APPENDICES

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Where There Is No Dentist 2024

# 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.



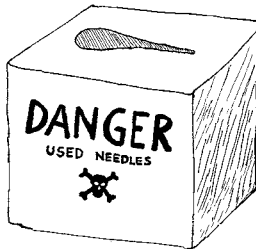
## HOW TO DISPOSE OF SHARP WASTES

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

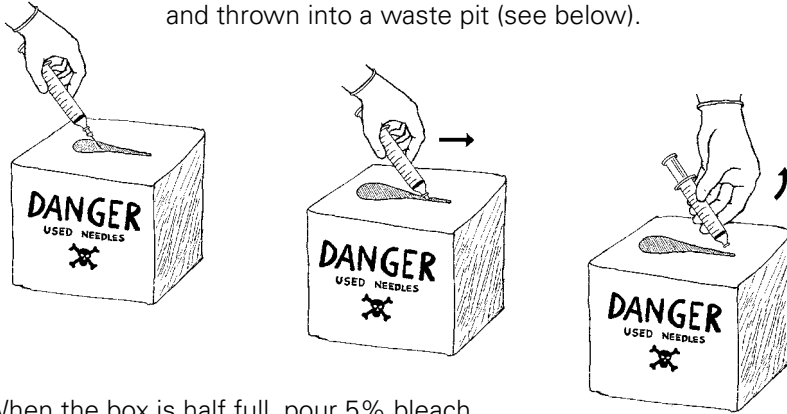
Find a metal or hard plastic box. Make a long hole in the lid of the box that is wide on one side and gets narrower on the other side.



(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 disinfected 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

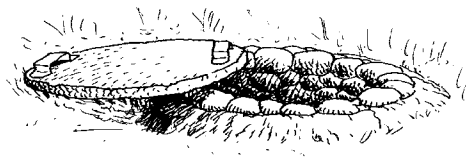
Other wastes, like plastic gloves, syringe barrels, or cloth soaked in blood, should be disinfected and then buried deep in the ground. You can disinfect them by soaking them in bleach for 20 minutes.

**WARNING: Do not burn plastic gloves, syringes, or any other plastics.**

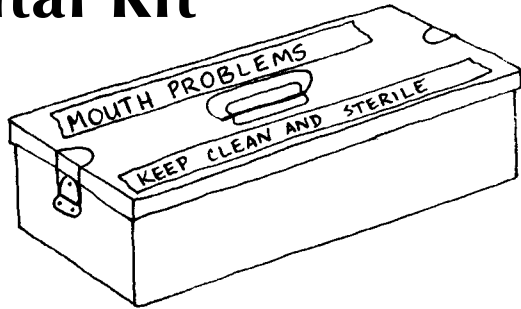
Burning plastic wastes is dangerous—when plastic burns, it makes smoke and ash that is very poisonous.

## 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, 210, and 211 we give examples. 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 ↓
<b>For pain</b>	1. aspirin, 300 mg tablets	_____	2,000 tablets	100 tablets	<b>94 to 95</b>
	2. paracetamol (acetaminophen) 500 mg tablets	_____	500 tablets	10 tablets	<b>94 to 95</b>
	3. ibuprofen, 200mg tablets	_____	500 tablets	10 tablets	<b>94 to 95</b>
<b>For infections</b>	1. amoxicillin 250 mg tablets	_____	2,000 tablets	100 tablets	<b>93 to 94</b>
	2. erythromycin, 250 mg tablets	_____	500 tablets	40 tablets	<b>93 to 94</b>
	3. nystatin drops	_____	12 small bottles	2 small bottles	<b>105</b>

