

• DENTAL FLUOROSIS • KANPUR

Daant Par Safed Streaks – Fluorosis Hai Ya Sirf Tartar?

Jab permanent daant ban rahe the, tab ki baat hai – aur 15 saal baad wahi safed patch dikhta hai

Bachpan mein daant aaye, magar unke andar ka mineral balance kabhi theek nahi bana. Ab **teen-saal ke umar mein** front daanton par safed streaky patches dikhein, aur koi bole "scale ho gaya hai, saaf karwao". Saaf karwane ke baad bhi wahi nishaan – kyunki yeh **plaque nahi hai**. Yeh woh change hai jo daant nishaan ke dauraan **andar se** pakka ho chuka tha: **fluorosis**. Achhi baat yeh hai ki mild fluorosis **magar sirf cosmetic** hota hai; buri baat yeh ki usse **grade** nahi kiya toh pata hi nahi chalta ki sirf nazar rakhni hai ya ilaaj chahiye.

0-4

Dean's Fluorosis Index - 0 normal se 4 severe tak

0-8 yrs

wahi window jab permanent enamel ban raha tha

1.0-1.5

mg/L paani mein fluoride ka BIS acceptable-permissible band

3 levels

mild → moderate → severe - alag-alag ilaaj

CHAPTER 1 • KYA HOTA HAI

Yeh "Daant Ka Nala" Nahi Hai – Yeh Andar Ka Structural Change Hai

Sabse pehla misconception saaf: fluorosis daant par **baad mein lagane wali safai** nahi, yeh enamel banne ke dauraan hua **permanent change** hai.

Enamel sirf ek hi baar banta hai

Daant ki chaal banne ka kaam **ek hi phase** mein hota hai. Uske baad enamel wapas nahi banta – isiliye jo us waqt hua, **aaj tak wahi rehta hai**.

Upar smooth, andar kamzor

Safed opacities ka matlab hai neeche ka enamel thoda **kam mineralise** hua. Surface theek dikhta hai, magar subsurface porous hai – isi tarah saaf dikhta hai.

Brown rang baad mein aata hai

Wo porous layer **baad mein colour absorb** karti hai. Yahi secondary staining hai – safed patch dheere-dheere brown hote jaate hain.

Structure ki baat, sirf stain ki nahi

Mild fluorosis mazarane se door – magar moderate se enamel **soft aur ghisa hua** hota hai, aur severe mein **pitting** (chhote gaddhe) aa jaate hain.

Do baatein pehle clear kar lein. Pehla – yeh **cure nahi hota**, kyunki badla hua part enamel ke andar hai; ilaaj ka matlab hai use **chhupana**. Doosra – safed opacities **suukhe daant par zyada dikhti hain**, isiliye clinic par dry examination kiya jaata hai. Aur in scopes jo sirf thoda sa paint lagate hain, wahi nishaan **chhupa** dete hain – nahi theek.

CHAPTER 1B • GRADE KYA HAI

Dean's Fluorosis Index – 0 Se 4 Tak Ka Parda

Yahi standard scale hai jo dentist use karte hain. Grade hi decide karta hai ki **sirf nazar rakhni hai ya cosmetic ilaaj** – isiliye guess se grade nahi, examination se grade hota hai.

Grade	Daant par kya dikhta hai	Ilaaj ka matlab
0 • Normal	Enamel smooth, glossy, halka cream-white	Koi badlav nahi – sirf routine check-up
0.5 • Questionable	Translucency halki si badhi, chand safed flecks	Sabse pehla warning – sirf note karein
1 • Very mild	Chhote opaque chalky safed areas, bikhre hue	Aam taur par ilaaj ki zaroorat nahi
2 • Mild	Safed areas zyada, magar surface ke ek-chautai se kam	Aesthetic options yahan se sochna shuru
3 • Moderate	Ek-chautai se zyada surface affected + brown staining	Microabrasion / resin infiltration / bonding
4 • Severe	Enamel ghis chuka, pitting aur widespread brown stain	Restorative kaam – veneers, composite, crown

Ek hi daant par nahi, **sabhi matching daanton par ek jaisa pattern** dekha jaata hai – aur zaroori ho toh Thylstrup-Fejerskov index bhi use hota hai, jo enamel surface ka **zyada detailed map** banata hai.

