

Prevención de Caries de Infancia Temprana: Revisión de la Literatura

Early Childhood Caries Prevention: A Review of the Literature

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RESUMEN

Objetivo: Analizar métodos de prevención existentes en la literatura, y determinar cuándo intervenir para mejorar los resultados.

Materiales y Métodos: Se realizó una búsqueda en las bases de datos BVS y PubMed, utilizando patrones de búsqueda: (((Early childhood caries) AND (children)) OR (prevention)) OR (oral health) OR health education Buscando revisiones sistemáticas y ensayos clínicos controlados en inglés, con modalidad de texto completo libre, de 5 años de antigüedad, especie humana y un rango de 0-5 años de edad.

Resultados: Se encontraron 56 artículos de los que se seleccionaron 13 (3 revisiones sistemáticas y 10 ensayos clínicos controlados) que cumplían los criterios. Excluyendo los restantes por salir del rango etario establecido o no estar disponible en modalidad texto completo libre.

Conclusión: La caries de infancia temprana (CIT) es la enfermedad crónica más común en la infancia, por ello es de vital importancia su prevención, cuyos métodos son variados y aumentan su eficacia al ser aplicados en los primeros años de vida del niño e incluso en el periodo prenatal. La educación en salud bucal tanto del niño como del padre/cuidador es importante y tiene buenos resultados al reducir y prevenir la CIT.

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VII Jornada Científica de Estudiantes de Odontología UV
(Valparaíso, Chile)
Locación: Online
Año: 2020
Presentación Oral
10 de octubre – 09:05 a 09:25 hr

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PALABRAS CLAVE:
Salud oral; Caries de infancia temprana; Niños; Educación de salud; Prevención.

KEYWORDS:
Oral health; Early childhood caries; Children; Health education; Prevention.

ABSTRACT

Objective: To analyze the existing prevention methods for early childhood caries (ECC) in the literature and determine when to intervene to improve the results.

Materials and Method: A search was carried out in the BVS and PubMed databases, using search patterns: (((Early childhood caries) AND (children)) OR (prevention)) OR (oral health) OR health education Search for systematic reviews and controlled clinical trials in English, with free full-text mode, five years of antiquity, on human species with a range of 0-5 years of age.

Results: 56 articles were obtained from which 13 (3 systematic reviews and 10 controlled clinical trials) that met the criteria were selected. Excluding the rest for surpassing the established age range or not being available in free full-text mode.

Conclusion: ECC is the most common chronic disease in childhood, because of this reason, its prevention is of vital importance; There are diverse methods for this matter that increase their effectiveness when applied in the first years of the child's life and even in the prenatal period. Oral health education for both the child and the parent/caregiver is relevant in reducing and preventing ECC.

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