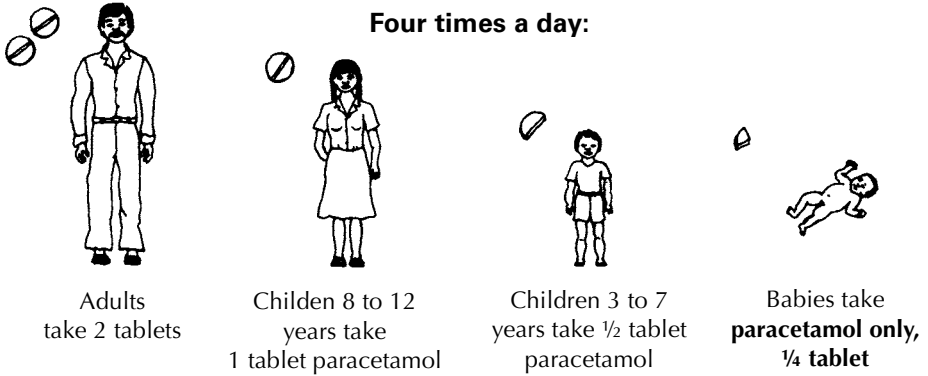
Another antibiotic, tetracycline, is not recommended for most of the treatments in this book because it is a broad-spectrum antibiotic. Narrow spectrum antibiotics (see “Antibiotic,” page 223) are usually safer and just as effective for most dental problems. If you do use tetracycline, read page 355 of *Where There Is No Doctor* and remember, **do not give tetracycline to a person who is pregnant or breastfeeding, or to a young child.** Tetracycline can make young, developing teeth turn dark.

### 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 2 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. Smaller bodies, and especially children, usually need less medicine. Tablets can be divided (broken) to make smaller doses:



**Note:** Do not hold aspirin on a 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. Use paracetamol (acetaminophen) instead of aspirin for children under 12 years, especially for babies or for children with flu signs. Aspirin can be dangerous for them and for people with asthma.

## ANTIBIOTICS: TO FIGHT INFECTION

Antibiotics kill bacteria that cause infections. Some antibiotics work better against certain bacteria than others. If you can, test the pus to find which antibiotic will work best.

Ask about a person's allergies before you give antibiotics. **If someone is allergic to an antibiotic, do not give them that antibiotic or any antibiotics from the same "family."** For example, someone who is allergic to penicillin should not be given amoxicillin, which is in the same family. For more information about families of antibiotics, see *Where Women Have No Doctor*, page 480.

If you give antibiotics by injection, stay with the person for 30 minutes after injecting to watch for signs of allergic shock. If you see any of these signs...

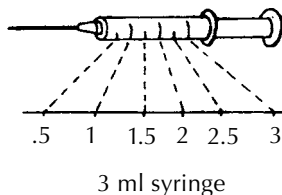
- itchy rash or flushing of skin
- difficulty breathing
- swelling of lips, tongue, or throat
- loss of consciousness

... immediately inject epinephrine (1 mg/ml medicine) in the thigh: ½ ml for adults or ¼ ml for children. If needed, give a second dose 5 to 15 minutes after the first, and a third dose 5 to 15 minutes after that. Do not give more than 3 doses. For more information on allergic shock, see *Where There Is No Doctor*, pages 70 to 71.

**Always give the full dose of any antibiotic**, even if the person feels better.

## 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 to 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 to 12 years old (22 to 39 kg)	Child 1 to 6 years old (10 to 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 to last 3 months	Amount to keep in kit	See Page
To make dressings	1. clean cotton gauze	_____	8 packages of 100	20 pieces	<b>225</b>
	2. clean cotton rolls	_____	10 packages of 50	8 rolls	<b>147</b>
To prevent cavities	3. povidone iodine, 10%	_____		1 small bottle	<b>62</b>
To treat cavities	4. silver diamine fluoride (SDF), 38%	_____		1 small bottle	<b>145</b>
	5. oil of cloves (eugenol)	_____	50 ml	1 small bottle	<b>146</b>
	6. zinc oxide powder	_____	500 grams	1 small bottle	<b>146</b>
To treat sensitive teeth	7. flouride toothpaste	_____	1 tube	1 tube	<b>211 (below)</b>
To give injections of local anesthetic	8. lidocaine 2% 88 ml cartridge	_____	8 boxes of 100 cartridges	10 cartridges	<b>136</b>
	9 disposable needles, 27 gauge, long	_____	8 boxes of 100 needles	10 needles	<b>136</b>
	10. lidocaine topical anesthetic	_____	5 small tubes	1 tube	<b>141</b>

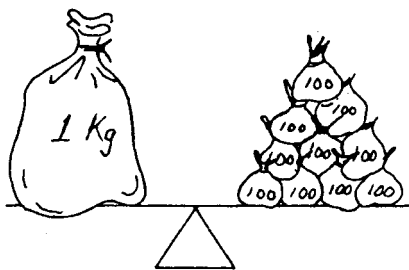
## FLUORIDE

You can use a special solution of fluoride (if available) or any fluoride toothpaste, which is much cheaper and more common (see above, number 7), 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 person not to spit or rinse it out for several minutes. One week later, give the same treatment again, or give the person enough fluoride toothpaste to do it at home.