CHAPTER 2 • CAUSES

Fluoride Kahan Se Aata Hai – Chaar Sources

Koi ek badi wajah ki zaroorat nahi. Asli masla **total load** ka hota hai – aur teen chhoti sources mil ke usse cross kar dete hain.

1 Borewell aur handpump ka paani

Blog ka apna point – **groundwater** hi Kanpur mein sabse badi possible source hai. Ek hi borewell ka paani pure ghar mein fluoride la sakta hai, aur **koi dikhne nahi** se pata nahi chalta.

2 Bacchon ka toothpaste nigal jaana

Bachche brush karte hain aur **poora paste swallow** kar lete hain. Agar paste ka amount zyada ho toh yeh roz ki chhoti chhoti fluoride dose ban jaati hai – jo daante ban rahe hain unke liye kaafi hai.

3 Fluoride supplements ya drops

Dawaiyan aur drops tab kaam aati hain jab paani mein fluoride **kam** ho. Agar paani ka test pehle se high dikha hai, toh yeh **ek extra load** ban jaate hain.

4 Rozana ke diet se cumulative load

Chai, khane mein naturally maujood fluoride, aur khaana peene wala paani – koi ek cheez high na bhi ho, toh **jodne mein** par us maan ka cross kar sakta hai.

Sahi sawaal yeh nahi ki "fluoride hai toh?" – sahi sawaal hai ki **total kitna** mil raha hai, aur woh kitni der se mil raha hai. Fluorosis tab banta hai jab daante **banne ke dauraan** exposure zyada ho; yeh bane hue daant par nahi hota. Isiliye bachpan ka paste aur aaj ka test – dono ki ek saath zaroorat hai.

CHAPTER 2B • GHAR PAR

Do Numbers Jo Poori Planning Badal Dete Hain – Paani Ka Test, Paste Ka Amount

Prevention ke liye guess nahi, **measurement** chahiye. Yahan jo do numbers hain, woh kisi bhi clinic visit se pehle le aayein toh aadha kaam ho jaata hai.

1. Paani ka fluoride test

1.0

mg/L • BIS IS 10500 acceptable limit

1.5

mg/L • permissible in absence of alternate source (WHO bhi 1.5)

Ghar ke **borewell, handpump aur tanker** – teenon ka alag test hona chahiye. Value upar aaye toh options: **tested / packaged paani**, ya **RO aur defluoridation filter**. Sirf "ubal kar thanda kar" se fluoride nahi jaata.

2. Toothpaste ka sahi amount

0-2 saal

Smear – ek chota rice ke daane jitna. Dant sirf saaf karein, paste na chataayein.

3-6 saal

Pea-sized – matlab ek chhota matar ka daana.

6+ saal

Normal **pea-sized** amount, aur brush karte waqt thoda paani rakhein, pochka kar nikalein.

Amount sahi ho toh **bacche poora paste nahi nigalte**. Matra badhi hui toh roz ka fluoride load dono source se jud jaata hai.

Aur ek zaroori baat: **fluoride toothpaste kabhi mat chhuda** – iska matlab kam fluoride lena nahi hai. Matlab hai **matra** sahi rakhein. Paste ki jagah **pakka aur sugar-free chuna** daal dijiye, aur brush **supervise** kijiye – kam se kam pehle 6 saal.

CHAPTER 3 • SIGNS

Teen Levels – Aap Kahan Khade Hain

Blog ke teen levels theek hain, magar har level ka **matlab alag** hai. Isiliye pehla kaam hona chahiye: grade pata karna.

Mild - dikhta hai, chhipata nahi

Safed **streaks, flecks ya cloudy patches**, chalky feel. Daant bilkul theek rehta hai, khane mein takleef nahi. Aam taur par **koi ilaaj nahi** chahiye – bas nazar rakhna.

Moderate - rang bhi aa gaya

Ab **brown staining** dikhti hai, aur enamel naram hone ki wajah se chewing par **surface wear** bhi. Yahan cosmetic options seriously sochne wala band hai.

Severe - pitting aur enamel loss

Saaf dikhne wale **pitting**, yaani chhote gaddhe, aur kahin enamel bilkul ghis chuka. Yeh stage rare hai magar **restorative plan** banata hai.

