

## **Dental Caries and It's Prevention**

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### **Abstract:**

Dental caries remains a significant public health issue affecting both children and adults globally. Left untreated, it can lead to severe pain, infection, and compromised oral function, impacting overall well-being. Fluoride varnishes have emerged as an effective preventive measure, significantly reducing the incidence of caries when professionally applied multiple times per year. However, despite their proven efficacy, challenges in implementation persist, including insufficient time for application, lack of standardized training, and resistance among healthcare providers.

Today we are going to know the effectiveness of fluoride varnish in caries prevention and explores the barriers to its widespread adoption in public health programs. By addressing issues related to health policy, management strategies, and community engagement, we aim to identify actionable solutions to integrate fluoride varnish more effectively into preventive care protocols. Insights from successful policy implementations in various regions will be discussed, highlighting strategies to overcome barriers, improve accessibility, and promote provider adoption. Our findings underscore the need for collaborative approaches between policymakers, healthcare professionals, and public health organizations to enhance oral health outcomes on a broader scale

### **Keywords:**

Fluoride varnish, dental caries, preventive dentistry, public health intervention, enamel remineralisation.