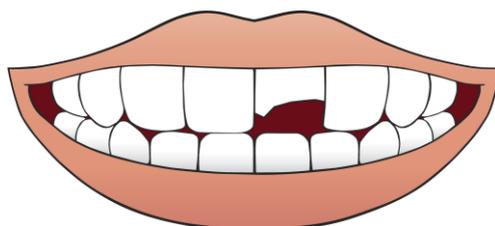


# Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER  
17TH FEBRUARY 2021

Hello Members,

Hope you all are well! This week has come with further changes in Covid lockdown restrictions. The Good news is that some of the pupils including will start to return to classrooms from Monday 22 February. It has been confirmed that P1-3 children will return to school and some S4-6 children who have practical tasks which cannot be performed at home. The rest of the classes will be reviewed, and return will be announced accordingly.

The changes are mostly concerning people traveling to the country. Scottish Government has announced that as of Monday 15<sup>th</sup> February anyone travelling to Scotland from any country will need to quarantine in a hotel. This will be a paid quarantine; however, grants are available for those struggling to make the payments.

It will be a year next month since we have been fighting the pandemic. The best advice to give is to stay safe, stay at home and closely follow government advice.

For many Oral health has been neglected during the lockdown periods. People have found they have been consuming unhealthy snacks as more and more time is spent indoors, and for many in front of the TV. Unhealthy snacks can have a detrimental effect on teeth. Due to restrictions in place many people don't access dentists for routine check-ups, and some neglect their oral health which results in diseases. One of the issues arising is **broken and cracked teeth**.

## Broken and Cracked Teeth



There are many reasons for a tooth to break or crack.

- Pressure from teeth grinding.
- Fillings so large they weaken the integrity of the tooth.
- Chewing or biting hard foods, such as ice, nuts, or hard candy.
- Blows to the mouth, such as might happen with a car accident, sporting injury, fall, or even a fistfight.
- Abrupt changes in temperature in the mouth — for instance, from eat something extremely hot and then trying to cool your mouth with ice water
- Age - with most teeth cracks occurring in people over 50

A broken or cracked tooth may cause a very painful toothache, especially if the inner pulp of the tooth is exposed. That's where the tooth's blood vessels, nerve, and connective tissues are, and if that area becomes inflamed or infected, it can cause a lot of pain. If this happens you need to see your dentist as soon as possible in order to prevent further damage from occurring to the tooth and gum tissues.

Many dentists leave slots on their schedule open for emergencies, therefore call the dentist ASAP

A broken tooth is easily diagnosed and you will notice straight away, however, a cracked tooth is harder to diagnose. Not every cracked tooth will produce symptoms. But when it does, common ones include:

- Pain when chewing or biting, especially when you release the bite.
- Sensitivity to heat, cold, or sweetness.
- Pain that comes and goes but is rarely continuous.
- Swelling of the gum around the affected tooth.

### **Easing Your Pain**

The following temporary remedies may not work in every situation, however, they may provide you with some pain relief till you wait for your appointment to be seen by a dentist.

### **Avoid too hot or too cold food**



Foods and beverages that are very cold or very hot. Since the dentin layer of the tooth has likely been exposed by the crack or break in the tooth, extremes in temperature may cause pain.

### **Avoid Sugary or Acidic food**



Foods and beverages that are very high in sugar or are very acidic, as they may irritate the nerve in the tooth and gums.

### **Use Clove Oil**



Clove Oil - Dip a clean tissue, cotton swab, or cotton ball into the oil and wipe it over the gums at the point of the pain.

### **Rinse with Salt Water.**



Swish warm, salty water around in your mouth. A good mix is 1/2 teaspoon table salt to 8 ounces of water. Spit it out, don't swallow it.

### **Take Painkiller**



Anti-inflammatory analgesics such as Ibuprofen are the best for toothache as the pain is usually caused by swelling. If you can't take them – if you are allergic to aspirin, for example - then paracetamol is the next best thing.

### **Diagnosing a cracked tooth**

X-rays don't also reveal a cracked tooth, and not everyone has typical symptoms. To help diagnose a cracked tooth, your dentist will probably do the following:

- Ask about your dental history, such as whether you chew on a lot of hard foods or grind your teeth.
- Make a visual examination. Your doctor may need to use a magnifying lens to see tiny cracks.
- Feel for the crack. Your dentist may run a dental explorer over and around the tooth to see if it “catches” on an edge.
- Use a dental dye, which can make the crack stand out.
- Probe your gums looking for inflammation. This technique is especially helpful in identifying vertical cracks, which can irritate gums.
- X-ray your teeth. While this won't necessarily reveal the crack, it can point out poor pulp health, which can indicate a crack is present.
- Have you bite down on something. If you have a cracked tooth, you may feel pain when you release your bite.

### **Treatment for a cracked tooth**

Treatment depends on the size of the crack, where it's located, your symptoms, and whether the crack extends into the gum line. Depending on those factors, your dentist may recommend one of the following:

#### **Bonding**

In this procedure, your doctor uses a plastic resin to fill the crack, restoring its look and function.

#### **Crown**

A dental crown is a prosthetic device usually made of porcelain or ceramic. It fits over the damaged tooth or caps it. This process may take a couple of weeks. When the crown returns, your dentist fits and cements it over your cracked tooth. With advances in technology, some dentists can mill a porcelain crown right in the office and place it that day.

### **Root canal**

When a crack is so extensive it extends into the pulp, your dentist, or a specialist such as an oral surgeon or endodontist, will recommend a root canal to remove damaged pulp and restore some integrity to the tooth. This procedure can prevent the tooth from becoming infected or weakening further.

### **Extraction**

When the structure of the tooth, and the nerves and roots that lie below it, are very damaged, removing the tooth maybe your only option.

Strong teeth are less likely to crack, so be sure to practice good dental hygiene. Brush twice a day, floss daily, and visit your dentist every six months for preventive care.

**Till next time stay positive, remain safe and practice good oral hygiene!!!**