

The Link between Oral Health and Overall Health: How Dental Problems Can Affect Your Body

Demet Khafar*

Department of Pediatric Dentistry, University of Algiers, Algiers, Algeria

Corresponding Author*

Demet Khafar
Department of Pediatric Dentistry,
University of Algiers,
Algiers, Algeria,
E-mail: demet345@gmail.com

Copyright: © 2023 Khafar D. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: March 04, 2023, Manuscript No. JDRP-23-90875; **Editor assigned:** March 06, 2023, PreQC No. JDRP-23-90875 (PQ); **Reviewed:** March 20, 2023, QC No. JDRP-23-90875; **Revised:** May 05, 2023, Manuscript No. JDRP-23-90875 (R); **Published:** May 12, 2023, DOI: 10.35248/JDRP.23.5(2).041

Abstract

Oral health is often thought of as a separate entity from overall health, but in reality, the two are closely linked. Your mouth is the gateway to your body, and dental problems can have a significant impact on your overall health. Here's a closer look at the link between oral health and overall health, and how dental problems can affect your body.

Keywords: Health • Gum • Braces • Toothbrush • Flossing

Introduction

The connection between oral health and overall health

Research has shown that oral health is closely linked to overall health. For example, gum disease has been linked to a higher risk of heart disease, stroke, and diabetes. Poor oral health has also been linked to respiratory infections, pregnancy complications, and cognitive decline.

The exact mechanisms behind these links are still being studied, but there are several theories. One is that bacteria from the mouth can enter the bloodstream and travel to other parts of the body, where they can cause inflammation and damage. Another theory is that inflammation in the mouth can spread to other parts of the body, causing or exacerbating health problems.

Description

Dental problems that can affect your body

Now let's take a look at some of the dental problems that can affect your body:

Gum disease: Gum disease is a bacterial infection that affects the gums and bone that support the teeth. If left untreated, it can lead to tooth loss. But that's not all. Gum disease has also been linked to a higher risk of heart disease, stroke, and diabetes.

Tooth decay: Tooth decay, or cavities, is caused by bacteria that produce acid that eats away at the tooth enamel. If left untreated, it can lead to tooth loss. But it can also lead to infections, which can spread to other parts of the body and cause serious health problems.

Oral cancer: Oral cancer is a type of cancer that affects the mouth, tongue, or throat. It can be caused by tobacco use, excessive alcohol consumption, or a virus called HPV. If not caught early, it can spread to other parts of the body and be fatal.

Bad breath: Bad breath, or halitosis, is often caused by poor oral hygiene. But it can also be a sign of other health problems, such as respiratory infections, liver disease, or diabetes.

Dry mouth: Dry mouth is a condition in which there is not enough saliva in the mouth. It can be caused by medications, radiation therapy, or certain health conditions. Without enough saliva, the mouth is more susceptible to infections and tooth decay.

How to maintain good oral health

Maintaining good oral health is essential for overall health.

Here are some tips to keep your mouth healthy:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss daily to remove plaque and food particles from between your teeth.
- Eat a healthy diet that is low in sugar and high in fiber.
- Avoid tobacco use and excessive alcohol consumption.
- Visit your dentist regularly for checkups and cleanings.

Conclusion

In conclusion, oral health is closely linked to overall health. Dental problems can have a significant impact on your body, from increasing your risk of heart disease to causing infections that can spread to other parts of the body. By maintaining good oral hygiene and visiting your dentist regularly, you can help keep your mouth and your body healthy.

Cite this article: Khafar D. "The Link between Oral Health and Overall Health: How Dental Problems Can Affect Your Body". J Dent Res Pract, 2023, 5(2), 1.