



ORAL HEALTH AND DENTAL PROBLEMS

Health Science

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ABSTRACT

Oral health is an integral component of general health and well-being. Good oral health allows a person to speak, smile, taste, chew, swallow, and make facial expression to show feelings and emotions. Any oral health problems can affect the normal life style and functioning of an individual. Poor oral hygiene can lead to dental cavities and gum disease and has also been linked to heart diseases and other dental problems. For maintaining good dental health, the key is prevention. Good dental hygiene practices, proper diet can significantly lower their risk for developing dental health problems.

KEYWORDS

oral health, dental caries, cavities, teeth decay, flossing, plaque

INTRODUCTION

Mouth is a window into the health of the body. Dental and oral health is an essential part of overall health and well-being. Dental problems are caused by a range of modifiable risk factors, including sugar consumption, tobacco use, alcohol use and poor oral hygiene, and their underlying social and commercial determinants. It can show signs of nutritional deficiencies or general infection.

DEFINITION

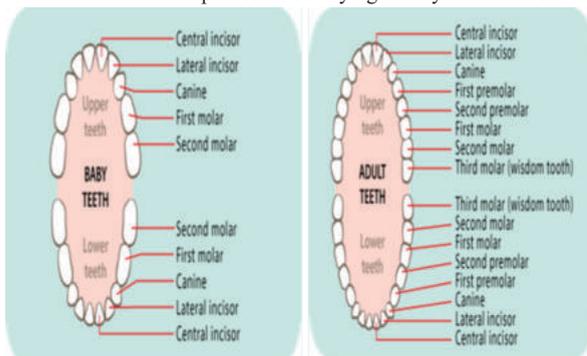
According to the World Health Organization oral health has been defined as a state of being free of mouth and facial pain, oral infections and sores, and oral and other diseases that limit an individual's capacity in biting, chewing, smiling, speaking, and psychosocial well-being.

Children's Baby Teeth

Children's baby teeth can arrive in any order, although the lower incisors are often first, followed by the upper incisors. The first molars are usually next, followed by the canines and second molars.

The primary teeth begin to appear about 4-6 months after birth. All 20 baby teeth usually arrive by the time children are 3 years old.

The root of the teeth is held in firmly to the gums and jawbone or alveolar bone, is the bone that contain the tooth socket and surrounds the teeth roots. A layer of connective tissue that helps hold the teeth tightly against the jaw. The roots of teeth are embedded in the maxilla (upper jaw) or the mandible (lower jaw) and are covered by gums. Teeth are made of multiple tissues of varying density and hardness.



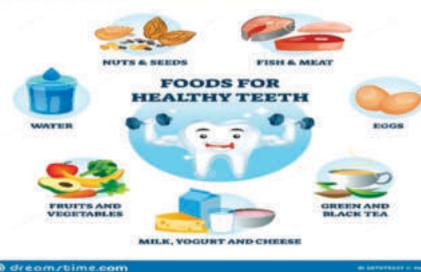
Humans have 20 primary and 32 permanent teeth.

- Primary dentitions consist of 20 teeth - 4 Incisors, 2 canines, and 4 molars in each jaw.
- * A normal adult mouth has 32 teeth, wisdom teeth have erupted by age 13
- * Incisor (8 total): middlemost 4 teeth on the upper and lower jaw
- * Canines (4 total): the pointed teeth just outside the incisors.
- * Premolars (8 total): Teeth between the canines and molars.
- * Molars (8 total): Flat teeth in the rear of the mouth, best at grinding food.

- * Wisdom teeth (4 total): These teeth erupt at around age 18.

Foods For Optimum Oral Health Are

- ❖ Calcium rich foods such as fat free milk, yogurt, cheese, fortified soymilk, canned salmon, almond and some dark green leafy vegetables.
- ❖ Phosphorus, a mineral found in egg, fish, lean meat, dairy, nuts, and beans
- ❖ Vitamins C promotes gum health, including citrus fruits, tomatoes, potatoes and spinach, gooseberry
- ❖ Food with fluoride: Fluoridated drinking water or any poultry products



Calcium is an important nutrient for strong teeth. When a child does not consume enough calcium, phosphorus, Vitamin C and D they can develop weaker less dense bones and teeth.

Facts about dental and oral health

Dental cavities and gum disease are very common. According to the World Health Organization

- between 60 and 90 percent of school children have at least one dental cavity.
- nearly 100 percent of adults have at least one dental cavity
- between 15 and 20 percent of adults ages 35 to 44 have severe gum disease.
- about 30 percent of people around the world ages 65 to 74 don't have any natural teeth left
- in most countries, out of every 100,000 people, there are between 1 and 10 cases of oral cancer.

Poor oral health impact on oral health. If it is oral hygiene is poor the dental problems are



- Tooth decay/Dental caries
- Gum diseases
- Bad breath
- Root infection
- Sensitive teeth
- Plaque
- Oral cancer
- Untreated cavities and heart diseases.

