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Dental fluorosis and management of case with severe fluorosis

Sarah A Al-Asmari

Prince Sultan Military Medical City, Saudi Arabia

Dental fluorosis is a common disorder condition that makes and causes ultimate changes in the form and appearance of tooth enamel. It is a state of symptoms and signs that a person is exposed to after ingesting fluoride in large quantities that exceed the normal limit, either accidentally or intentionally. There are several causes of dental fluorosis such as underground water, wells water, drinking water with added fluoride, industrial products containing fluoride, toothpaste, and mouthwash. Symptoms of fluorosis may vary from person to person, appearing in a few patients as chalky white spots or yellow spots, while in other cases, they may appear as brown spots on the surface of the teeth. The real factor behind this dental disorder is the “excessive intake of fluoride” during the first eight years of life because here, at this stage, the teeth are not fully mineralized. This dental problem mainly occurs in rural areas where people used to drink water from shallow wells or hand pumps. Usually, in such areas, the water has fluoride content more than usual, which is 1 ppm. To be more

effective in this practical manner related to dental fluorosis, I have chosen a case with dental fluorosis to treat her from this dental problem. The case is a female Saudi patient (53) years old; she is medically fit, was living in Sager area in the first (10) years of her life. When I want to know the primary cause of this dental fluorosis, I acknowledged just because of her stay in Sager region that characterized by high fluoride well water. I have done full comprehensive treatment including restorative, endodontics, and prosthodontics within e.max crowns with zirconium copings that shown below.

Speaker Biography

Sarah A Al-Asmari has graduated from Riyadh Alelm University dental college at 2011. She works as a general practitioner for 4 years. She completed her Saudi board program in Restorative dentistry in 2019. She is a senior registrar at prince sultan military medical city.

salasmari@brd@gmail.com**Received date:** March 07, 2022; **Accepted date:** March 09, 2022; **Published date:** May 30, 2022