

## EDITORIAL

Change is the law of nature. Some cynics say "Change is desirable even when it is from bad to worse".

The Change phenomenon is noticeable in all spheres of life: "Food habits, dresses, living styles, general behaviours, and health patterns".

And when health is under discussion, it naturally includes Dental Health. World Health Organization states; "Oral & Dental Health is a part of general Health".

No doubt, in the first instance, health care is everyone's individual concern. But it is also a task of state and society. Everyone, regardless of financial or social condition should have the same chances to maintain and restore their health. However, Health is threatened by the modern illnesses. Heart diseases and circulatory ailments are two examples. Anxiety and tension are the blessings of modern living which play significant role in the etiology of heart and circulatory disorders.

The other side of the story is that due to better medical facilities the survival rate has also increased and, therefore, a qualified dental surgeon is expected to see many patients having both heart and circulatory problems as well as to play his definite role.

These days we do come across patients seeking dental treatment who have suffered heart attack say angina pectoris several months before. It is well known that anxiety, exertion and overeating can initiate heart attack. We are also aware that majority of patients seeking dental treatment are anxious and dental procedures are time consuming. It is obvious that a patient who has had heart attack several months or years before can get a relapse in the dental chair. The role of dental surgeon in a situation like this becomes obvious.

If an anginal attack does occur in the dental chair, the most important medicine in managing this is the nitrites. They can be used as long as necessary and repeated at intervals of 15 to 20 minutes. Amyl nitrite ampule crushed and inhaled provide prompt and almost instantaneous relief. The action is temporary and brief and is, therefore employed primarily to arrest a seizure. Nitroglycerine tablet placed sublingually act more slowly (30 seconds) but produces a more lasting effect and are used not only to abort but also to deter a potential attack.

That was just one example, where dental surgeons have to provide emergency heart treatment till the patient transferred to a cardiac care unit. There are many situations where dental treatment may produce medical emergencies.

Have you got necessary life saving drugs in your dental surgery? If not this is the time to replenish your stock.

AHMAD IQBAL

PROFESSOR EMERITUS KHYBER MEDICAL UNIVERSITY

Dr Ahmad Iqbal

Editor

Pakistan Oral & Dental Journal

19, Street 63, F-7/3

Islamabad – Pakistan

Tel: 92-051-2611138 / 2611187

E-mail: driqbal7@gmail.com

Website: www.podj.com.pk