

# Oral Hygiene and health: It's all about prevention!

Are you brushing, flossing, and mouth washing?



The basics can be seen in this picture



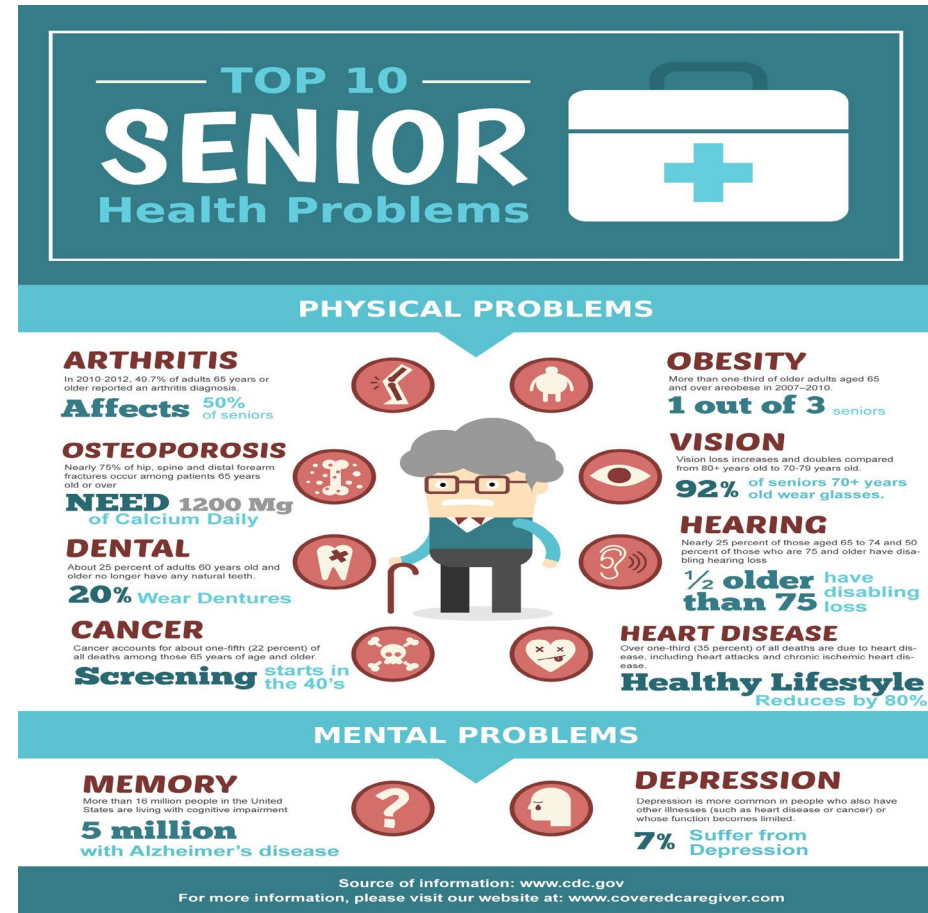
# What do we know about oral health from our ancestor's experience?

- For one thing, oral health has been an issue for thousands of years. The Romans had better luck at this than their Egyptian predecessors.
- It wasn't uncommon for our ancestors to have teeth plagued by excessive wear. Nor was it uncommon for our ancestors to have issues with oral infections and lesions. Some of this was due to the diet of our ancestors (unfortunately included sand, grit, or very hard, woody like food staples) and some of it was due to the lack of adequate oral care. Class distinctions may have played a part.
- Luckily our knowledge has grown over the centuries in regard to oral care and knowledge of mouth and its bone and gum structures.



# The Challenge facing us as we age and care for our teeth!

- Like all other areas of the human body, our dental work ages, too.
- With age comes illness and disease conditions. Well, that also impacts our teeth and gums as we age. The same processes that degenerate as we get older and older are at work on our teeth, gums, enamel, pulp, and teeth roots. You see more dentures and missing teeth in the elderly.



# Dental and physical problems are tied to more visits to the hospital and general poor health

Markers of poor oral health, particularly dry mouth, poor self-rated oral health, and the presence of more than 1 oral health problem, were associated with disability and poor physical function in older populations. Prospective investigations of these associations and underlying pathways are needed.

- Oral Health, Disability and Physical Function: Results From Studies of Older People in the United Kingdom and United States of America. [J Am Med Dir Assoc. 2019 Dec; 20\(12\): 1654.e1–1654.e9.](#)
- Published online 2019 Aug 10. doi: [10.1016/j.jamda.2019.06.010](https://doi.org/10.1016/j.jamda.2019.06.010) <https://www.ncbi.nlm.nih.gov/>

A more primitive way of dealing with our teeth!



