

# Why Is Dental Health Important?



**Dental health is important** due to several factors. It can be defined as the hygiene of all the parts of our mouth, teeth, tongue, gums and an internal surface of the cheeks. The good health of all these parts has immense importance in your overall health and confidence. Good oral health translates to good overall (physical and mental) good health.

Why you need good dental hygiene?

How teeth affect your health?

What problems can poor oral health lead?

- **Endocarditis.** This infection of the inner lining of your heart chambers or valves (endocardium) typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to certain areas in your heart.
- **Cardiovascular disease.** Although the connection is not fully understood, some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- **Pregnancy and birth complications.** Periodontitis has been linked to premature birth and low birth weight.
- **Pneumonia.** Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases.
- **Diabetes.** By reducing the body's resistance to infection, diabetes puts your gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes.

Research shows that people who have gum disease have a harder time controlling their blood sugar levels. Regular periodontal care can improve diabetes control.

- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
- **Osteoporosis.** This bone-weakening disease is linked with periodontal bone loss and tooth loss. Certain drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.
- **Alzheimer's disease.** Worsening oral health is seen as Alzheimer's disease progresses.
- **Rheumatoid Arthritis** 70% of the RA patients have gum disease with 30% having severe gum disease, while the population norm for gum disease is 35% with 5% having severe gum disease.

## Why do you need good dental hygiene?

You need good **dental hygiene** because it can help you keep your teeth and gums healthy. Regular brushing removes plaque, which is a yellow layer of bacteria on your teeth and makes your teeth look whiter and brighter. It also stimulates your gums to help prevent gum diseases. **Flossing**, on the other

hand, cleans all the food debris stuck in between your teeth and areas of your mouth where your toothbrush may not reach easily.

Effective dental hygiene also includes regular dental checkups. It is a key component of oral hygiene to visit your dentist twice a year or after every six months to get your mouth checked and for new product recommendations. Your dentist can easily detect cavities from your mouth and deal with them. This also helps them to take action on time. It saves you from costly **dental checkups**.

Regular mouthwashes are also a part of good dental hygiene. You need them because they remove the bad odor from your mouth and all the bacteria stuck on your tongue, cheeks, and gums more efficiently and softly than toothbrushes.

Moreover, a good diet is also an eminent part of **dental health**. It makes sure your teeth stay stronger and prevents gum diseases as well. A required intake of vitamin C can easily prevent gingivitis as it makes your gums stronger and prevents them from bleeding whenever you brush your teeth.

## How teeth affect your health?

Your teeth can affect your oral health in several ways. As the condition of your teeth worsens, they become prone to **cavities** and **tooth decay**. Bacteria easily attach to them. They make your teeth weaker. You are not able to chew with them properly and face constant pain. Their poor condition leads to several diseases like periodontitis, diabetes, heart diseases, rheumatoid arthritis, lung conditions, and obesity. As you cannot chew properly, you don't eat a lot of food and the requirements of your body aren't fulfilled, which makes you weaker and leads your body to several health risks.

## To what problems can poor oral health lead?

Infections that start in your mouth can lead you to major body diseases. Poor oral health can lead to several problems such as:

### Periodontitis

When bacteria store itself on your teeth, the chances of gum infections are increased to a higher level. As your immune system senses the infection, it takes action which makes your gums inflamed. Long term **inflammation** and the chemicals it releases can eat away your gums and bones that hold your teeth in place.

### Diabetes

Due to a lack of insulin, your body struggles to process sugar. **Periodontal diseases** or poor oral health makes it more difficult for your body to produce and use insulin. If your teeth are infected, and the sugar level in your blood is high, it will lead to the growth of infection in all parts of your body, especially your mouth. This cycle can get out of control easily.

### Heart Disease

According to multiple types of research, ninety-one percent of heart patients also suffer from periodontal diseases and mouth infections. Sixty-six percent of people without heart disease suffer from **periodontitis**. Hence, there is a strong connection beyond similar risk factors like obesity, smoking, etc. Inflammation in the mouth may cause inflammation in the blood vessels. This increases the chances of a heart attack in a heart patient by allowing a decreased inflow of blood between the heart and the rest of the body parts. It also causes an increase in blood pressure.

## Osteoporosis

This disease also leads to weakness in your bones. Some experts say that this affects more women than men and affects the long bones in arms and legs. Women with osteoporosis are more likely to have gum diseases than women who don't.

## Rheumatoid Arthritis

Treating **periodontal diseases** can lead to ease in pain caused by arthritis. Arthritis patients are also at a higher risk of catching periodontal diseases.

# What can you do to keep your dental health in shape?

You can take several steps to improve your **dental health**. We have prepared a list of some actions which you can take to improve the health of your mouth.

1. Stop smoking or using products which include tobacco in them
2. Eat a balanced diet
3. Avoid sugary snacks
4. Rinse your mouth after each meal
5. Brush at least two times a day
6. Visit your dentist after every few months
7. Have sealant applied to your child's teeth
8. Use mouthwash
9. Floss whenever you brush
10. Use good quality toothpaste and toothbrushes
11. Chew sugarless gums

# What are the signs of poor dental health?

There are a lot of symptoms of poor dental health. We have listed some of them.

1. Bleeding of gums
2. Pain in gums
3. Plaque or tartar build-up on teeth
4. Tooth decay
5. Sensitivity
6. Loose teeth
7. Infections that cause pain in the mouth
8. Swelling and tenderness
9. A receding gumline
10. Bad breath
11. Poorly aligned teeth

# Conclusion

To avoid all the problems associated with your mouth, you need to practice the best oral hygiene and make a **dental routine** for yourself. It will make you healthier, sharper, and more confident. We hope we have covered all your problems and questions, if you still have some, please visit your dentist. They will give you an insight into your dental health, tell you why **dental health is important**, and help you improve it.