**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. They should not eat or drink for 30 minutes.

**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	<b>7</b>
	2. hydrogen peroxide	_____	3 liters	500 ml	<b>8</b>
To disinfect instruments	1. 95% alcohol disinfectant solution	_____	18 liters	1.5 liters	<b>89</b>
	2. bleach for disinfectant solution	_____	2.5 liters	125 ml (½ cup)	<b>89</b>
To keep instruments sharp	Arkansas sharpening stone	_____	1 stone	1 stone	<b>134</b>
For examining	wooden tongue depressors	_____	8 boxes of 50 per box	10	<b>75</b>

**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 and disinfect or sterilize some instruments (see pages 87 to 91) 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 (disinfected 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 to 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.\*

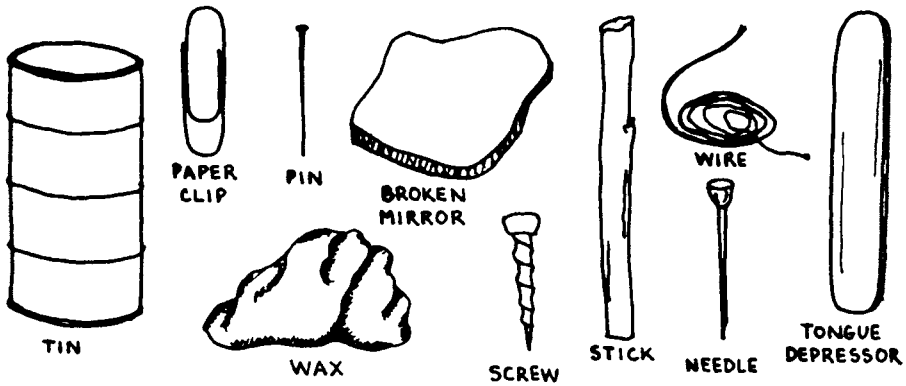
<u>Use</u> ↓	<u>Proper Name</u> ↓	<u>Local name</u> <u>(write in here)</u> ↓	<u>Number to</u> <u>buy or make</u> ↓	<u>See</u> <u>Page</u> ↓
To examine or to give any treatment	1. dental mouth mirror	_____	<b>15</b>	<b>75</b>
	2. explorer	_____	<b>15</b>	<b>75</b>
	3. cotton pliers	_____	<b>15</b>	<b>128</b>
To inject	Aspirating dental syringe to use with 1.8 ml cartridges	_____	<b>3</b>	<b>135</b>
To scale teeth	1. Ivory C-1 scaler	_____	<b>1</b>	<b>128</b>
	2. Gracey 11–12 curette	_____	<b>1</b>	<b>128</b>
To place cement fillings	1. spoon excavator	_____	<b>1</b>	<b>146</b>
	2. filling instrument	_____	<b>1</b>	<b>146</b>
	3. cement spatula	_____	<b>1</b>	<b>146</b>
To remove teeth	1. spoon excavator	_____	<b>3</b>	<b>161</b>
	2. straight elevator (No. 34)	_____	<b>3</b>	<b>161</b>
	3. upper universal forceps (No.150)	_____	<b>3</b>	<b>161</b>
	4. lower universal forceps (No.151)	_____	<b>3</b>	<b>161</b>

