



What's Wrong With My Teeth? تآكل الأسنان

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Introduction

Tooth wear refers to loss of tooth substance by mean other than dental caries or dental trauma which caused by four phenomena **erosion, attrition, abrasion** and **abfraction**.the tooth wearing in an individual patient may be determined by history taking and by information gained from questionnaires. This is normal physiological process occurring throughout the life, but when accelerated tooth wear can become a problem. ¹



Abfraction

Loss of tooth structure caused by occlusal forces such as bruxing .this structure loss occurs on the sides of the teeth ,usually at the gum line level ,not on the occlusal surfaces . ²



Erosion

Is the progressive loss of tooth substance by chemical or acid dissolution, and no bacteria are involved.

Erosion of tooth surfaces is mostly the results of inappropriate use of carbonated drinks and fruit juices with high levels of acidity.

Erosion is also a problem in individuals who suffer from gastro-esophageal reflux disease (GORD) or from certain eating disorders (e.g. anorexia, bulimia). ²



Prevention

- 1-Diet counseling
- 2-Use of sodium bicarbonate mouth rinse
- 3-Use of fluoride mouth rinse and xylitol-gum
- 4-Correct brushing techniques
- 5-Correct occlusal stresses
- 6-Provide mouth guards
- 7-Correct abnormal oral habits like holding ³



Attrition

Is the progressive loss of hard tooth substances caused by mastication or grinding between opposing teeth, it will increase in people who habitually grind their teeth (**bruxism**) Age related process and varies from person to person Most commonly affect occlusal and incisor surfaces of the teeth. ²



المخلص:

اهتراء الاسنان (Tooth wear): هو فقدان أجزاء من مكونات السن نتيجة لأسباب مختلفة مثل تسوس الأسنان وهي حالة شائعة جدا تحدث لـ 85% من سكان العالم. حيث انها عملية طبيعية تحدث مع التقدم بالسن، لكنها تكون مشكلة إذا حدثت بفترة زمنية قصيرة ويوجد منه اربع انواع (انسحال الاسنان وسحج الاسنان وتآكل الاسنان).
1/ تآكل الاسنان (Erosion): وهو التحلل الكيميائي للسن نتيجة للتعرض للحمض.
2/ إنسحال الاسنان (Attrition): هو فقد جزء من تكوين السن نتيجة لاحتكاك سطحيين متقابلين من الاسنان.
3/ سحج الاسنان (Abrasion): هو فقد جزء من تكوين السن بطرق مادية مثل الاستخدام الخاطئ لفرشاة الاسنان لو قضم الاظافر.

Abrasion

Is the progressive loss of hard tooth substances caused by mechanical actions other than mastication or tooth-to tooth contacts.

Abrasion is commonly associated with incorrect tooth brushing technique.

It usually occurs on the exposed root surface when gingival recession has exposed the cementum . ²



Conclusion

- The tooth wear is a common disease in which the anterior teeth exhibit greater wear than posterior teeth.
- Dentists should question patients, even teenagers, with dental erosion about , reflux and any positive family history of reflux disease .
- Tooth wear is a prevalent condition in population. Among adults and children

References

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