The first ISO 9001 certified dental centre

By Dr. Ammar Alekri, Bahrain

Cosmetics is a necessity. We then start talking about the cosmetic treatment of teeth of which Dr. Alekri said explaining: “There is a misconception about what is called teeth cosmetics that it is some sort of luxury. This is not accurate because most of these treatments are necessary.”

Dentist, oral and dental surgeon Dr. Ammar Alekri stressed that most of the treatments the teeth need are necessary to achieve the perfect health of the mouth and teeth, and that is what is called “a cosmetic treatment”, also necessary to maintain healthy teeth.

He further explained that the role of dentists is preventive in the first place and therapeutic in the second. He continued: “Yet, the general culture that we have now directs the individual not to resort to the dentist until after feeling pain. We are aiming at changing this cultural pattern and are trying persistently to persuade everyone of the importance of maintaining the periodic examinations, especially dental examinations.”

Prevention is better than cure Dr. Ammar Al-Ekry started his speech talking about hopes of eliminating the need for a dental examination. He said: “From a general image prospective, losing teeth at maximum. Another example that illustrates the need for “cosmetic dental treatment” is obvious for any patient who underwents nerve treatment. The treated tooth becomes rigid, similar to an object made of glass and prone to break, it becomes very important to protect the tooth by cocooning it with what is commonly called “a crown”. Dr. Ammar added: “It is ironic that insurance policies cover nerve treatment as a disease, while not covering the second part of the treatment which is protecting the tooth with “a crown” from any break. The insurance policy covers removing the broken tooth, yet doesn’t cover teeth implanting considering this to be cosmetic surgery. He pointed out the importance of validating insurance responsible and reconsidering this topic very well to define the difference between treatment and cosmetics in mouth and teeth diseases.

Modify your lifestyle When addressing the issue of disease prevention, Dr. Alekri said: “As individual can protect himself from a lot of teeth and gum diseases by modifying his life style, which causes a lot of health problems at the level of oral health and overall health”. Dr. Alekri added: “Dietary habits and quality of food that we eat, generally, lack adequate servings of vegetables, fruits, milk and milk products. These food types contain a small percentage of sugars and rich with basic components that human body needs.” He also added: “In contrast, a food and beverages that we eat daily are rich in sugars, acids and industrial colors and the most prominent example of this are soft drinks. I have found that it is the cause behind a lot of the mouth and teeth diseases that affect our patients. I have noticed that many of our patients suffering from these problems are the age group between 12-22 years.” Dr. Alekri said: “The habit of eating diabetes is by habit of Dr. affectsthem the tooth in the long run even while maintaining washed before going to sleep.” Dr. Alekri also expressed his dissatisfaction with the significant spread of the habit of smoking among Bahrainis between males and females, indicating negative effects on the teeth and mouth.

He hoped that the society could change the dietary patterns and trend towards healthy dietary patterns and quitting unhealthy habits as such mentioned.

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