**Note:** See pages 161 to 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.

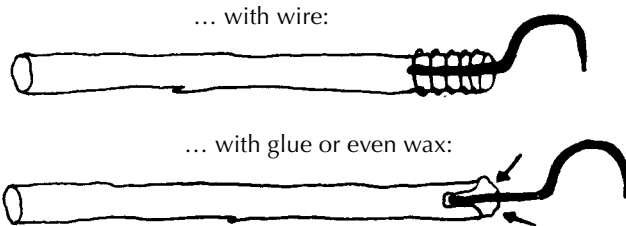
## MAKING YOUR OWN DENTAL INSTRUMENTS\*

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

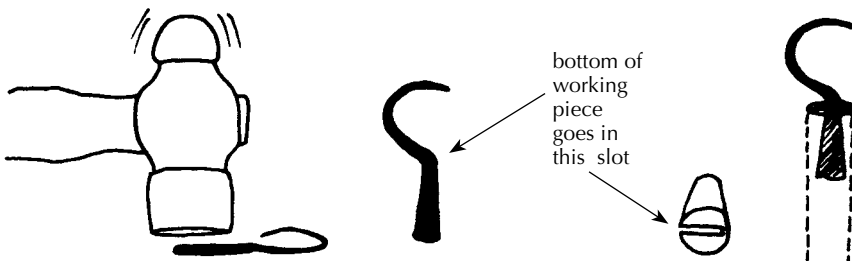


Can you think of any other materials you can use?

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



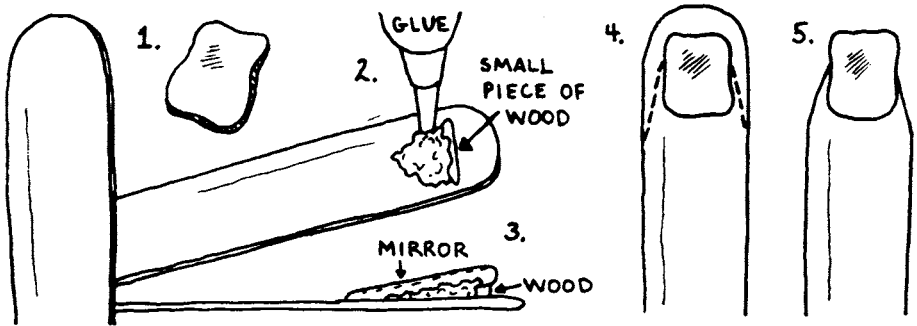
If you make the end flat, it can prevent the working piece from turning. Pound the working piece with a hammer and make a flat slot in the handle so the working piece cannot turn.



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

## MAKING THE THREE INSTRUMENTS YOU USE MOST

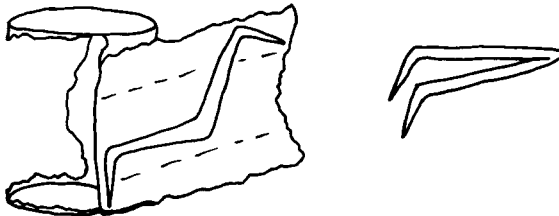
**Mirror:** Use old pieces of mirror or a shiny piece of tin. You even can use a polished silver coin. A tongue depressor is the handle.



**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 (page 214).

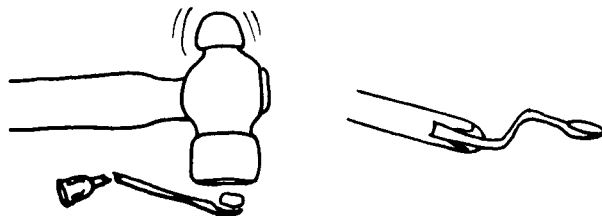


**Tweezers:** Draw the shape on a piece of tin and then cut it out with strong scissors. Use a file or a smooth stone to make the edges smooth. Bend in half to make the tweezers.

