

Name: Zeeshan Ali shah

Id:13954

Subject: Preventive Dentistry

Bs: Dental

Midterm exam

Q#1:

(a): Define nutrition and nutrients.

1. NUTRITION:

Nutrition is the science that interprets the nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes ingestion, absorption, assimilation, biosynthesis, catabolism and excretion.

2. NUTRIENTS:

a substance or ingredient that promotes growth, provides energy, and maintains life

Tomatoes contain a lot of nutrients, among them vitamins C and B-complex and the minerals iron and potassium's.

(b): Enumerate macronutrients with respect to percentage value.

Ans: Macronutrients are needed in larger quantities (in gram range). They normally include water, carbohydrates, fat and protein. Macronutrients (except water) are also called energy-providing nutrients.

The acceptable macronutrient distribution ranges (AMDR) are 45–65% of your daily calories from carbs, 20–35% from fats and 10–35% from protein. To lose weight, find a ratio you can stick with, focus on healthy foods and eat fewer calories than you burn.

Q#2: Briefly explain dental rubber dam.

Ans: Ribber dam:

A dental dam or rubber dam is designed in the United States on 1864 by sanford christie Barnum, is a thin 6-inch (150mm) square Sheet, usually latex or nitrile, used in dentistry to isolate the operative site (one or more teeth) from the rest of the mouth. It is used mainly in endodontic, fixed prosthodontic (crowns, bridge s) and general restoration treatments. Its purpose is both to prevent saliva interfering with the dental work.

• ARMAMENTARIUM

1. Rubber dam sheets.
2. Rubber dam clamps.
3. Rubber dam holders.
4. Rubber y retainer forceps.
5. Rubber dam punch hi
6. Rubber dam templates or stamps
7. Dental floss.
8. Wedget.

(1). RUBBER DAM SHEET:

- Available as rolls or sheets.
- Size - 5 or 6 square.
- Thickness - 0.006" to 0.01" ( thin, medium, heavy, extra heavy)
- colors- blue , green colors preferred to provide good contrast with the surrounding and may be flavored for the children.

(2). RUBBER DAM CLAMPS:

- Used to secure the dam to teeth that are to be isolated and to minimally retract the gingival tissue.

(3). RUBBER DAM HOLDER:

- Used to maintain the border of the Rubber dam in position.

Types:

1. Young's Holder:
2. Ash pattern:
3. Svenska N:

(4). RUBBER DAM RETAINER FORCEPS:

- Uses for placement and removal of retainer from the tooth.

(5). RUBBER DAM PUNCH:

- Used for making holes in the dam.

(6). RUBBER DAM TEMPLATE:

- Both have positive of the teeth marked on them and are used to transfer them to the Rubber dam sheet for holes to be punched.

Q#3: Differentiate all types of pontic thoroughly.

Ans: PONTIC THOROUGHLY:

Def: An artificial tooth on a fixed dental prosthesis that replaces a missing natural tooth, restores its function, and usually fills the space previously occupied by the clinical crown.

Types of pontic thoroughly:

1. Mucosal contact:

2. No Mucosal contact:

1• MUCOSAL CONTACT:

- Contact with ridge mucosa.
- Full facial contact.
- more Aesthetic.
- Usually for anterior teeth.

Example: Stein pontic , ridge lap pontic, modified ridge lap pontic, ovate pontic.

2•NO MUCOSAL CONTACTS:

- No contact with the ridge mucosa
- Approx. 3mm above cervical contact.
- more hygienic
- Usually suitable for posterior teeth.

Example: Bullet pontic, hygienic pontic.