

PLAQUE CALCULUS

PLAQUE CALCULUS IS A COMMON DENTAL CONCERN THAT AFFECTS A SIGNIFICANT PORTION OF THE POPULATION. UNDERSTANDING PLAQUE CALCULUS IS ESSENTIAL FOR MAINTAINING OPTIMAL ORAL HEALTH, AS IT CAN LEAD TO MORE SERIOUS DENTAL ISSUES IF NOT ADDRESSED EFFECTIVELY. THIS ARTICLE WILL EXPLORE THE FORMATION OF PLAQUE CALCULUS, ITS IMPACT ON DENTAL HEALTH, PREVENTION STRATEGIES, AND TREATMENT OPTIONS. WE WILL PROVIDE DETAILED INSIGHTS INTO HOW PLAQUE CALCULUS DEVELOPS, THE DIFFERENCES BETWEEN PLAQUE AND CALCULUS, AND THE IMPORTANCE OF REGULAR DENTAL CARE. BY THE END OF THIS ARTICLE, READERS WILL HAVE A COMPREHENSIVE UNDERSTANDING OF PLAQUE CALCULUS AND THE BEST PRACTICES FOR PREVENTION AND TREATMENT.

- UNDERSTANDING PLAQUE CALCULUS
- THE FORMATION OF PLAQUE CALCULUS
- DIFFERENCES BETWEEN PLAQUE AND CALCULUS
- HEALTH IMPLICATIONS OF PLAQUE CALCULUS
- PREVENTION STRATEGIES
- TREATMENT OPTIONS
- REGULAR DENTAL CARE FOR HEALTHY TEETH

UNDERSTANDING PLAQUE CALCULUS

PLAQUE CALCULUS, ALSO KNOWN AS TARTAR, IS A HARDENED FORM OF DENTAL PLAQUE THAT ADHERES TO THE SURFACES OF TEETH. IT IS A RESULT OF THE MINERALIZATION OF PLAQUE, WHICH OCCURS WHEN PLAQUE REMAINS ON TEETH FOR AN EXTENDED PERIOD. PLAQUE ITSELF IS A STICKY BIOFILM COMPRISED OF BACTERIA, FOOD PARTICLES, AND SALIVA. WHEN NOT REMOVED THROUGH REGULAR BRUSHING AND FLOSSING, PLAQUE CAN HARDEN WITHIN 24 TO 72 HOURS, FORMING CALCULUS.

CALCULUS CAN DEVELOP BOTH ABOVE AND BELOW THE GUM LINE, MAKING IT PARTICULARLY CONCERNING FOR DENTAL HEALTH. ONCE FORMED, CALCULUS CAN ONLY BE REMOVED BY A DENTAL PROFESSIONAL, AS IT IS TOO HARD TO BE DISLODGED BY BRUSHING OR FLOSSING ALONE. UNDERSTANDING PLAQUE CALCULUS IS CRUCIAL BECAUSE IT CAN LEAD TO GUM DISEASE, CAVITIES, AND OTHER ORAL HEALTH ISSUES IF NOT MANAGED PROPERLY.

THE FORMATION OF PLAQUE CALCULUS

THE PROCESS OF PLAQUE CALCULUS FORMATION BEGINS WITH THE ACCUMULATION OF PLAQUE ON THE TEETH. THIS ACCUMULATION IS INFLUENCED BY VARIOUS FACTORS, INCLUDING DIET, ORAL HYGIENE PRACTICES, AND THE INDIVIDUAL'S SALIVA COMPOSITION. THE INITIAL STAGES OF PLAQUE FORMATION INVOLVE THE ADHESION OF BACTERIA TO THE TOOTH SURFACE, WHICH FORMS A BIOFILM. AS MORE BACTERIA ADHERE TO THIS BIOFILM, IT BECOMES THICKER AND MORE COMPLEX.

STAGES OF PLAQUE FORMATION

PLAQUE FORMATION OCCURS IN SEVERAL STAGES:

1. **PELLICLE FORMATION:** A THIN FILM OF PROTEINS FROM SALIVA COATS THE TOOTH SURFACE.
2. **BACTERIAL COLONIZATION:** BACTERIA ATTACH TO THE PELLICLE, FORMING A BIOFILM.
3. **BIOFILM MATURATION:** THE BIOFILM MATURES AS MORE BACTERIA ACCUMULATE, CREATING A COMPLEX COMMUNITY.
4. **MINERALIZATION:** IF PLAQUE IS NOT REMOVED, MINERALS FROM SALIVA BEGIN TO DEPOSIT WITHIN THE BIOFILM, LEADING TO THE HARDENING OF CALCULUS.