# What do we know about our oral care and how does it impact our overall health?

- Some fun facts to begin with: Our oral cavity is home to more than a billion bacteria. ([crescentorthodontics.com](http://crescentorthodontics.com))
- It is also home to hundreds of species of bacteria, some beneficial but some also harmful forming what's called "biofilm, or plaque." (NIH)
- Poor brushing can allow as many as a 100 million bacteria to grow on a single tooth. (Washington Post Aug. 5, 1996)
- Halitosis (bad breath) is a common condition that is due to poor oral health, diet, and/or tooth decay.
- Many systemic illness have a link to poor oral hygiene, like heart disease and, possibly diabetes, and osteoporosis. ([freshdentalcare.co.uk](http://freshdentalcare.co.uk))

# WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?





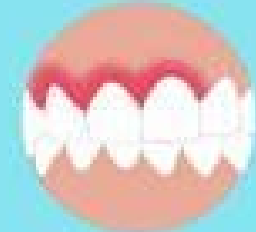
# More aspects about oral hygiene linked to overall health.....from CDC website

- Three conditions that most affect overall health and quality of life are cavities or tooth decay, severe gum disease, and tooth loss.
- Oral diseases can cause pain and infections that affect the way we eat and what we eat, how we speak, and how we learn. Social interaction can become a problem for individuals who have many missing teeth.
- Economic status can play a part in access to basic oral hygiene care like x-rays, and teeth cleaning.
- Tobacco use and diabetes are risk factors concerning gum disease.

# Common Causes of a Toothache



Sensitive teeth



Gum disease



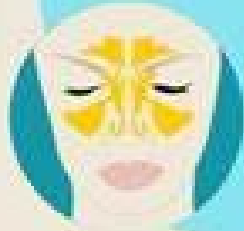
Impacted tooth



Inflammation of tooth pulp



Tooth decay



Non-dental causes  
(e.g. sinus infection or congestion)



