

and treatment rate has now reduced.
Lena Kanannura, the communication officer

An exhibitor explains how medical equipment works at Kampala last week. PHOTO BY ALEX ESAGALA.

dental clinic > Richard Kabanda

Explore tooth filling options

Many people who have visited the dentist's office have heard about or been exposed to tooth filling material, which many of us refer to as a "dental cement". When a tooth develops a cavity or hole, the best treatment a dentist can give it is a dental filling which will prevent further damage and thus still serve the purpose.

There are many myths about dental fillings especially regarding the pain that may come after treatment. All this is not true especially if you go to a professional. A filling is a form of treatment provided after ascertaining that it will not cause any pain.

When to do a filling

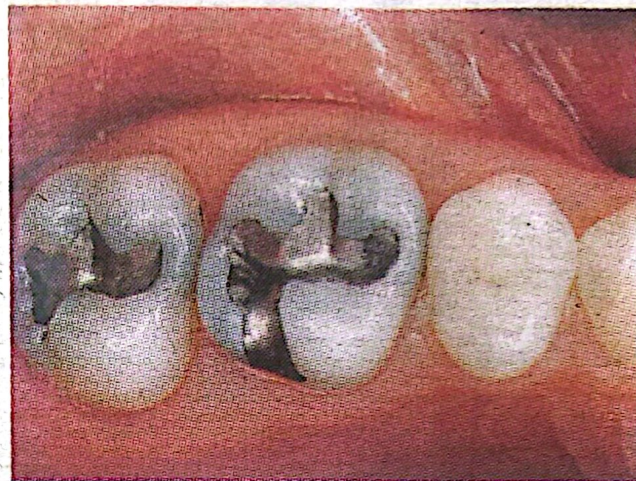
The best time for you to have your tooth filling is when decay is still at the enamel or dentine. This can be established through regular checkups at the dentist's office. Past this, the decay will progress to the pulp and a mere filling will not be appropriate. Instead a root canal treatment will be the required treatment.

Types of fillings

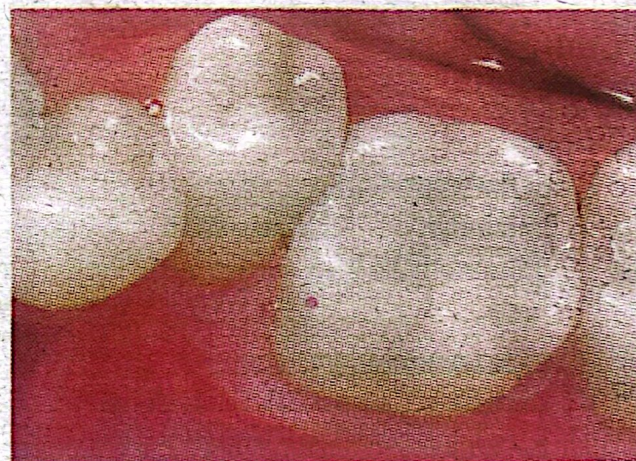
The best filling material will depend on the type of tooth to be worked on - front teeth require different filling material as compared to the back teeth- the level of decay progression and the expertise of the dentist. Some filling materials are given temporarily especially if decay had progressed so deep near the pulp. This type of temporary filling material is meant to prepare your pulp for the permanent filling material.

For many years, dentists have been using Silver Amalgam as a permanent filling material especially for the back teeth (molars) but this has been replaced with ceramic composite and glass ionomer filling materials, to serve the purpose.

Currently, these two filling materials are a dar-



Discuss filling material with your dentist. Tooth coloured composite (below) can be used. NET PHOTO.



ling especially to those who do not want anyone to realise that they have ever had cavities in their teeth.

Therefore, I urge you to always discuss the type of filling material with your dentist so that your teeth are prevented from further decay with the best material that will also enable you keep up the appearance.

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