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## Plaque score index

Follow the latest daily buzz with [buzzFeed Daily Newsletter!](#) If you buy something by link on this page, we can earn a small commission. How it works. What is a plaque? Have you ever noticed that after brushing your teeth teeth look shiny and white, but over time they seem more boring and yellow? This yellowish color comes from plaque, a film substance made from bacteria. Plaque accumulates on the teeth both above and below the gum line. You may find it unsightly, but more than that, it can damage your teeth and gums if it is not removed. The easiest way to remove plaque is to brush your teeth at least twice a day. You should use a soft toothbrush that you replace at least every three to four months when the bristles begin to wear out. You may also want to consider using an electric toothbrush, which may be more effective at removing plaque than a traditional toothbrush. Floss in front of the brush to loosen any pieces of food so you can shrug them off. To floss your teeth: Take about 18 inches of thread, wrapping one end around each of your middle fingers. Keep the thread tight between your fingers and index fingers, then gently press the thread between the two teeth. Move the thread to form C on the side of one tooth. Rub the thread up and down gently, continuing to press it against the tooth. Be careful not to jerk or snap the thread. Repeat this process for all your teeth, taking care to floss behind your hind teeth as well. Shop for thread online. Once you floss, you should spend two minutes brushing your teeth each time. To brush your teeth: Put a pea-sized amount of toothpaste on the toothbrush. For children, the amount of toothpaste should be the size of a grain of rice. Keep the toothbrush on your teeth at a 45-degree angle to the gums. Move your toothbrush back and forth with short, gentle strokes of the same width as each of your teeth. Clean all the outer surfaces, inner surfaces and chewy surfaces of your teeth, and don't forget your tongue. For the inside of the front teeth, tilt the toothbrush vertically and make small up-and-down strokes. Unfortunately, the board accumulates again quickly after being brushed off. Some experts recommend other at-home treatments to remove plaque buildup. These include butter pulling and baking soda treatments. The oil pulling the swishing oil - usually coconut or olive oil - around the mouth can strengthen the teeth, prevent tooth decay, soothe gum pain, and remove plaque. To carry the oil pull, you whizz about one tablespoon of coconut or olive oil around your mouth for 20 to 30 minutes (much longer than you whizz around a typical mouthwash). Coconut oil is considered particularly beneficial, it contains fatty acids such as lauric acid, an anti-inflammatory and antimicrobial substance. Baking soda researchers found that people who brushed Teeth with toothpaste containing baking soda removed more plaque and had less plaque to grow back within 24 hours than people who brush their teeth with toothpaste that contains no baking soda. Baking soda is effective at removing plaque because it is a natural detergent and abrasive, meaning it is good for cleaning. Shop for toothpaste containing baking soda online. Accumulation of plaques can have serious health consequences. Bacteria in plaque create acid by eating sugars in the foods you eat that can damage your teeth and cause tooth decay. Bacteria also make toxins that can aggravate your gums, leading to periodontal disease (gum disease). When plaque on the teeth is combined with minerals in saliva to form a hard deposit, it is called tartar. Another name for tartare is calculus. Like plaque, tartar can form both above and below the gum line. The tartar forms a nourishing board for the bacteria's plaques to thrive in, allowing the plaques of bacteria to multiply rapidly. Unlike plaque, tartar cannot be removed by brushing or flossing. To get rid of it, you need to visit a dentist who will use special tools to remove it in a technique called scale and polish. Scaling refers to removing or collecting tartar from teeth, while polishing helps smooth and shine teeth after that. The best way to prevent plaque formation is to stick to good dental habits. Brush your teeth for two minutes at least twice a day (ideally once in the morning and once before bedtime), and floss at least once a day. Regular dental appointments are also crucial in preventing additional plaque and tartar buildup on your teeth. Your dentist will scratch and brush your teeth so that they are free of plaque and tartar. They can also perform fluoride treatments that can prevent and slow the growth of plaque bacteria and the accumulation of tartar on the teeth. This helps prevent tooth decay. Studies show that chewing gum, sweetened with sorbitol or xylitol between meals, can prevent plaque buildup. Be sure not to chew gum with sugar, which stimulates the growth of bacteria on the teeth. Eating a healthy diet low in added sugars, on the other hand, can limit the growth of bacteria on the teeth. Be sure to eat lots of fresh foods, whole grains and lean proteins. Mouthwash or tool such as dental choice, inter-personal brush, or toothbrush can be helpful in preventing the accumulation of bacteria between meals. Shop for these products online: [mouthwashdental pickinterdental brushed stick](#)Smoking and tobacco also encourage the growth of bacteria on the teeth. Stop using tobacco products, and don't start if you've never tried them. The better you take care of your teeth, the less plaque and tartar will accumulate on them. You should brush your teeth at least twice a day and floss once to prevent plaque buildup. Also, don't forget to visit your dentist for preventive care and the removal of tartar. Taking care of your teeth will keep you healthy in the long run. If you think you may have a dental problem related to the accumulation of plaque or tartar, schedule