Sabse bada clue hai symmetry. Fluorosis **matching daanton** par dono taraf ek jaisa dikhta hai – kyunki woh ek hi window mein bane the. Agar ek hi daant par nishaan ho, ya pattern bilkul **asymmetric** ho, toh dentist dusri wajah sochenge (jaise bachpan ka koi chot, ya hypoplasia). Aur ek nazar ka khoobsurat trick: safed opacities **suukhe daant** par sabse zyada dikhti hain – isiliye kaha jaata hai "saaf karke dekhiye", matlab paani se dhol kar nahi, dry exam se dekhiye.

CHAPTER 4 • DIAGNOSIS

Yehi Fluorosis Nahi Ho Sakta – 4 Cheezein Pehle Exclude Hoti Hain

Blog ka sabse practical point: pehle **plaque, tartar, hypoplasia aur early decay** alag-alag karke dekha jaata hai. Baaki sab hatane ke baad jo bacha, wahi fluorosis hai.

Kya lagta hai	Kaisa dikhta hai	Kyun alag hai
Plaque (halka film)	Gum line par dheela, peela-sa soft layer	Brush karne se nikal jaata hai – stain nahi, buildup hai
Tartar / calculus	Harde, peela-brown, gum par chhote bumps	Sirf scaling se hata hai, brush se nahi
Enamel hypoplasia	Formation ke saal ki bimari/trauma/nutrition ki wajah se grooves	Surface par chhoti khur ya khand, distribution alag
Early decay (white spot)	Gum ke kareeb ya pits mein ek localized safed dabba	Chhuu kar check karne par chhoot sakta hai, aur badh sakta hai
Fluorosis	Matching daanton par ek jaisa safed-brown opacities, cavitation nahi	Formation ke dauraan ka change – nishaan, daant ke andar

*"Exam karte waqt dentist **chaar cheezein dekhta hai** – **surface (kaisa, kitna damaged)**, **pattern (saare daant par ya sirf kuch par)**, **symmetry (dono taraf match karta hai ya nahi)**, aur **degree (mild, moderate ya severe)**."*

Isi ke baad **Dean's index** ya **Thylstrup-Fejerskov index** se grade diya jaata hai – aur grade hi aage ka plan decide karta hai.

CHAPTER 5 • TREATMENT

Grade Ke Hisaab Se Ilaaj – Aur Do Misconceptions Jo Cost Kha Jaate Hain

Blog ka sabse clear line: **fluorosis cure nahi hota**, isiliye ilaaj cosmetic hota hai – aur har level ka apna tareeqa hai.

1 Monitor (grade 1)

Mild fluorosis mazarane se door hota hai. Sirf sahi **hygiene, fluoride varnish aur routine check** – cosmetic kaam karna zaroori nahi, aur nar naye daant par grade dekhna kaafi hai.

2 Enamel microabrasion

Moderate white opacities ko **acid + polishing paste** ka controlled abrasion hata kar uthata hai – bilkul **without drill**. 1-2 sessions mein safed layer kaafi kam ho jaati hai.

3 Resin infiltration

Low-viscosity resin **porous enamel** ke andar **jaake** white aur brown opacities ko blend kar deta hai. Na dril, na veneer – magar badhkar safed spots chhuptane ka sabse naya tareeqa.

4 Composite bonding

Jahan microabrasion se kaam na bane, wahan **tooth-coloured composite** se shape aur rang theek kiya jaata hai – sirf wahi daant jo sabse zyada dikhte hain.

5 Porcelain veneers

Severe ya widely affected case mein, **thin porcelain shells** front daant par. Sabse comprehensive option, magar sabse zyada invasive bhi – isiliye aakhri vichar hota hai.

"Whitening se fluorosis hatega" – nahi, hatega nahi.

Whitening dentine ke colour ko halka karta hai, aur usse white opacities **aur zyada dikhne lagti hain**. Sirf white patches hote hain toh bleaching se koi fayda nahi – kuch logon mein dikhne wala dark brown stain hi lighten ho jaata hai.

"Fluoride toothpaste band kar do" – nahi.

Fluoride toothpaste **rot aur decay se bachane** wala sabse bada ilaaj hai. Band karne se fluorosis ka purana nishaan toh nahi jaata, naya risk jod dijiye. Sahi raasta hai **matra control**.