ONCE CALCULUS FORMS, IT CAN CONTINUE TO GROW AND CONTRIBUTE TO FURTHER ORAL HEALTH ISSUES. IT BECOMES A ROUGH SURFACE THAT ATTRACTS MORE PLAQUE AND BACTERIA, CREATING A VICIOUS CYCLE THAT CAN LEAD TO GUM DISEASE AND CAVITIES.

DIFFERENCES BETWEEN PLAQUE AND CALCULUS

UNDERSTANDING THE DIFFERENCES BETWEEN PLAQUE AND CALCULUS IS VITAL FOR EFFECTIVE ORAL HYGIENE. WHILE BOTH ARE RELATED TO DENTAL HEALTH, THEY HAVE DISTINCT CHARACTERISTICS AND IMPLICATIONS.

PLAQUE

PLAQUE IS A SOFT, STICKY FILM THAT FORMS ON TEETH AND CONTAINS BACTERIA. IT IS EASILY REMOVED WITH REGULAR BRUSHING AND FLOSSING. KEY CHARACTERISTICS OF PLAQUE INCLUDE:

- SOFT AND PLIABLE TEXTURE
- CAN BE REMOVED WITH DAILY ORAL HYGIENE PRACTICES
- BEGINS TO FORM WITHIN HOURS AFTER BRUSHING

CALCULUS

CALCULUS, ON THE OTHER HAND, IS HARDENED PLAQUE THAT HAS MINERALIZED OVER TIME. IT IS NOT REMOVABLE BY REGULAR BRUSHING AND REQUIRES PROFESSIONAL CLEANING. KEY CHARACTERISTICS OF CALCULUS INCLUDE:

- HARD AND BRITTLE TEXTURE
- CAN ONLY BE REMOVED BY A DENTAL PROFESSIONAL
- FORMS WITHIN DAYS IF PLAQUE IS NOT REMOVED

RECOGNIZING THE DIFFERENCE BETWEEN PLAQUE AND CALCULUS IS ESSENTIAL FOR MAINTAINING ORAL HEALTH. REGULAR DENTAL CHECK-UPS CAN HELP MANAGE AND PREVENT PLAQUE FROM HARDENING INTO CALCULUS.

HEALTH IMPLICATIONS OF PLAQUE CALCULUS

THE PRESENCE OF PLAQUE CALCULUS CAN LEAD TO SEVERAL HEALTH ISSUES, PARTICULARLY CONCERNING GUM HEALTH AND OVERALL ORAL HYGIENE. WHEN CALCULUS FORMS, IT CAN IRRITATE THE GUMS AND LEAD TO INFLAMMATION, RESULTING IN GUM DISEASE.

GUM DISEASE

GINGIVITIS, THE EARLY STAGE OF GUM DISEASE, CAN OCCUR WHEN PLAQUE AND CALCULUS IRRITATE THE GUMS. SYMPTOMS MAY INCLUDE:

- RED, SWOLLEN GUMS
- BLEEDING DURING BRUSHING OR FLOSSING
- BAD BREATH

IF LEFT UNTREATED, GINGIVITIS CAN PROGRESS TO PERIODONTITIS, A MORE SEVERE FORM OF GUM DISEASE THAT CAN RESULT IN TOOTH LOSS AND DAMAGE TO THE SUPPORTING STRUCTURES OF THE TEETH.

CAVITIES AND TOOTH DECAY

PLAQUE CALCULUS CAN ALSO CONTRIBUTE TO CAVITIES. THE BACTERIA CONTAINED WITHIN PLAQUE PRODUCE ACIDS THAT CAN ERODE TOOTH ENAMEL, LEADING TO DECAY. THIS CAN RESULT IN:

- PAIN AND SENSITIVITY
- VISIBLE HOLES OR PITS IN THE TEETH
- INFECTION OR ABSCESSES

PREVENTION STRATEGIES

PREVENTING PLAQUE CALCULUS IS ESSENTIAL FOR MAINTAINING GOOD ORAL HEALTH. EFFECTIVE PREVENTION STRATEGIES FOCUS ON MINIMIZING PLAQUE BUILDUP AND PROMOTING GOOD DENTAL HYGIENE PRACTICES.