Dental Caries

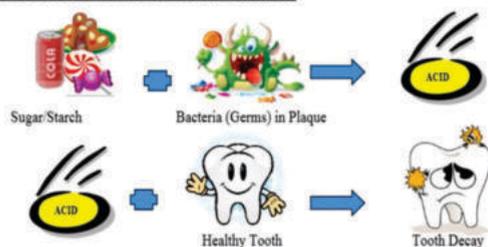
Dental caries or Tooth decay is an infectious disease of calcified tissues of the teeth, breakdown, or destruction, of tooth enamel leads to permanently damaged areas in hard surface of teeth that develop into tiny holes, breakdown of teeth due to acid produced by bacteria.



How it occurs.

Tooth decay is a diet-related disease that damages teeth. Tooth decay happens when germs in the mouth create a sticky covering called plaque on the tooth surface. These germs feed on sugars in food and drinks and produce an acid that damages the tooth surface. Over time, this acid eats away at the surface of the tooth, creating holes or 'cavities'.

The Process of Tooth Decay Formation



Gum disease

It is a serious bacterial infection that destroys the gums and supporting structures of the teeth. Gum disease also called gingivitis, is inflammation of the gums. The main cause is plaque build-up on the teeth and it begins with bacterial growth. Prevention is Brushing, flossing and regular dental check

Bad breath

Bad breath, or halitosis, is an oral health condition where the main symptom is unpleasant-smelling breath. Common causes of halitosis include dental cavities, a lack of oral hygiene, mouth breathing, and respiratory conditions, such as sinusitis. Bacteria release toxins that can irritate the gums and teeth and have a foul smell. Thorough brushing for two minutes, correct flossing and clean the tongue is to prevent this condition.

Sensitive teeth

Tooth sensitivity is also referred to as "dentin hypersensitivity." It sometimes occurs temporarily after having a root canal or a filling. It can also be the result of gum disease, a cracked tooth, worn-down fillings or crowns. Some people naturally have sensitive teeth because they have thinner enamel. Tooth sensitivity, which is often characterized by an unpleasant stinging, tingling, or painful sensation after eating hot or cold foods, or after teeth brushing. To prevent sensitive teeth, brush teeth twice a day with a soft-bristled tooth brush, fluoride toothpaste and floss daily. Use gentle stroke, avoid vigorous scrubbing, carbonated drink and citrus fruit.

Plaque

Everyone has dental plaque. This sticky film forms on teeth when bacteria in the mouth mix with sugary or starchy foods. Tooth brushing and flossing get rid of plaque. If don't remove plaque, it hardens into tartar. Plaque can lead to cavities, gum disease and tooth loss. Proper oral hygiene, including daily brushing and flossing, Regular dental

check-ups can remove plaque and protect teeth.

Oral cancers

Oral cancers include cancer of the gums, tongue, lips, cheek, floor of the mouth, hard and soft palate. A dentist is usually the first person to recognize oral cancer. Tobacco use, such as smoking and chewing tobacco, is the biggest risk factor for oral cancer.

Untreated cavities and heart disease

Oral bacteria and inflammation may be associated with heart disease, endocarditis or inflammation of the lining of the heart. An untreated cavity can lead to periodontal disease. Periodontal disease causes gums to recede from teeth, which creates a gap beneath the gum line where bacteria can hide and grow. From this gap, bacteria can enter the bloodstream and travel to heart's arteries. If the bacteria in heart's arteries harden, it can cause a condition called atherosclerosis. Atherosclerosis causes plaque to grow on the inner walls of heart's arteries, which can restrict blood flow throughout the body. And restricted blood flow to and from heart is the catalyst for heart disease. Streptococcus mutans, a major pathogen of dental caries, is regarded as a causative agent of infective endocarditis (IE), which mainly occurs in patients with underlying heart disease.

Keeping your teeth and gums healthy

Good oral health boils down to good general health and common sense. The best ways to prevent oral health problems are to:

- brush teeth with fluoride toothpaste at least twice a day
- floss at least once a day (one of the most beneficial things you can do to prevent disease in your oral cavity)
- have your teeth cleaned by a dental professional every six months
- avoid tobacco products
- follow a high-fibre, low-fat, low-sugar diet that includes plenty of fruits and vegetables
- limit sugary snacks and drinks

Brushing teeth: Steps

Using small circular motions, brush all sides of each tooth and the gums. Brush the outer and inner sides of the teeth and along the gumline. Brush along the chewing surfaces of the teeth. Brush for 2 minutes.

Cleanings

A professional cleaning can get rid of any plaque you may have missed while brushing and flossing. It'll also remove tartar. These cleanings are usually performed by a dental hygienist. After all the tartar is removed from your teeth, the hygienist will use a high-powered toothbrush to brush your teeth. This is followed by flossing and rinsing to wash out any debris. A deep cleaning is also known as scaling and root planning. It removes tartar from above and below the gumline that can't be reached during a routine cleaning.

Visiting the dentist

Have regular check-ups with the dentist. Talk to dentist about how often needs a check-up. Dentists usually recommend every 6-12 months.

CONCLUSION

Oral health is an important component of general health. Adverse oral health has a significant impact on the overall systemic health, quality of life and economic productivity of the nation. Most common dental problems can be prevented. It takes brushing twice a day, flossing daily, eating a healthy diet and regular dental check ups. The earlier you learn proper oral hygiene habits the easier it'll be to avoid costly dental procedures and long-term health issues. Maintaining healthy teeth and gums is a lifelong commitment.

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