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WHY OCCLUSION SHOULDN'T BE SO CONFUSING - A SIMPLE PATH TO SUSTAINABLE UNDERSTANDING AND PRACTICING OF OCCLUSION PRINCIPLES

Kariem M Elhelow

King Abdullah Medical City, Saudi Arabia

Despite the advances in prosthetic dentistry, the clinical steps of optimizing teeth contacts remains challenging for many dentists. The wellbeing of teeth, their supporting structures and the musculoskeletal complex is closely related to the occlusion stability. Dental occlusion is something far beyond the mere contact of the surfaces of teeth or prostheses; a fact that turned the subject of occlusion into a seemingly complex subject both to understand and to practice. The meticulous gnathological approaches described in literature made the practice of occlusal treatments even more intimidating. Transcribing the biomechanics of jaw and teeth movements makes the goals of occlusal rehabilitation very clear and easy to implement. The purpose of this article is to draw a roadmap for understanding and implementing the core evidence based occlusal principles in a simple, yet in depth, way. This would provide a context for showing that occlusion is not as complicated as literatures might reflect.

Possessing a clear perception of what a healthy occlusion should be like is very rewarding to both the diagnosis and the treatment process. The core occlusal concepts are simple to comprehend and easy to practice, with added value of predictability, comfort, function and esthetics to the dental treatment.

Biography

Kariem M Elhelow is working as a Consultant of Implant and Maxillofacial Prosthodontics, in King Abdullah Medical City, Makkah, Saudi Arabia. He worked as a Prosthodontist in Alexandria University as well as Salametek Dental Centers. He received his BDS, and MS from Alexandria University, and PhD from Cairo University, Egypt. He is also a fellow of the ICOI. He is an author and international public speaker lecturing on implant, maxillofacial prosthodontics, occlusion and digital dentistry.

elhelow.k@kamc.med.sa