an appointment with your dentist right away. The sooner you get the dental issue resolved, the less harm it can cause and the easier (and cheaper) it will treat. Maureen's patient recently came to me complaining of episodes of weakness and dizziness while walking to work, which she does every morning. I suspected she was prediabetic, which is a risk factor for cardiovascular disease, and told her that I ordered blood tests for her, including one that measures the size of her cholesterol. She chuckled and said, You mean my cholesterol, right, Doc? I laughed too, but I said, No, I mean size. I want to see how big your cholesterol particles are. And how little. Not many people know this, but a recent advance in cholesterol testing helps your doctor predict your chances of a heart attack. Called lipoprotein sub-fractional test, this diagnostic tool measures the size of cholesterol particles and tosses a red warning flag when it finds small particles of LDL and HDL. If you have both - and prediabetic women, as Maureen often does - your risk of a heart attack is higher. Here's why: The smaller your LDL particles (bad cholesterol), the easier they burrow into the heart vessels where they form plaque damage. Also, the presence of fine particles means that for a given amount of cholesterol, you actually have more bad LDL available to get into the walls of blood vessels to create blockages. Small HDL particles compound this destructive process because they don't do their job as well, which is to absorb cholesterol from the walls of the vessels and transport it to the liver so that it can be excreted from the body. Now that we understand the importance of cholesterol size, we can explain some mysteries about heart attacks - why, for example, a woman with low total cholesterol can have blockages and a heart attack. It can have many small particles of LDL, all of which can burrow and cause plaque, even if each individual particle does not contain much cholesterol. Who needs a test? When you go for your annual physical, your doctor's blood test orders won't include this special test, which adds about \$200 to the fee. But you should definitely ask for a test if you: Have high blood pressure prediabetic or diabetic women with any condition are more likely to have small LDL particles but often do not have high cholesterol. Have high triglycerides (over 100) and low HDL (less than 60) there are Your family talk to your doctor about whether you are a candidate for the test. In addition to lifestyle changes, medications (including prescription-strength-prescription-strength vitamin B niacin) can improve the density and size of your LDL and HDL cholesterol. For my at-risk patients like Maureen, it made the difference between her ability to keep going to work - and having a heart attack. To read Agathaston's blog and ask him questions, visit [prevention.com/dragatston](#). This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on the piano.io [Igor Emmerich/Getty Images](#) The plate is a soft, sticky and colorless deposit that is constantly formed on our teeth and gums. Often undetected, plaque attacks teeth and gums with the acid it produces from bacteria in the mouth. Bacteria use sugar from food and beverages along with saliva to thrive and multiply. This acid attack destroys tooth enamel, causing tooth sensitivity and ending with varying degrees of tooth decay. The plaque is also responsible for gum disease and promotes bad breath. The plate is controlled by brushing and flossing daily at home and during regular brushing from the dentist or dental hygienist. Reduce plaque by limiting sugar and carbohydrates in your diet. The plate accumulates in a difficult to reach area of the mouth. If it is not removed daily, it begins to harden into a calculus substance called calculus, also known as tartar. The chemical reactions that occur in the mouth work to form plaque. Bacteria, carbohydrates, food particles and saliva are all necessary to form plaque. Foods that are extremely high in sugar, such as candy, biscuits and soda, contain more carbohydrates. High consumption of these foods leads to an increased presence of carbohydrates, and in turn, a higher presence of plaques. Carbohydrates are combined with natural bacteria in the mouth to form acid. This acid can be fed through the outer layer of tooth enamel. The acid is then formed with saliva and any remaining food particles to become a hard, sticky substance. The substance that is created between acid, food particles and saliva is called plaque. The plaque then sticks to the teeth and causes various dental problems like cavities. Given all the damage it can do, plaque prevention is an extremely important step towards dental care. There are two effective methods of preventing plaques. Limiting the total intake of foods high in carbohydrates is one way to prevent plaque. Since high carbohydrate intake leads to a higher presence of plaque build-up, removing carbohydrates from your diet will limit plaque. Candy, biscuits, soda, and other extremely sweet and items should be avoided, especially in excess, to prevent the accumulation of plaque. Completely avoiding carbohydrates is almost impossible, however. So brushing your teeth and flossing is the second way to prevent plaque build-up. It is recommended to brush your teeth and floss twice a day. Cleaning works to loosen and remove plaque that is created around the teeth. Flossing works to remove food particles and debris that gets stuck between your teeth. By flossing it out, you provide this bacterium with less of the ability to form into plaque. Thank you for your feedback! What do you care? Problems? plaque score index uk. modified o'leary plaque score index. mucosal plaque score index. plaque index score interpretation. plaque free score index. plaque score o'leary index. how to calculate plaque index score. plaque and bleeding score index

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