

# Relation of Oral Health with Body's Overall Health

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## Introduction

Your mouth, like other parts of your body, is teeming with germs, most of which are harmless. However, because your mouth is the gateway to your digestive and respiratory systems, some of these bacteria can cause illness. Bacteria are normally kept under control by the body's natural defences and regular oral health care, such as frequent brushing and flossing. Without adequate dental hygiene, bacteria can build up to the point where they cause oral infections including tooth decay and gum disease. Decongestants, antihistamines, painkillers, diuretics, and antidepressants, among other drugs, might lower saliva flow. Saliva sweeps away food and neutralises acids created by bacteria in the mouth, assisting in the protection of the body against microorganisms that reproduce and cause disease.

Oral germs and the inflammation associated with a severe form of gum disease (periodontitis) may play a role in several disorders, according to research. Furthermore, certain disorders, such as diabetes and HIV/AIDS, can reduce the body's response to infection, making oral health issues worse.

## Diseases Connected with Oral Health

### ■ Cardiovascular disease

Although the link between oral bacteria and heart disease, clogged arteries, and stroke is not entirely known, some evidence suggests that oral bacteria might induce inflammation and infections that can lead to heart disease, clogged arteries, and stroke.

### ■ Pneumonia

Bacteria from your mouth can enter your lungs and cause pneumonia and other respiratory illnesses.

Pregnancy and birth complications

### ■ Endocarditis

Endocarditis is an infection of the inner lining of your heart chambers or valves that happens when bacteria or other germs from another part of your body, such as your mouth, spread through your circulation and attach to specific parts of your heart.

### ■ Diabetes

Diabetes puts your gums at danger by lowering your body's response to infection. Diabetes patients appear to have a higher incidence and severity of gum disease. Gum disease patients had a tougher time maintaining their blood sugar levels, according to research. Diabetes control can be improved with regular periodontal treatment.

### ■ Osteoporosis

Periodontal bone loss and tooth loss are linked to this bone-weakening illness. Certain osteoporosis medications have a modest risk of causing damage to the jaw bones.

## Maintenance of oral health

At least twice a day, brush your teeth for two minutes each time. A soft-bristled brush and fluoride tooth paste are advised. Flossing on a daily basis is also beneficial. Doctors also recommend using mouthwash to remove food particles that remain after brushing and flossing.

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Limit sugary foods and beverages and have a healthy diet. Replace your toothbrush every three to four months, or sooner if the bristles are worn or splayed. Schedule dental cleanings and checkups on a regular basis. Tobacco use should be avoided.