DAILY ORAL HYGIENE

ROUTINE ORAL HYGIENE IS THE FIRST LINE OF DEFENSE AGAINST PLAQUE CALCULUS. THIS INCLUDES:

- BRUSHING TEETH AT LEAST TWICE A DAY WITH FLUORIDE TOOTHPASTE
- FLOSSING DAILY TO REMOVE PLAQUE BETWEEN TEETH

- USING AN ANTIBACTERIAL MOUTHWASH TO REDUCE PLAQUE-FORMING BACTERIA

REGULAR DENTAL VISITS

REGULAR DENTAL CHECK-UPS AND CLEANINGS ARE VITAL IN PREVENTING PLAQUE CALCULUS. PROFESSIONAL CLEANINGS CAN REMOVE CALCULUS AND PROVIDE A THOROUGH EXAMINATION OF ORAL HEALTH. IT IS RECOMMENDED TO VISIT THE DENTIST EVERY SIX MONTHS, OR AS ADVISED BY A DENTAL PROFESSIONAL.

TREATMENT OPTIONS

IF PLAQUE CALCULUS HAS ALREADY FORMED, TREATMENT OPTIONS ARE AVAILABLE TO EFFECTIVELY MANAGE AND REMOVE IT. DEPENDING ON THE SEVERITY, VARIOUS APPROACHES MAY BE RECOMMENDED.

PROFESSIONAL CLEANING

THE PRIMARY TREATMENT FOR CALCULUS IS PROFESSIONAL DENTAL CLEANING, ALSO KNOWN AS SCALING. DURING THIS PROCEDURE, A DENTAL HYGIENIST USES SPECIALIZED TOOLS TO REMOVE CALCULUS ABOVE AND BELOW THE GUM LINE. THIS PROCESS IS CRUCIAL FOR RESTORING GUM HEALTH AND PREVENTING FURTHER ISSUES.

ADDITIONAL TREATMENTS

IN SOME CASES, ADDITIONAL TREATMENTS MAY BE NECESSARY, PARTICULARLY IF GUM DISEASE IS PRESENT. THESE MAY INCLUDE:

- SCALING AND ROOT PLANING TO SMOOTH TOOTH ROOTS
- ANTIBIOTIC TREATMENTS TO REDUCE BACTERIAL INFECTION
- IN MORE ADVANCED CASES, SURGICAL OPTIONS MAY BE CONSIDERED

REGULAR DENTAL CARE FOR HEALTHY TEETH

MAINTAINING HEALTHY TEETH AND GUMS REQUIRES A COMMITMENT TO REGULAR DENTAL CARE. THIS INCLUDES NOT ONLY PERSONAL ORAL HYGIENE PRACTICES BUT ALSO PROACTIVE MEASURES TO PREVENT PLAQUE CALCULUS FORMATION. A WELL-ROUNDED APPROACH TO DENTAL HEALTH WILL INVOLVE:

- CONSISTENT BRUSHING AND FLOSSING HABITS
- ADOPTING A BALANCED DIET LOW IN SUGAR
- STAYING HYDRATED TO PROMOTE SALIVA PRODUCTION

BY IMPLEMENTING THESE STRATEGIES, INDIVIDUALS CAN SIGNIFICANTLY REDUCE THEIR RISK OF PLAQUE CALCULUS AND ENSURE LONG-LASTING ORAL HEALTH.

Q: WHAT IS PLAQUE CALCULUS?

A: PLAQUE CALCULUS, OFTEN REFERRED TO AS TARTAR, IS A HARDENED FORM OF DENTAL PLAQUE THAT FORMS ON TEETH WHEN PLAQUE IS NOT REMOVED THROUGH REGULAR BRUSHING AND FLOSSING. IT CAN ONLY BE REMOVED BY A DENTAL PROFESSIONAL.

Q: HOW CAN I PREVENT PLAQUE CALCULUS?

