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## Asymmetrical design of the endodontic file: A solution for a better cleaning and easier shaping

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Endodontic therapy depends upon numerous factors among which the most important is the shaping performed in order to optimize the root canal disinfection. The main instrument series available on the market, so-called the active blade series, don't allow the dynamic upward removal of the machined dentine debris as soon as their groove is packed. In order to optimize the root canal cleaning, it's possible to add to the main characteristics of a file an asymmetrical design. These instruments evolutions of Ni Ti files were done to perform a sequence in order to answer both the biological and safety imperatives for endodontic treatments in general practice. During this presentation we will go through an extensive literature review and discuss the added value of such modification on the mechanical performance of the NiTi rotary files. We will discuss in a step by step the clinical implications to take advantage of these improvements clinically.

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## Dental health

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Dental health is an essential to general health and well-being at every stage of life. A healthy mouth enables not only nutrition of the physical body, but also enhances social interaction and promotes self-esteem and feeling of well-being. The mouth serves as a window to the rest of the body, providing signals of general health disorder. For example mouth lesion may be the first sign of HIV infection, pale and bleeding gums can be an indicator of skeletal osteoporosis and change in tooth appearance indicate bulimia or anorexia. Dental diseases are the most widespread chronic disease, despite being highly preventable. The common risk factor that dental diseases highly shares with other chronic diseases are diet, tobacco smoking, alcohol consumption, hygiene, injuries, control and stress, etc. Dental disease has been associated with number of systemic conditions. Though the biological interaction between it and other medical conditions are not fully understood, it is clear that major chronic disease namely cancer and heart disease share common risk factor. Dental conditions have an impact on overall health and disease. Bacteria from the mouth can cause infection in other part of the body when the immune system has been compromised by disease or medical treatment. Systemic conditions and their treatment are also known to impact on dental health (e.g. reduce saliva flow, alter balance of microorganisms). Recognition that dental health and general health are interlinked is essential for determining appropriate dental health care programs and strategies at both individual and community level by adopting common risk factor approach for dental hygiene.

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