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Subject:preventive dentistry

Question no 1

Explain different types of health concept?

Health:

According to WHO (world health organization) (1947) "health is a state of complete physical , mental and social well being merely absence of disease or infirmity.

Health means a complete or perfect human body.

Concepts:-

Here we have some concept about health.

Biomedical health:-

Absence of a disease . If a person not suffering from a disease it is healthy.

→ they believe that human body is just like a mechian.

* **Ecological concept:-**

Relationship of organism with their environment.

*Health is a dynamic equilibrium between human and its environment.

*Disease is the mal adjusting of human body with it environment.

(Incomplete concept)

* **Pysco social concept:-**

Psychosocial concept says that health is not only about biomedical , It is also about mental social behavior with its self and other.

→ this is also rejected because they don't mention human physical health.

***Holistic concept:-**

It include all concept like social ,physical,mental and political health of a human body.

Feature of a health body:-

*Fresh breath or good breath no halitosis

*Sound sleep . Proper sleep (6-8 hours).

*Regular activity of bladder and bowls.

Question no 2

Define disease and furthermore write types of disease?

Ans:-

Disease:-

Definition:-

Any abnormal condition that negatively affects the structure or function of a part or whole organism.

Medical condition:-

It is a broad terms that include disease, injury , lesion .

Types of disease

Infectious disease:-

Cause by infectious agent and microorganism like virus , bacteria, fungi etc.

Influenza cause by flue

Bacterium meningitis

Oral candida cause candida (fungi)

Deficiency Disease:

Cause by deficiency of essential ,elements in the body, like vitamins minerals

Scurvy cause by deficiency of vitamin C.

Osteoporosis → cause by deficiency of calcium.

Goiter → cause by deficiency of iodine

***Hereditary disease:-**

Caused due to transfer from parents to off spring.

→ Those disease which genetically cause.

* Amalogenesis imperfecta → is the deformity of enamel.

→ this cause by genetic mutation.

***physiological disease:-**

Cause by mal-function of an organ cause illness.

*Diabetes →

Question no 3

Define infection and elucidate types of infection?

Infection:

Definition:-

Infection is the invasion of host body tissue by micro organism , their multiplication and reaction of hosl tissue to the infectious agent.

Types of infection

*primary infection:-

Occur to the healthy organism. E.g TB (cause by Bacillus bacteria)

* Secondary infection:-

Infection that is a sequela (reason) of a root cause e.g burn.

*Localized infection:-

Is that type of infection specific region | part of body | restricted

e.g infection in gingival.

* Systemic infection:-

Affected several region e.g kidney.

*Opportunistic infection:-

Infection caused by those micro organism which are present in host environment.

e.g streptococcus mutane normal flura.

Question no 4

Write the principles of health education?

Health education

A progression of educating people about health.

It is a process that informs , motivate and helps people to adopt and maintain healthy practices and life styles.

Principles of health Education

*interest :

- _Health teaching should relate to the interests of the people
- _Health educators should.

*Participation:

- _Group discussion
- _Workshop

*Comprehension:

- _Level of understanding
- _The use of words which can be understood
- _Practice certain health habits
- _Level of literacy
- _Language of communication.

*Reinforcements:

- _Repetition at intervals is extremely useful for better understanding.
- _Also called booster Dose.

*Motivation:

- _Desire to learn
- _Primary:hunger , survival (Food , clothing, housing).
- _Secondary: praise , love , rewards , punishment.

*Learning by Doing:

- _ Learning is an action process not a memorizing one.

_if I hear , I forget , if I see , I remember , if I do , I know .

_Health habits should be practiced.

* know to unknown

_Start with what the people already know and then give the new.

Good human Relations:

_Health educator should have good personal qualities

_Should be able to maintain friendly relation with people.

Question no 5

Elaborate on the stages of preventions?

Ans:-

Prevention of oral disease

To protect our oral health body part before to occur disease.

Stages

Three stages of preventions are:-

*Primary prevention

*Secondary prevention

*Tertiary prevention

Primary prevention :

→ prevention of disease before onset.

Methods:

Three methods of primary prevention are

Primordial prevention:

* Alteration in behaviour, life style of children .

* Changing harmful behaviour (tobacco , eating habits)

e.g tongue thrusting , thumb sucking.

Population strategy or mass strategy:

→ This strategy would be irrespective of individual risk level.

→ It should be for the whole population.

e.g Water fluctuation

Normal range of fluoride 0.5 mg |L - 1.5 mg |L.

Fluoride is in the form of supplement, tooth paste . mouth rinses

→ powder form (sodium fluoride and flourosilic acid).

•High risk strategy:

→ prevention care to individual at high risk

e.g comping → Examination



History collect

*** secondary prevention:**

→ prevention of disease during progression.

→ Routine treatment , method to treat disease and role restore tissue function near to normal.

e.g filling for carrious tooth .

*** Tertiary prevention:**

→ prevention to replace lost tissue and rehabilitat patient.

→ it contain disability limitations and rehabilitation.

