

Care of Teeth of a Child

Pointers for parents

by Dr. Aroon Banerjee, L.M.F., L.D.S.

THIS is principally designed to advise parents on how to prepare their children for visits to dentists and to stimulate awareness of dental needs, the experiences which relate to habits, attitudes and know-how pertaining to individual and collective dental health in dental health education.

Schedule for a Child to visit a Dentist

The question naturally arises when should a child be examined first for his or her teeth by a dentist? Three to three-and-a-half years should be the right time for a child to visit a dentist. It may appear quite early at the first look, but knowledge will pay. It is by far the best age for a child's first dental care. Milk or baby teeth usually complete their full eruption at this age, and it is the young children mostly that are prone to tooth decay. In most of the cases little or no treatment is necessary during the first visit of the child. This only helps to improve mental behaviour of the child and future visits may render the child's behaviour quite reassuring. It is generally agreed that one out of every three children examined has a tooth so badly decayed that extraction becomes necessary.

After the baby is three years old, twice a year visits to the dentist to detect minute cavities and treat them readily. If not treated early, the tooth destruction process will progress ultimately bringing in premature loss of these baby teeth.

Early loss of milk teeth brings on hazards in the proper formation of the dental shape leading to irregularities or diverse placements of the child's permanent set.

Dental check-ups are specially important around the age of six, as just then is the time for eruption of the first permanent molar.

Parents readily overlook this to be a member of the "milk tooth family" and loss of this tooth due to negligence must be noted with

much concern as this is not replaced.

Hints that are most useful for good dental health of children are given below :

- (1) Diet. Properly selected diet keeps children's teeth and gum healthy. Restrict eating sweets and drinking sweetened beverages.
- (2) Daily care of teeth and

gums is essential. Children should be taught brushing their teeth within ten minutes after every meal for at least three minutes at a time.

- (3) There are some dental manifestations of systemic diseases which can be recognized by noting the dental abnormalities. Therefore any abnormalities in the size, shape, colour and arrangement of teeth should arouse suspicion and call for expert advice from a physician or dentist.

(Courtesy Your Health)

The modern Nurse

IN ordinary parlance nursing means to babe, assist, comfort as the dictionary defines. But when we speak of nursing the image of a female nurse in uniform serving in a hospital ward comes to our mind.

In our dynamic society the need for modern nurses is of vital importance. For in a changing society in a developing country like ours where the needs are increasing day by day new devices and scientific inventions have brought medical profession to a broader horizon. The technological advancement and rapid industrialisation has made the life of a human being mechanical. Thus our nurses should improve their knowledge in all spheres in order to fit themselves in the changing environment to meet the modern needs.

In the past, people thought in terms of model nurses who were recognised by their excellent performances and devotion to duty. But now we can no more confine our thoughts to "model" nurses. Instead we have to go a step ahead if we want our nurses to cater the needs of an affluent society which is fast changing.

The new technological devices in the medical sphere has made it pertinent for a nurse to acquire broader knowledge. In order to provide better nursing care, nurses should study psychological aspects in a human being so that they may understand the needs of the patient

under her care. If a nurse is familiar with the lessons on human psychology she can perform her duty more precisely bearing in mind the psychology of her patient. This will mean understanding the patient as a whole and such nursing care will help rapid recovery.

The patients in the hospital have different sociological aspects and problems as they come from different walks of life. All the patients should not be viewed alike. The nurse must have a sociological outlook in her dealings which will make her functions scientific, effective and efficient.

By L.V. Joseph,
MA, LL. B., D.L.L., D.P.A.,

The modern nurse should possess all those qualities, traits, talents, knowledge and the right approach in the right perspective to serve the need of the patients in a dynamic society. In order to acquire knowledge about the trends of the changing society as well as changing trends in the medical profession nurses must inculcate a habit of reading books on different aspects of life and subjects during their spare times. Each nurses' mess should have a good library where such books are easily available. This advanced professional knowledge will create in them a sense of responsibility when they realise the importance of their role in promoting the health of the nation.