

Oral health and how it affects the overall health of the body

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Commentary

Oral Health is keeping the mouth area clean to prevent any bacteria or infection by maintaining proper oral hygiene. Oral health is a way to keep the entire body healthy. The commentary article discusses how oral health is related to oral health and also how to stay away from certain diseases which are linked with the bacteria in the mouth. Oral Health is keeping the mouth clean and neat by brushing and flossing the teeth to prevent tooth decay and gum disease. The reason to maintain oral hygiene is to clean the bacteria and food after eating. Your mouth is full of bacteria which is harmless. But as it is the entry to the digestive tracts, there are chances of any infection or disease if hygiene is not properly maintained. If you brush and floss daily, it would be easy to maintain the oral health. If this is not the case, on not maintaining proper oral health it can lead to serious oral infection and gum disease. Thus, by brushing and flossing the teeth and also the natural body barriers does protect from any infection. There are a lot of conditions that are linked to oral health. Endocarditis which is an infection on the lining of the heart chambers happens when the bacteria is spread from the mouth or any other body part to the heart. And heart strokes can also be caused due to the inflammation caused by the oral bacteria. There may be birth complications because of periodontitis. Due to periodontitis, the newly born baby may have low birth weight. The bacteria in the mouth can also be pushed to the lungs and cause respiratory problems. It may also cause pneumonia which is a kind of lung infection. Some of the causes of oral problems are having diabetes, HIV/AIDS, Osteoporosis etc. Diabetes can reduce the body's resistance to infection putting the gums at risk. Oral problems are also common in people with HIV/AIDS. Osteoporosis is a disease that makes the bones fragile and weak. This is sometimes due to the tooth loss or periodontal bone loss. Oral problems can also be caused due to

eating disorders and immune system disorders etc. There are certain ways to protect your oral health. Following good oral hygiene can put the teeth away from any cavity or decay. Like brushing the teeth twice a day and flossing. Flossing once after you eat the food would help to protect your mouth from any food accumulation in between the teeth. Also using mouthwash after brushing would help to get rid of any particles left to remove. Change your tooth brush once in 2month would help you stay away from any cavity. Tobacco can also damage the mouth area and oral health so stop chewing on the tobacco. Consumption of proper amounts of Vitamin A which is found in carrots, sweet potatoes, etc. can protect you from dry mouth and bad breath. Another vitamin is Vitamin C which can protect you from causing periodontal diseases. Consumption of oranges, strawberries, bell peppers, cabbage can help you prevent any oral problems. Vitamin D helps body to absorb more calcium thus strengthening the teeth and the jawbones. Hence, consuming products rich in Vitamin D can actually improve not only the bone strength but also the oral health. In products like fish, eggs, dairy vitamin D is present in high amounts. Vitamin E which is mostly present in food products such as sunflower oil, olive oil and aloe Vera are good sources of antioxidants that can help your mouth from any bad bacteria. Along with these good eating habits, it is also recommended to see a dentist once in 6months to maintain your oral health.

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