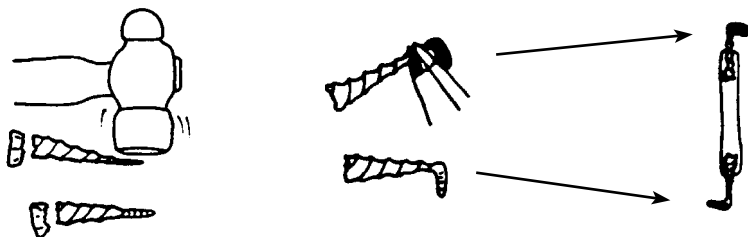


## MAKING OTHER INSTRUMENTS AND SUPPLIES

**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.

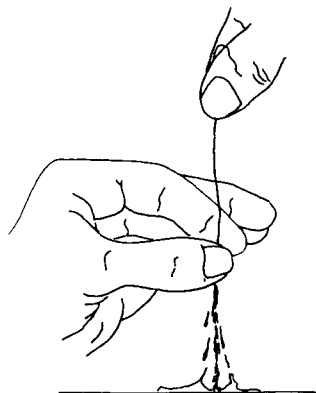


**Filling Tool:** Remove the heads from 2 long screws. With a file and hammer, make the end of one screw flat and the end of the other screw round. Bend each end in the direction of the edge (not the face) of the flat side. Attach both working pieces to a small stick handle.



**Dental Floss:** When using string to clean between your teeth (pages 71 to 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**

Chemin de Joinville 26,  
1216 Geneva-Cointrin  
SWITZERLAND  
tel: 41-22-560-81-50  
e-mail: [info@fdiworlddental.org](mailto:info@fdiworlddental.org)  
website: [www.fdiworlddental.org](http://www.fdiworlddental.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, a company in England, may sell the instruments mentioned in this book at lower than commercial prices. For more information, contact:

### **Durbin**

Durbin House  
Unit 5, Swallowfield Way  
Hayes  
Middlesex  
UB3 1DQ, UNITED KINGDOM  
tel: 44-20-8660-2220  
fax: 44-20-8869-6565  
website: [durbinglobal.com/aid-and-development](http://durbinglobal.com/aid-and-development)  
e-mail: [cataloguesales@durbin.co.uk](mailto: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](http://www.worlddentalrelief.com)  
e-mail: [dentalreliefinc@aol.com](mailto:dentalreliefinc@aol.com)

### **Project HOPE**

1220 19th Street NW,  
Suite 800  
Washington, DC 20036 USA  
tel: 1-844-349-0188  
website: [www.projecthope.org](http://www.projecthope.org)  
e-mail: [HOPE@projecthope.org](mailto:HOPE@projecthope.org)

### **Direct Relief**

6100 Wallace Becknell Road  
Santa Barbara, CA 93117 USA  
tel: 1-805-964-4767  
website: [www.directrelief.org](http://www.directrelief.org)  
e-mail: [info@directrelief.org](mailto:info@directrelief.org)

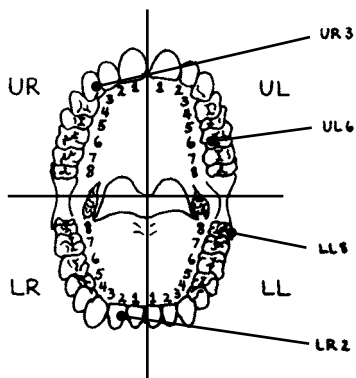
### **MAP International**

4700 Glynco Parkway  
Brunswick, GA 31525-6800  
USA  
tel: 1-800-225-8550  
website: [www.map.org](http://www.map.org)  
e-mail: [map@map.org](mailto:map@map.org)

### **Dentaid**

116 Commercial Road  
Totton, Hampshire  
SO40 3AD UNITED KINGDOM  
tel: 44-1794-324249  
website: [www.dentaid.org](http://www.dentaid.org)  
e-mail: [info@dentaid.org](mailto: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).

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

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

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	UR 6 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 UL 4 with swollen face	1. Penicillin, 4 tabs immediately, then 1 tab 4x1 day for 3 days	1. Heat inside mouth and on face	2. Drink lots of liquids
		2. Aspirin, 1 tab 4x1 day for 2 days	3. Return on 3rd day	
10 June 83	Abscess UL 4	Removed	UL 4	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!				Pato, Niame	
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. 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					

## Surveys

It is a good idea to know how many persons in your community have cavities and gum disease. Look in the mouths of children and adults and make a record of what you see. Here is an example that is used in Mozambique:

**Put a line through the circle for each person with:**

- cavities    Ø
- red, swollen gums    Ø

**CHILDREN : Maternal**  
**UNDER 5 YEARS : child clinic**

<b>EXAMINED:</b>	<b>WITH CAVITIES:</b>
5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.
	<b>WITH RED, SWOLLEN GUMS:</b>
	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.

