

# Oral & Dental Health Services



وزارة الصحة  
Ministry of Health

February 2018

## Oral & Dental Health Services Honor Many Employees On Their Retirement

Under the patronage of HE Dr. Manal Al-Alawi, Assistant Undersecretary for Primary Care and Public Health, Oral and Dental Health Services held a ceremony honoring many employees on their voluntary retirement. Dr. Taghreed Ajoor, Head of Oral and Dental Health Services, praised the outstanding efforts made by the retired staff in promoting the oral and dental health services, and their dedication that contributed to the advancement and development of oral and dental health services. Oral and dental health services is communicating with all its employees to achieve more successes and results, wishing the retired staff success and success in their lives.



## What does tooth enamel do?

Enamel helps protect your teeth from daily use such as chewing, biting, crunching, and grinding. Although enamel is a hard protector of teeth, it can chip and crack. Enamel also insulates the teeth from potentially painful temperatures and chemicals.

Unlike a broken bone that can be repaired by the body, once a tooth chips or breaks, the damage is done forever. Because enamel has no living cells, the body cannot repair chipped or cracked enamel.



Oral & Dental Health Services

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## Easing Dental Fear in Adults

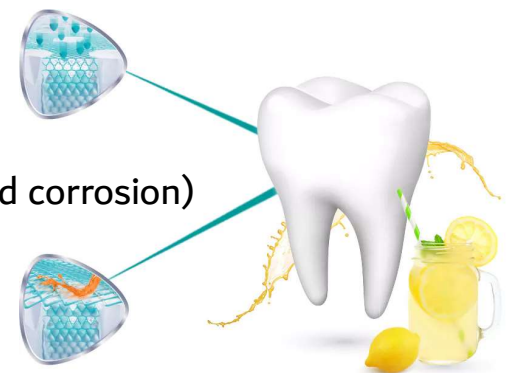
The key to coping with dental anxiety is to discuss your fears with your dentist. Once your dentist knows what your fears are, he or she will be better able to work with you to determine the best ways to make you less anxious and more comfortable. If your dentist doesn't take your fear seriously, find another dentist.

If lack of control is one of your main stressors, actively participating in a discussion with your dentist about your treatment can ease your tension. Ask your dentist to explain what's happening at every stage of the procedure. This way you can mentally prepare for what's to come. Another helpful strategy is to establish a signal -- such as raising your hand -- when you want the dentist to immediately stop. Use this signal whenever you are uncomfortable, need to rinse your mouth, or simply need to catch your breath.



## What causes enamel erosion?

- Tooth erosion happens when acids wear away the enamel on teeth. Enamel erosion can be caused by the following:
- Excessive soft drink consumption (high levels of phosphoric and citric acids)
- Fruit drinks (some acids in fruit drinks are more erosive than battery acid)
- low salivary flow (xerostomia)
- Diet (high in sugar and starches)
- Gastrointestinal problems
- Genetics (inherited conditions)
- Environmental factors (friction, wear and tear, stress, and corrosion)



## Editorial Team



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