



## ORAL HEALTH CARE AND AWARENESS

## Dentistry

**Tanvi Chaturvedy** Grade 11, Jayshree Periwal International School, Jaipur, Rajasthan

**Dr. Vikram Jhamb\*** Sr.Lecturer, Department of Pedodontics and Preventive Dentistry, Eklavya Dental College, Kotputli, Rajasthan \*Corresponding Author

**Vivek Chaturvedy** Prof. and H.O.D, Department of Periodontology, Eklavya Dental College, Kotputli, Rajasthan

## ABSTRACT

Oral health is an important part of our general health but it's importance is underestimated and the reason behind this people are unaware about relationship between oral health and general health so the main purpose of this article is to know about the causative factors of oral health problems and the measures that determines the good oral hygiene.

## KEYWORDS

Oral health, Oral hygiene habits, Dentistry.

## INTRODUCTION :

Oral health care plays an important role in maintaining general health which also prevents us from tooth and gum problems. Oral health is achieved by different factors or we can say it is multifactorial such as depends upon lifestyle, genetics as well as socioeconomic status of a person. As we said earlier oral health is a part of general health but people are less aware about their oral health as compare to their general health. In many industrialized countries great importance is given to oral health care but in india, oral health programs have been conveyed to society on a narrow scale.(1)

## Awareness regarding oral health:

Oral health is depends upon oral hygiene practice such as tooth brushing habits and it's technique, mouthrinse etc. Some author found that oral health problems are more commonly present in lower socioeconomic status people(2), in uneducated people(3), people consuming high cariogenic diet(4), improper or inadequate oral hygiene(5). So many factors like oral hygiene practice and oral hygiene methods plays an important role in improving oral health. Improper oral hygiene can lead to dental caries, gum disease and periodontal problems. Some habits like pan chewing, gutka consumption, tobacco smoking can cause even oral cancer. All these habits not only cause problems related to oral health but also have some bad effect on general health. People who are not visiting to dentist regularly is also an another factor which lead to oral health problems as preventive measures could not be provided by dentist to them.

## METHODS TO IMPROVE ORAL HEALTH

There are so many methods by which people can maintain their oral health. It is duty of public health workers to aware the society about importance of oral health, by educating the society how improper oral hygiene can lead to gum disease like red and swollen gums and further lead periodontal disease in which gums pulls away from teeth and make the teeth mobile. This can be achieved by making oral health policies, by recruiting the more number of dentist in primary health care centers and community health care centers, by organising dental awareness camp, by strengthening our public health system, by establishing dental homes, by organising community oral health programmes in which we can aware the people about the importance of tooth brushing, use of floss, use of mouthrinses, regular visit to dentist as well as the importance of balanced diet.

Conclusion: As oral health is an essential part of general health it is important to maintain oral health. It can achieved by comprehensive oral health programme by educating the society about oral health problems its causative factors and its relationship with general health.

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