A: PREVENTING PLAQUE CALCULUS INVOLVES MAINTAINING GOOD ORAL HYGIENE PRACTICES, SUCH AS BRUSHING TWICE A DAY, FLOSSING DAILY, AND VISITING THE DENTIST REGULARLY FOR CLEANINGS.

Q: WHAT ARE THE HEALTH RISKS ASSOCIATED WITH PLAQUE CALCULUS?

A: THE HEALTH RISKS ASSOCIATED WITH PLAQUE CALCULUS INCLUDE GUM DISEASE, CAVITIES, AND POTENTIAL TOOTH LOSS IF NOT MANAGED PROPERLY. IT CAN LEAD TO INFLAMMATION AND INFECTION IN THE GUMS AND SURROUNDING TISSUES.

Q: HOW OFTEN SHOULD I VISIT THE DENTIST FOR PLAQUE CALCULUS REMOVAL?

A: IT IS GENERALLY RECOMMENDED TO VISIT THE DENTIST EVERY SIX MONTHS FOR CHECK-UPS AND PROFESSIONAL CLEANINGS. HOWEVER, INDIVIDUALS WITH A HISTORY OF DENTAL ISSUES MAY REQUIRE MORE FREQUENT VISITS.

Q: CAN I REMOVE PLAQUE CALCULUS AT HOME?

A: NO, PLAQUE CALCULUS CANNOT BE REMOVED AT HOME. ONCE IT HAS HARDENED, IT REQUIRES PROFESSIONAL CLEANING TO BE EFFECTIVELY REMOVED. REGULAR BRUSHING CAN PREVENT ITS FORMATION.

Q: WHAT IS THE DIFFERENCE BETWEEN PLAQUE AND CALCULUS?

A: PLAQUE IS A SOFT, STICKY FILM OF BACTERIA THAT CAN BE REMOVED THROUGH BRUSHING AND FLOSSING, WHILE CALCULUS IS HARDENED PLAQUE THAT CAN ONLY BE REMOVED BY A DENTAL PROFESSIONAL.

Q: ARE THERE SPECIFIC FOODS THAT CONTRIBUTE TO PLAQUE CALCULUS FORMATION?

A: FOODS HIGH IN SUGAR AND CARBOHYDRATES CAN CONTRIBUTE TO PLAQUE FORMATION, AS THEY PROVIDE FUEL FOR BACTERIA THAT LEAD TO PLAQUE AND, SUBSEQUENTLY, CALCULUS. A BALANCED DIET HELPS MINIMIZE THESE RISKS.

Q: HOW DOES SALIVA AFFECT PLAQUE CALCULUS DEVELOPMENT?

A: SALIVA PLAYS A CRUCIAL ROLE IN ORAL HEALTH BY HELPING TO WASH AWAY FOOD PARTICLES AND NEUTRALIZING ACIDS PRODUCED BY BACTERIA. HOWEVER, CHANGES IN SALIVA COMPOSITION OR FLOW CAN INCREASE THE RISK OF PLAQUE CALCULUS FORMATION.

Q: WHAT SYMPTOMS INDICATE THE PRESENCE OF PLAQUE CALCULUS?

A: SYMPTOMS OF PLAQUE CALCULUS MAY INCLUDE BAD BREATH, SWOLLEN OR BLEEDING GUMS, AND A ROUGH TEXTURE ON THE TEETH. REGULAR DENTAL CHECK-UPS CAN HELP IDENTIFY CALCULUS BEFORE SYMPTOMS WORSEN.

Q: IS PLAQUE CALCULUS COMMON IN CHILDREN?

A: PLAQUE CALCULUS CAN OCCUR IN CHILDREN, PARTICULARLY IF THEY HAVE POOR ORAL HYGIENE. ENCOURAGING PROPER BRUSHING AND REGULAR DENTAL VISITS CAN HELP PREVENT ITS FORMATION IN YOUNG INDIVIDUALS.

