Understanding Dental Caries
2 Prevention
Basic and Clinical Aspects
Gordon Nikiforuk

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81 figures and 51 tables, 1985
KARGER

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National Library of Medicine. Cataloging in Publication
Nikiforuk, G. (Gordon)
Understanding dental caries/
G. Nikiforuk. - Basel, New York: Karger 1985
Contents: v. 1. Etiology and mechanisms, basic and clinical aspects -
v. 2. Prevention, basic and clinical aspects
1. Dental caries I. Title
WU 270 N692u
ISBN 3-8055-3906-1 (set)
ISBN 3-8055-3905-3 (v. 2)

Drug Dosage
The authors and publisher have exerted every effort to ensure that drug selection and dosage set
forth in this text are
in accord with current recommendations and practice at the time of publication. However, in view
of ongoing research,
changes in government regulations, and the constant flow of information relating to drug therapy and
drug
reactions, the reader is urged to check the package insert for each drug for any change in indications
and dosage and
for added warnings and precautions. This is particularly important when the recommended agent is a
new and/or
infrequently employed drug.

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Contents
Contributors and Reviewers of Chapters VIII
Acknowledgements XI
Preface XI
The Concept of Prevention - An Introduction 1
Health vs Disease - Background Statement 1
Background to Dental Prevention 3
Levels of Prevention 5
A Balanced View 7
The Preventive Approach 8
References 11
2 Fluorides and Dental Caries 13
Relation of Fluoride to Mottled Teeth 13
Fluoride-Dental Caries Relation - Epidemiological Studies 17
Controlled Water Fluoridation and Dental Caries 21
Alternatives to Water Fluoridation 29
Conclusions 41
References 42
3 Mechanism of Cariostatic Action of Fluorides 45
Introduction 45
Mineral Phase of Enamel - A Review 45
Analytical Aspects 46
Acquisition of Fluoride in Enamel 47
Mechanisms of Cariostatic Action 52
Conclusions 60
References 61
4 The Use of Topical Fluorides 63
Rationale for Using Topical Fluoride Agents 63
Topical Fluoride-Enamel Reactions 65
Methods of Enhancing Fluoride Fixation in Enamel 66
Current Topical Fluoride Agents - Professionally Applied 69
Topical Solutions vs Gels 73
Use of Fluoridated Prophylactic Pastes 75
Techniques of Topical Fluoride Applications 76
Self- Applied Topical Fluoride Agents for Home and School Use 78
Effect of Fluoride-Containing Tooth Coating Materials 79
Controlled Release Fluoride 82
References 84
Contents VI
5 Fluoride Dentifrices and Fluoride Rinses 87
Introduction 87
Dentifrices 88
Clinical Effectiveness of Fluoride Dentifrices 91
Fluoride Mouthrinses 98
Additive Effect of Multiple Fluoride Use 104
Misuse of Fluoride Therapy 105
References 109
6 Metabolism of Fluoride 113
Introduction 113
Natural Occurrence of Fluoride 113
Metabolism of Fluoride 119
Osteofluorosis (Osteosclerosis or Osseous Fluorosis) 132
Osteoporosis and Fluorides 133
Fluoride Transfer by Placenta 133
Toxicity of Fluorides 134
Safety of Fluoridation - Clinical Studies 136
Is Fluoride an Essential Trace Element? 140
Additional Reading 141
References 141
7 Occlusal Sealants 145
Introduction - Need for Sealants 145
Historical Background 147
Sealant Systems 148
Indications 152
Application Technique 154
Effectiveness 157
Scientific Basis for the Bonding Technique 163
Microbiologic Implications 166
Utilization 167
Additional Reading 169
References 169
8 Reducing the Cariogenicity of the Diet 174
Potential Impact of Removing Sucrose from the Diet 174
Influence of Preventive Diet Counselling 181
Assessing the Dietary Practices of Patients 184
Nutritional Analysis of the Diet Record 188
Preventive Counselling in the Dental Office 188
Some Strategies in Preventive Diet Counselling 190
Early in the genesis of this book, it became apparent that one person cannot assimilate all the literature on dental caries. However, the visible fragmentation and isolation of chapters, one from the other, in many multi-authored books led me to a decision to write most of the text myself - an exercise in masochism. Subsequently the chapters were submitted to chapter reviewers*, listed below, for a critical evaluation. Some chapters or parts thereof were written de novo and these authors are designated as contributors**. The works of the contributors and reviewers has been vital and I gratefully acknowledge their assistance. Collating their contributions has been an arduous but rewarding task.