The dental workers in Mozambique do a quick survey in 2 schools, 2 mother-and-child health clinics, and 2 cooperatives or factories in their community.

In each place, they examine 50 persons. This is enough to give an idea of the general health of teeth and gums in the community.

**CHILDREN : Freedom**  
**6-14 YEARS : School**

<b>EXAMINED:</b>	<b>WITH CAVITIES:</b>
5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.
	<b>WITH RED, SWOLLEN GUMS:</b>
	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.

They make a paper for each age group. Each paper has 3 sections. They make a mark for each person they see, until all 50 circles have marks in them. They make extra marks if they see a tooth and/or gum problem.

**ADULTS : 1st of May**  
**Cooperative**

<b>EXAMINED:</b>	<b>WITH CAVITIES:</b>
5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.
	<b>WITH RED, SWOLLEN GUMS:</b>
	5 rows of 5 circles each. 10 circles in the top row have a vertical line through them.

In this example, you can see that children have more problems with cavities, while adults suffer more from gum disease. This is often true.

This survey helps the dental worker in three ways:

1. it shows how serious tooth decay and gum disease are in the community.
2. it shows which age group is suffering the most. To these people the dental worker must plan to give the most attention.
3. it gives the dental worker something to show the people when they are discussing why to change some old habits and adapt some new ideas.

# Resources

## TEACHING MATERIALS

### ***A Teacher Resource to Support Dental Health Education***

For teachers through Grade 5. Includes lesson plans and activities.

Download free from: [www.sdta.ca/mrws/filedriver/dental-health-teacher-resource.pdf](http://www.sdta.ca/mrws/filedriver/dental-health-teacher-resource.pdf)

More information from:

#### **Saskatchewan Dental Therapists**

#### **Association**

P.O. Box 360

Gull Lake,

SK S0N 1A0 CANADA

tel: 1-306-672-3699

e-mail: [sdta@sasktel.net](mailto:sdta@sasktel.net)

website: [www.sdta.ca](http://www.sdta.ca)

### ***Oral Health Manual***

For clinical workers in areas with limited resources and no dentist. Simply written with high-quality images, it covers how to set up and manage an oral health clinic, examine the mouth, diagnose common problems, and perform basic procedures. Available in English, French and Spanish.

Download free from: [www.teethrelief.org.uk/teaching-material/](http://www.teethrelief.org.uk/teaching-material/)

Order in print from:

#### **Teeth Relief – Sunnymede Trust**

1 Laneway, Putney

London SW15 5HX

UNITED KINGDOM

email: [info@teethrelief.org.uk](mailto:info@teethrelief.org.uk)

website: [www.teethrelief.org.uk](http://www.teethrelief.org.uk)

### ***Common Oral Conditions Video***

View or download free from:  
[www.teethrelief.org.uk/common-oral-conditions/](http://www.teethrelief.org.uk/common-oral-conditions/)

### ***The Non-Invasive Caries Therapy Guide***

An illustrated guide for diagnosing and non-invasive cavity treatments, including silver diamine fluoride (SDF).

Download free: <https://www.carequest.org/content/non-invasive-caries-therapy-guide>

More information from:

#### **CareQuest Institute for Oral Health**

465 Medford Street, Suite 500

Boston, MA 02129 USA

website: [www.carequest.org/](http://www.carequest.org/)

### ***Summary of Infection Prevention Practices in Dental Settings***

Includes basic infection prevention for clinics and private practices as well as non-traditional dental care settings like humanitarian missions. Available in English and Spanish.