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students who are going to work or study in English-speaking countries as well as teachers at high schools and universities will find this book a useful aid for everyday practice. The topics covered are activities at the dentists, prevention and community dentistry, anatomy and physiology, pathology and microbiology, sterilization and infection control, dental radiology, case taking and examination, psychological aspects of dental care, emergency situations, periodontology, medicine relevant to dentistry, oral medicine, restorative dentistry, oral and maxillofacial surgery, orthodontics, prosthetics, administering medicines, and dental materials.

plaque calculus: Essentials of Oral Histology and Embryology E-Book Daniel J. Chiego Jr., 2023-10-13 Essentials of Oral Histology and Embryology: A Clinical Approach, 6th Edition uses a patient-centered approach to help dental professionals build a strong foundation in oral biology and basic science. It provides clear explanations of the anatomy of oral and facial tissues — and of normal and abnormal orofacial development — so that you can provide effective oral health care for all patients. In addition to the stages of tooth development, it covers eruption and shedding of teeth, plus the parts of teeth — including enamel, dentin, dental pulp, and cementum. Written by Daniel J. Chiego, Jr., a noted dental educator and researcher, this book gives you the knowledge you need to succeed in the classroom and in clinical practice. - Cutting-edge content provides essential knowledge of the basics of oral biology with a focus on practical clinical application. - Clinical Comment, Consider the Patient, Quandaries in Science, and Case Study boxes apply scientific content to everyday dental practice and explore the boundaries of scientific research. - Self-evaluation questions and practice quizzes help you prepare for classroom and national board exams. - NEW! Coverage of COVID-19 includes how the virus affects the oral cavity. - Updated full-color illustrations, micrographs, and histograms add to the already robust art program that supplements content by depicting various stages within the development of oral structures.

plaque calculus: Basic Guide to Oral Health Education and Promotion Alison Chapman, Simon H. Felton, 2021-03-15 The thoroughly revised third edition of a Basic Guide to Oral Health Education and Promotion is an essential guide to help dental nurses prepare for a qualification in Oral Health Education and thereafter practice as an Oral Health Educator. It will help readers confidently educate patients about diseases and conditions that affect the oral cavity, and support their prevention, treatment, and management. Designed with an accessible layout to enhance learning, this course companion is divided into six sections covering: the structure and functions of the oral cavity; diseases and conditions; disease prevention; effective communication; treating specific patient groups, and oral health promotion and society. Invaluable to all members of the dental team and other health professionals involved in educating and promoting oral health, this key text: Offers a guide for dental nurses taking a post-registration Certificate in Oral Health Education Is fully updated to reflect changes in the industry, science, and course syllabus Incorporates information on the new classification of periodontal and peri-implant diseases Contains new information on topics including dementia, denture advice, and burning mouth syndrome Includes an expanded section on promotion

plaque calculus: Nutrition and Disease Management for Veterinary Technicians and Nurses Ann Wortinger, Kara M. Burns, 2024-02-07 Nutrition and Disease Management for Veterinary Technicians and Nurses A fully updated edition of the student-friendly guide to veterinary nutrition Diet and nutrition are essential aspects of veterinary care. Proper care and feeding of companion animals can improve health outcomes and help to prevent disease. Meeting the altered dietary needs of a sick animal can facilitate recovery and improve quality of life. For veterinary technicians, nurses, and other veterinary practitioners, a working knowledge of companion animal nutrition is an essential component of overall patient care. Nutrition and Disease Management for Veterinary Technicians and Nurses offers an accessible, up-to-date introduction to the key concepts and elements of veterinary nutrition. With detailed coverage of the fundamentals of veterinary nutrition in addition to the nutritional management for many common small animal diseases, the third edition incorporates all the essentials of veterinary nutrition and dietary management for veterinary patients of any age or health status. Readers of the third edition of Nutrition and Disease

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Fundamentals of Periodontology is a comprehensive, up-to-date and user-friendly textbook designed to provide undergraduate students a platform to prepare for academic and competitive examinations as well as help busy dental clinicians upgrade their knowledge and give their patients the highest level of periodontal care.

