

## Current systematization of dental caries.

### Sistematización actual de la lesión cariosa.

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Dear Editor,

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After reading the research published by Veiga *et al.*,<sup>1</sup> which told about the assessment of dental caries experiences among Portuguese adolescents, I would like to offer some contributions from my experience in dental restorative.

At present, dental caries is considered a behavioral disease,<sup>2</sup> it is caused by poor oral hygiene habits and the frequency of consumption of sugar, causing an imbalance in the oral habitat, all of which is defined as dysbiosis.<sup>3</sup> This imbalance causes an alteration of the Salivary hydrogen potential (pH), decreasing it, and creating a suitable habitat for the microbiota in the oral cavity to increase in number and concentration; and being called pathobionts,<sup>4</sup> those would cause the demineralization of the adamantine structure, generating the first visible sign of dental caries, the white dental caries. In addition, dental caries considered a pandemic, by the World Health Organization,<sup>5</sup> must be approached as such, and this means that its diagnosis must be systematized.

Currently the International Caries Detection and Assessment System (ICDAS) offers us an infallible method to diagnose carious lesions, based on the condition of the surface and the severity of the lesion, with the aim of use it in epidemiological studies based on best available evidence for detecting early and later stage caries severity, plus the dental caries approach depends on its systematization.<sup>6</sup>

Finally, congratulate him for the contribution to the knowledge made and highlighting that right diagnosis of dental caries will be the beginning of minimal intervention dentistry.<sup>7</sup>

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