



## DENTAL CARIES AND PREVENTIVE STRATEGIES

Dr. Dogan Ozdemir  
Ishik University, Faculty of Dentistry  
Basic Sciences , Arbil- IRAQ  
[ozdemirtalha@gmail.com](mailto:ozdemirtalha@gmail.com)

### Abstract

Dental caries is the most common infectious disease in the world. So we should educate our students and children about causes and how to protect themselves. There are various causes of tooth caries such as the daily diet habit and oral hygiene. The morphology of the tooth also plays an important role in the formation of caries. It is known that when carbohydrate consumed in daily diet with the help of bacteria the sugar is fermented and lactic acid is formed. Consequently the pH of the environment decreases which will lead the dental caries formation. The main idea of this review is to give a comprehensive look at dental caries in terms of microbiology, daily diet, oral hygiene and its preventive by professionally and socially.

**Key Words:** Dental caries, oral hygiene and diet.