plaque calculus: *Textbook of Veterinary Internal Medicine - eBook* Stephen J. Ettinger, Edward C. Feldman, 2010-02-02 Now in its 7th edition, this popular, must-have text remains the only encyclopedic resource for veterinary internal medical problems. The internationally acclaimed gold standard offers unparalleled coverage of pathophysiology, diagnosis, and treatment of diseases affecting dogs and cats, as well as the latest information on the genome, clinical genomics, euthanasia, innocent heart murmurs, hyperbaric medicine, home prepared and raw diets, obesity, botulism, artificial pacing of the heart, cancer vaccines, and more. The 7th edition combines the convenience of a two-volume printed textbook with the enhanced functionality of an Expert Consult website that enables you to electronically search your entire book and study more efficiently. With instant access to the most reliable information available, you'll always be at the forefront of veterinary care! Fully searchable online text provides fast, easy access to the most reliable information in the field. More than 150 clinical algorithms throughout the text aid in disease-identification and decision-making. Expanded online chapter content enhances your understanding through additional text, illustrations, tables, and boxes. Hyperlinked client information sheets streamline reference of specific conditions and enhance communication with clients. Extensive online reference list directs you to full-text PubMed abstracts for additional research. Thoroughly updated and expanded content, including 90 new chapters, addresses the latest developments across the full spectrum of small animal care. Companion Expert Consult website enhances your learning experience with the ability to search the entire electronic text instantly, make notes, and highlight content for easy review. Expert Consult also gives you instant access to: More than 150 procedural videos that guide you step-by-step through essential procedures. An interactive drug formulary that makes it easier to find and cross-reference key drug information. Audio files that help you identify heart abnormalities by their sound.

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plaque calculus: *Dental Assistant, Basic* Kathryn D. Morrison, 1991

plaque calculus: **Основи стоматології (англ. мовою) ДЛЯ МЕДИЧНОГО ф-ту**

Маланчук В. О. та ін., У роботі лікаря загальної практики / сімейної медицини трапляються ситуації, коли він не може скористатися консультацією спеціаліста-стоматолога і змушений самостійно встановлювати діагноз та надавати екстрену стоматологічну допомогу, зокрема при таких захворюваннях, як гострий пульпіт, періодонтит, абсцеси, флегмона щелепно-лицьової ділянки, а також у разі травматологічного ушкодження обличчя і щелеп. Матеріал, викладений у посібнику, відповідає новій програмі "Основи стоматології" та "Освітньо-кваліфікаційній характеристиці спеціаліста". Захворювання та їх лікування описано в обсязі, достатньому для того, щоб цим посібником міг скористуватися не лише студент, а й лікар-початківець загальної практики / сімейної медицини. Для студентів медичних, медико-профілактичних, педіатричних та фармацевтичних факультетів вищих медичних навчальних закладів III—IV рівнів акредитації.

plaque calculus: **Basic Guide to Oral Health Education and Promotion** Ann Felton, Alison Chapman, Simon H. Felton, 2013-07-03 The Basic Guide to Oral Health Education and Promotion is the step by step course companion for dental nurses studying for the Certificate in Oral Health

Education. In addition it is an invaluable resource for other members of the dental team and health professionals involved in educating and promoting oral health to patients and the wider general public. Each chapter looks at a different aspect of oral health education and promotion in line with the NEBDN syllabus, yet is written in logical sequence for the benefit of those not studying the exam and those in professions other than dental nursing. Topics covered include dental structures, anatomy and physiology, oral diseases and prevention, the principles of education, oral health and society, promoting oral health in the 21st century, patient communication, project planning and workplace assignments.

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plaque calculus: Dental Hygiene - E-Book Michele Leonardi Darby, Margaret Walsh, 2009-03-24 Comprehensive and up to date, Dental Hygiene, 3rd Edition offers complete coverage of today's dental hygiene skills and theories -- all based on the Human Needs Model for better hygienist/patient communication. With a strong focus on clinical application, each section closely follows the critical thinking and clinical assessment approach that a hygienist must use in the classroom, clinic, and practice. Clinical competencies at the beginning of each chapter provide a

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plaque calculus: The Teeth and Their Environment Ralph M. Duckworth, 2006 Providing a current overview of how physical, chemical and biochemical aspects of the oral environment influence tooth condition, this publication covers caries, calculus, tooth wear and erosion, and the roles of pellicle, saliva and plaque in inducing and/or moderating these conditions. It highlights topics such as new intra-oral and laboratory methods to assess tooth wear, the latest ideas on de- and re-mineralisation processes involving enamel and dentine, new insights into the tooth structure-function relationship and the site specificity of anticaries treatments. Reviews of pellicle function and of the inverse relationship between caries and calculus complete the volume. This book is recommended to all oral care scientists, laboratory and clinical researchers alike, and to lecturers in dental medicine.

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