

March 20th | World Oral Health Day

Good health starts at the mouth

THE WORLD DENTAL FEDERATION (FDI) ESTIMATES THAT ORAL DISEASE AFFECTS ABOUT 3.9 BILLION PEOPLE WORLDWIDE.

Consequently, the organization has worked to spread knowledge and awareness about the matter, in hopes that this can help people adopt good oral hygiene routines and control risk factors.

HAVE A LOOK:

According to the Mayo Clinic, the lack of adequate oral hygiene can lead to several diseases. These include:



ENDOCARDITIS:

Occurs when bacteria travel from the mouth, through the bloodstream and attach to the inner lining of the heart valves.



CARDIOVASCULAR DISEASE:

As in the previous case, studies suggest that bacteria and infections, likewise present in the mouth, may affect the proper functioning of the heart.



PREGNANCY COMPLICATIONS AND PREMATURE LABOR: They can be caused by periodontitis (inflammatory periodontal disease).



PNEUMONIA: Can happen due to bacteria from the mouth reaching the lungs, causing pneumonia and other respiratory diseases.



Because of these and other complications, it is recommended that, to maintain good overall health, that proper oral health care not be overlooked.



The main cares, according to the American Dental Association, are:

- Brush your teeth (and tongue) after each meal, or at least twice a day.
- Use toothpaste that contains fluoride.
- Floss between your teeth daily.
- Avoid eating excessive amounts of sugar.
- Do preventive visits to the dentist.
- Quit smoking.
- Avoid using piercings on the mouth or tongue.

BE MINDFUL AND TAKE CARE OF YOUR ORAL HEALTH!