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Acknowledgements
Many individuals have contributed and assisted in the writing of this
textbook. I cannot list them all but I express thanks to my colleagues at the
Faculty of Dentistry, University of Toronto for their assistance and support,
especially to those whose names appear as chapter reviewers and
contributors.
Professor G.N. Jenkins, Rosenstadt Visiting Professor at the University
of Toronto, contributed generously of his time and energy in editing the
entire book in addition to writing several sections. His congenial temperament,
editing skills and scholarly criticisms did much to lighten the load in
writing this text.
Thanks are due to Professors G.M. Whitford (Georgia Medical College),
and B. Krasse (University of Gteborg) for many useful suggestions
and for reading portions of the draft manuscripts. The administrative
support of Dr. A.R. Ten Cate, Dean of the Faculty of Dentistry, University
of Toronto and of Dr. D. Kenney, Chief of Dentistry of the Hospital
for Sick Children, Toronto, over several years of writing is gratefully
acknowledged.
Mrs. M. Hearn, Mr. S. Burany, Mrs. R. Bauer helped greatly in the
artwork and photography.
Members of ORCA (European Organization for Caries Research)
have played an important role in providing a forum for numerous discus-
sions on the subject. I am grateful to each and all for numerous ideas and
suggestions.
Ms. Slavka Murray typed and retyped the manuscript, mastered the
word-processor, and in an untiring manner persevered until the textbook
was totally assembled.
The staff of the publisher and Dr. T. Karger have been most helpful in
offering and accepting suggestions. I am grateful for the manner in which
they have expedited this publication.
Gordon Nikiforuk
Preface
This is an age of specialization, the age of the expert, the pursuit of a
narrow field without universalizing. Compartmentalization of knowledge
into specialties is a natural outgrowth of the knowledge explosion. Specialization
has the advantage of permitting one individual to master the
intricacies of a specific problem. It has the disadvantage of producing an
expert who knows `more and more about less and less'. As specialization
increases the need to transcend it becomes even greater.
During the past 25 years there has been an increasing tempo of papers and symposia on dental caries resulting in a large amount of fragmented information. Facts and concepts from such diverse fields as crystallography (hard tissues), immunology, microbiology, physiology, nutrition and diet, epidemiology, spectroscopy, and others are available in unmanageable numbers. These disciplines have contributed important information but the total picture cannot be more than gleamed at unless the different pieces are properly fitted together. That is what this book attempts to do.

Rather than produce a single voluminous book this work is divided into two shorter volumes. In Volume 1, the basic aspects of the etiology and mechanism of dental caries are presented; Volume 2 deals with clinical aspects of prevention. While each volume stands alone, Volume 1 is a desirable companion to Volume 2. In Volume 1 the nature of tooth substance, the role played by oral and plaque microflora and the contribution of diet and nutrition, as well as secondary factors such as saliva, fluorides and nutrition are presented. In Volume 2, the synthesis achieved in Volume 1 is applied to the practical, clinical aspects of prevention of caries with emphasis on the use of different fluoride regimens, dietary control and mechanical and chemical methods of plaque control.

The contents and the sequence of chapters in this textbook have formed the basis for the teaching of the subject of Caries at the University of Toronto. This has led to a more unified teaching of the subject and has eliminated the fragmentary approach characteristic of past efforts. It is hoped it may assist others in developing a course in Cariology. Although this book is primarily designed for undergraduate students of dentistry, the comprehensive nature of its contents should appeal to graduate students as well as to students of dental hygiene and dental assisting who wish to augment their knowledge of the caries process.

Undergraduate students too often ignore historical aspects of a subject, and feel massive bibliographies are asphyxiating. While references have been winnowed, and historical aspects compressed, some history and bibliography is essential for growth of learning. The subject of caries should be an exciting learning experience.

Caries, because of its uniqueness as a disease, its ubiquitous nature, and its stubborn resistance to resolution remains as one of man's most common, oldest, and singly costliest ailment. The total health handicap due to dental caries is staggering. In western countries there has been a dramatic decline in caries over the past decade but in the economically developing countries caries prevalence is increasing as dietary habits of industrialized nations are adopted. For this reason, it is important that the subject of dental caries is given as broad a readership as possible. Recognition
of the enormity of the problem should spur efforts to reduce the ravages, the pain and the cost of this disease.

This book is obviously not the last word on the subject, nor is it the first. I hope it may compete with the best. The French philosopher Montaigne said it best: "I have gathered a posie of other men's flowers and nothing but the thread which binds them is mine."

Gordon Nikiforuk
To Marge Jordis, Andrew and Christian
without whom all tasks would be difficult
and none worthwhile
To My Saskatchewan farm heritage
where the love of learning was always nourished