

## Oral Health: Roadway to Overall Health

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### Oral Health

The state of being free of mouth and facial pain, oral infections and sores, and other oral diseases that disturbs the rhythm of presenting and socializing in this world.

Despite of economic and social burdens due to neglection of oral care many countries are unaware of the need of making society aware of the importance of oral health.

Oral health is a silent treatment of overall health.

### *Oral-overall health connections*

A bi-directional relationship exists between oral and overall health. Lack of oral care leads to many health diseases such as heart disease, pneumonia, and respiratory diseases. Many disease are caused due to entry of certain bacteria or germs which find a way though mouth towards the whole body causing various health problems.

A slight overview of neglecting the root cause of health problems:

**Pneumonia:** Certain bacteria from your mouth can be pulled into lungs causing respiratory problems. Several studies suggest that improved oral care and regular dental cleaning is helpful to reduce the incidence of pneumonia.

**Diabetes:** research shows that people who have gum disease have a harder time controlling their blood sugar levels.

**Pregnancy:** Periodontitis is sometimes related to premature birth or low birth weight.

**Heart Diseases:** some infections of heart occurs when bacteria or other germs get a way to pass through some body parts such as mouth and spread through a person's bloodstream to certain areas in your heart. Some research suggests that heart disease, and stroke might be linked to the inflammation and infection that oral bacteria can cause but more research is needed to understand it better. Neglecting oral problems not only lead to physically associated diseases but also affect the mental peace and health of a person. As the pain which occur due to cavity or any oral problems like sore, gingivitis etc. causes discomfort in living life to fullest which ultimately can be the reason of spoiled mental peace and making the person to drown in stress.

A person present own self to the world through his face and words. As with a smile on the face its easy to tackle any issue of the work and personal life.

## Conclusion

As a dentist myself I motivate every single person to take precautions for the root cause of overall health problems as given below:

- Brush your teeth at least twice a day for two minutes each time.
- Use mouthwash to remove food particles left after brushing.
- Eat healthy diet and limit sugar intake.
- Schedule regular dental checkups and cleaning.
- Make awareness of oral health in society so that they can safe their own overall health.

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