Download free from:

[www.cdc.gov/oralhealth/infectioncontrol/summary-infection-prevention-practices/index.html](http://www.cdc.gov/oralhealth/infectioncontrol/summary-infection-prevention-practices/index.html)

Order in print from:

[www.cdc.gov/pubs/](http://www.cdc.gov/pubs/)

[CDCInfoOnDemand.aspx](http://CDCInfoOnDemand.aspx)

More information from:

#### **Centers for Disease Control and Prevention, Division of Oral Health**

1600 Clifton Road NE

Atlanta, GA 30329-4027 USA

tel: 1-800-232-4636

e-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

website: [www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)

## OTHER ORAL HEALTH RESOURCES

### **FDI World Dental Federation**

Chemin de Joinville 26,  
1216 Geneva-Cointrin  
SWITZERLAND  
tel: 41-22-560-81-50  
e-mail: [info@fdiworldental.org](mailto:info@fdiworldental.org)  
website: [www.fdiworldental.org](http://www.fdiworldental.org)

FDI represents more than one million dentists worldwide and works to support best practices and advocate for the oral health of all people.

### **HIVdent**

email: [info@hivdent.org](mailto:info@hivdent.org)  
website: [www.hivdent.org](http://www.hivdent.org)

This website includes treatment information and training resources to improve oral health for people with HIV.

### **International NoNoma Federation**

c/o Winds of Hope Foundation  
Ch. de Montolivet 19,  
1006 Lausanne SWITZERLAND  
tel: 41-21-320-77-22  
e-mail: [info@nonoma.org](mailto:info@nonoma.org)  
website: [www.nonoma.org](http://www.nonoma.org)

This is an international federation of non-profits that work in the prevention, detection, and treatment of noma as well as research and advocacy.

### **Organization for Safety & Asepsis Procedures (OSAP)**

One Glenlake Parkway, NE  
Suite 1200 Atlanta, GA 30328 USA  
tel: 1-800-298-6727; 1-410-571-0003  
e-mail: [office@osap.org](mailto:office@osap.org)  
website: [www.osap.org](http://www.osap.org)

OSAP focuses on the prevention of dental infection and safety of patients and providers.

### **VWR International**

[www.vwr.com](http://www.vwr.com)

A supplier of laboratory products, including special paper and tape for use in sterilizing tools and equipment.

### **WHO Collaborating Centre For Oral Health**

#### **Department of Oral Health University of the Western Cape**

Francie van Zyl Drive  
Western Cape Province  
Cape Town 7505  
SOUTH AFRICA  
tel: 27-021-937-3000  
fax: 27-021-931-2287  
email: [info@uwc.ac.za](mailto:info@uwc.ac.za)  
website: [www.uwc.ac.za](http://www.uwc.ac.za)

The Department of Oral Health at UWC works in collaboration with the WHO to provide expertise and specialized training, contribute to research, and promote WHO initiatives related to oral health and prevention of oral diseases in the African region.

### **World Health Organization (WHO) oral health resources**

Avenue Appia 20  
1211 Geneva 27  
SWITZERLAND  
tel: 41-22-791-4426  
email: [hq\\_pnd@who.int](mailto:hq_pnd@who.int)  
website: [www.who.int/health-topics/oral-health](http://www.who.int/health-topics/oral-health)

The WHO's oral health resources provide information on the impact of global oral health strategies.

# 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, paracetamol (acetaminophen), ibuprofen, 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.

**Bicuspid** 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.

**K**

**Kilogram (kg)** One thousand grams. One kilogram (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; bicuspid.

**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.

**Sterilize** To kill or remove all the germs from something (for example, a tool). This can be done by baking or pressure steaming.

**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, where the skull and jaw bones meet. When this book talks about "pain in the jaw joint," it means pain in the temporomandibular 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 to 22 years old.

## X

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

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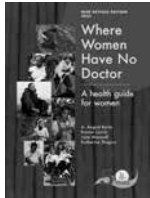
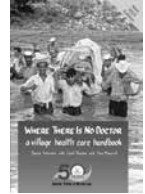
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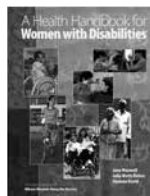
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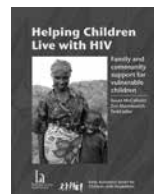
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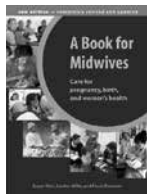


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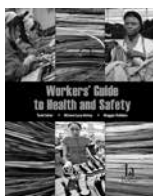
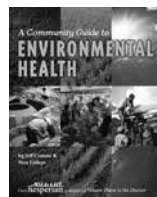


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