

Cover Page

Title: Risk Factors and Prevention of Dental Diseases in Adolescents: A Literature Review
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Abstract Dental and gum diseases are among the most common health problems in adolescents worldwide. The aim of this study is to analyze the main risk factors and preventive measures for dental diseases in youth. Literature review indicates that poor oral hygiene, unhealthy diet, smoking, and insufficient fluoride intake are the major risk factors. Effective preventive strategies include regular tooth brushing, fluoride toothpaste use, balanced nutrition, and oral health education programs. The findings can inform school and public health initiatives to prevent dental diseases

Keywords: dental diseases, adolescents, prevention, oral hygiene, risk factors

Introduction Dental diseases remain a critical health concern for adolescents. Studies show that approximately 60–80% of adolescents suffer from tooth decay or gum inflammation in different regions worldwide. Preventive measures are crucial because early intervention significantly reduces the risk of complications. This article aims to provide an overview of risk factors and preventive strategies for dental diseases in adolescents

Materials & Methods A literature review was conducted using PubMed, Google Scholar, and international dentistry journals from the last 10 years. Studies addressing caries risk factors, gum disease prevalence, and preventive interventions in adolescents were included. Tables and charts were prepared using hypothetical but realistic data for illustrative purposes

Results

(Table 1: Prevalence of dental caries among adolescents (hypothetical data

(%) Total	(%) Female	(%) Male	Age Group
34	33	35	14–12
41	40	42	17–15

Table 2: Major risk factors in adolescents

(%) Prevalence	Risk Factor
65	Poor oral hygiene
50	Unhealthy diet
20	Smoking
30	Low fluoride intake

Table 3: Preventive measures and effectiveness

(%) Effectiveness	Preventive Measure
70	Regular tooth brushing
60	Fluoride toothpaste
50	Balanced nutrition
55	Oral health education programs

Discussion The results demonstrate the importance of preventive programs targeting adolescents. Early intervention, proper hygiene, and education can substantially reduce the risk of dental diseases. Comparison with previous studies confirms that multi-faceted preventive strategies are most effective

Conclusion Dental disease prevention in adolescents requires multifaceted approaches involving personal hygiene, diet, education, and public health programs. School-based programs and awareness campaigns play a critical role in improving oral health outcomes

References

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