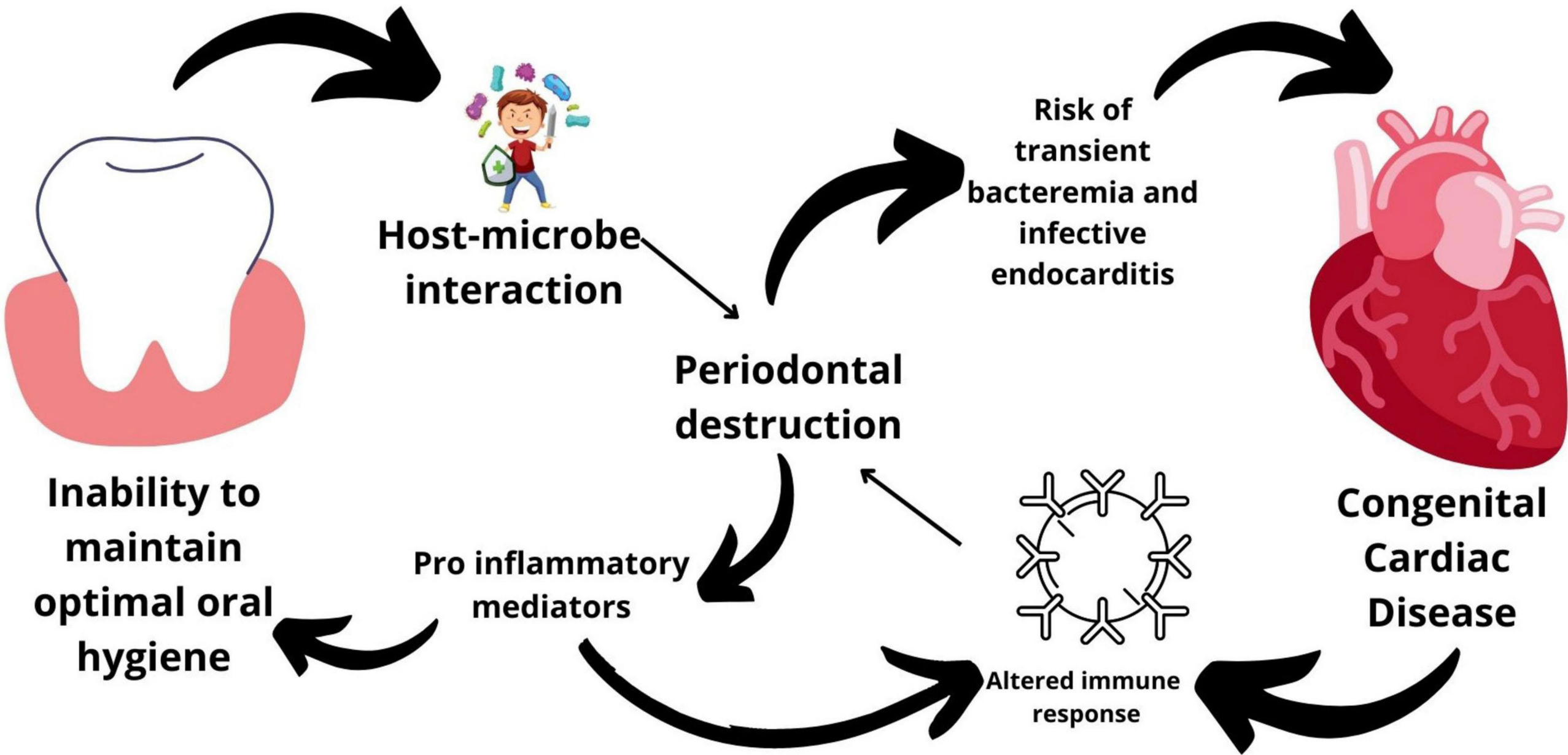
Abscess



Cracked tooth

# What are a few more consequences of poor oral hygiene?

- Oral entry of bacteria and yeast to the intestines and then to the bloodstream and from there a systemic wide travel of certain harmful bacteria can carry disease
- Oral entry way to the respiratory system and lungs, maybe by aspiration can lead to pneumonia
- Saliva, or lack of adequate amounts can lead to improper breaking down of food and might contribute to a lack of pH balance in the mouth and on the teeth=more acid
- Periodontitis, or gum disease, may play a part in spreading inflammation around the body, exacerbating DM, and in the long term, challenge our immune system.
- Endocarditis is an infection and an inflammatory condition.
- The spread of bacterial infection and inflammation does not stop at just a couple of organs, but can spread to all areas of the body by the bloodstream.



# Can we turn our overall health around beginning with proper oral hygiene? Yes!

- Diet
- Proper texture of foods depending on condition of one's teeth and gum problems
- Rinse mouth regularly
- Brush teeth 2-3X daily with a soft to medium bristle.
- Be consistent
- Floss at least once a day if not more often
- Oral rinses like fluoride rinses or mouthwashes that contain an antiseptic like alcohol, or cetylpyridinium chloride, or even chlorhexidine gluconate are known to be beneficial to maintaining good oral health. Bear in mind that some mouthwashes kill the good bacteria with the bad. Some treat yeast of the mouth, as well.

# Elements of good oral hygiene: prevention



## 5 steps TO GOOD ORAL CARE

1

### Brush your teeth twice a day

Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night.  
Don't swallow the toothpaste – spit it out in the basin!



2

### Limit sugary snacks & drinks

Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.

3

### Visit your dentist

Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.  
Mom and Dad: Start dental visits early & build enthusiasm.



4

### Floss

As soon as you've got 2 teeth that touch, you (along with your Mom or Dad) should floss to remove the plaque.  
Hold the floss between your fingers, and gently rub the floss between your teeth.

5

### Change your toothbrush every 3 months

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!  
Ask your Mom or Dad for a new toothbrush every 3 months.



Go to [www.colgatebsbf.com](http://www.colgatebsbf.com) for more information

# How often is it necessary at minimum to visit the dentist? (from Web MD Aug. 11<sup>th</sup> 2021)

- It is recommended that every 6 months for a routine check up, but the basic needs depends on the individual and their oral hygiene issues.
- This is not a one size fits everyone approach.
- Many factors impact your decisions: Lifestyle, attitude, biology, access and affordability.



# Can regular dental measures stop or slow disease caused by poor oral hygiene?

- The simple answer is Yes!
- Regular teeth brushing and flossing, along with other dental prophylaxis can prevent certain illnesses like pneumonia and endocarditis.
- Diets high in Vitamin D can assist with calcium absorption to assist in creating stronger bones and teeth. Stay away from foods that are heavily processed and full of sugar.
- If you haven't started smoking then don't start. Smoking leads to tooth staining, gum disease, tooth loss, and eventually can lead to certain forms of oral cancer. Bone and soft tissue in regard to attachment to teeth are affected by smoking and what it does to our cardiovascular system.
- Smoking supports bacteria and plaque build up in the oral cavity.



# Recap on oral health

- Start a diet rich in phosphorus, magnesium, and calcium.
- Avoid sugary and refined foods, especially foods that are more acidic, as acidic foods will have an erosive affect on tooth enamel.
- Brush and floss regularly, 2-3 times a day with flossing 1-2 times a day
- Oral rinses, and fluoride treatments can help prevent cavities.
- For those with sleep apnea and open our mouths at night, involuntarily, a rinse to help hydrate the oral cavity will help prevent over dryness, oral irritation and cavity formation.
- See a dentist for check ups as necessary. One size does not fit all

## Steps For Maintaining Oral Hygiene

- 1.Brush your teeth twice a day
- 2.Flossing your teeth regularly
3. Maintain Proper diet
4. Make a Other interdental cleaning
- 5.Rinsing teeth every day
- 6.Regular dental checkups from your dentist



# Questions??????

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