CHAPTER 6 • PREVENTION

Bachpan Mein Jo Ho Gaya Woh Nahi Badlega – Par Aage Ka Nuksaan Rukta Hai

Blog ki prevention list, waise hi sequence mein. Yeh **teeno sources** ek saath dekhta hai – paani, paste aur supplements.

1 Paani test karwa lijiye

Ghar ke **borewell, handpump aur tanker** – teenon ka alag sample. Test ke bina "fluoride toh nahi hoga" wala andaaz galat ho sakta hai.

2 Matra, brand nahi badlein

Bacchon ka paste **smear / pea-sized** hi rahe. Ek hi trusted brand, magar **sahi matra** – yahi sabse bada ghar ka ilaaj hai.

3 Brush supervise kijiye

Chhote bachche brush khatam karke **thook dete hain**. Kuch saal saath baith kar dekhiye ki paste poora swallow toh nahi ho raha.

4 Supplements doctor ki salah se

Fluoride drops/tablets tab kaam aate hain jab paani **kam** fluoride wala ho. Pehle test, phir decision – warna yeh extra load ban jaate hain.

5 Packaged ya filtered paani

Test mein value upar aaye toh **tested paani ya RO** par shift kijiye – aur bacchon ko bhi wahi dijiye, warna ghar mein hi na mile.

6 Jaldi check karwa lijiye

Jab permanent daant poori tarah aa chuke hain – aam taur par **12 saar ke aas-paas** – ek examination se grade pata ho jaata hai aur plan saaf ho jaata hai.

Ek zaroori baat saaf kar dein: naye bachchon mein fluoride add karna hi sahi kaam nahi – kuch naye parents isiliye paste band kar dete hain, jo galat conclusion hai. Jo karna chahiye woh hai: **source ko measure kijiye**, aur **early assessment** se decide kijiye ki **sirf monitor karna hai ya cosmetic treatment** abhi sahi hai. Yahi blog ka bhi conclusion hai.

KEY TAKEAWAYS

Ek Line Mein Poora Guide

Shuru yahan se kijiye: **grade poochhein, nishaan nahi**.

- ✓ Fluorosis daant par **lagane wali gandi nahi hai** – yeh enamel banne ke dauraan ka **permanent structural change** hai, isiliye cleaning se nahi jaata.
- ✓ Sabse bada clue hai **symmetry**: matching daanton par dono taraf ek jaisa pattern. Ek hi daant ya asymmetric pattern kuch aur point karta hai.
- ✓ Mild fluorosis mazarane se door hota hai aur aam taur par sirf monitor karta hai. **Moderate** par cosmetic options, **severe** par restorative plan.
- ✓ **Dean's index (0-4)** hi woh scale hai jo decide karta hai ki sirf dekhna hai ya ilaaj – isiliye grade ko examination se nikalwaayein.
- ✓ Safed opacities **suukhe daant par sabse zyada dikhti hain**, aur **whitening unhe hatati nahi** – aksar brightness badhane ke baad wo zyada nazar aati hain.
- ✓ **Fluoride toothpaste band mat kijiye**. Sahi raasta hai **matra control**: 0-2 saal smear, 3-6 saal pea-sized, aur brush supervise kijiye.
- ✓ Ghar ke **paani ka test** (BIS 1.0 mg/L acceptable, 1.5 mg/L permissible) prevention ka sabse pehla aur sabse bada qadam hai – teenon sources alag-alag hain.

Fluorosis Ka Grade Pata Hai? – Yeh Ek Examination Mein Saaf Ho Jaata Hai.

Safed streaky patches hain, magar **pehle yeh confirm hona zaroori hai ki woh fluorosis hain**, ya plaque, tartar, enamel hypoplasia ya early decay. Hum **dry examination** karenge, teen cheezein – **surface, pattern aur symmetry** – dekhenge, aur **Dean's Fluorosis Index** par grade de kar saamne rakhenge. Grade hi decide karta hai ki sirf nazar rakhni hai, **microabrasion ya resin infiltration** chahiye, ya bonding aur veneer ka faisla. Aur agar ghar ka paani high fluoride wala nikla hai, toh wo baat bhi saath hi bata denge – kyunki **sirf ilaaj se future bachcha nahi bachta**. Appointment book kijiye.

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