



## Teeth are the sentinels of a canyon mirroring flourishing and gushing personality

Authors

**Dr Afzal Ahmad, BDS, MDS (Std)<sup>1</sup>, Dr Md Mojahid Anwar, MD<sup>2</sup>, Dr Asma Usmani, BDS, MDS (Std)<sup>3</sup>, Hena Fatma, MA, PhD (std)<sup>4</sup>, Dr Munawwar Husain, MD<sup>5</sup>**

<sup>1</sup>Resident, Dr ZA Dental College, AMU, Aligarh

<sup>2,5</sup>Department of Forensic medicine, AMU, Aligarh

<sup>3</sup>Resident, Subharti Dental College, Meerut

<sup>4</sup>Department of Psychology, AMU, Aligarh

Corresponding Author

**Dr Md Mojahid Anwar**

Email: [dr.mojahidanwar@gmail.com](mailto:dr.mojahidanwar@gmail.com), Mobile No. 8791872168

### Abstract

*Oral health constitutes an important part of health and gives indication about the personality perspective in terms of hygiene. If a person has good and sparkling teeth that give an impression to others that the individual is taking care about his oral hygiene and health. Therefore, it is imperative that proper care be taken of teeth, gums and buccal cavity. Further, it has cosmetic o too. This paper takes a somber view of oral hygiene and cleanliness because it also lend an insight in to the openness of the personality. So, there is a need to understand the intimate connection between oral health and overall health and what can be done to protect ourselves?*

**Keywords:** oral health, periodontitis, oral disease prevention, sparkling teeth.

### Few conditions that may affect oral health are enumerated:

Oral health may be affected or cause effect or contribute to proliferation of various diseases and conditions, including:

1. **Endocarditis:** Gum disease and dental procedure that cut the gums and may allow bacteria to enter the blood stream. If a person has a weak immune system or damaged heart valve, this can cause infection in other parts of the body such as infection of the inner lining of heart known as endocarditis.<sup>1</sup>

2. **Cardiovascular diseases:** Researches suggest that heart disease, clogged arteries and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis- a severe form of gum disease.<sup>2</sup>
3. **Pregnancy and birth:** Gum diseases have been linked to premature birth and low birth weight.<sup>3</sup>
4. **Diabetes:** It reduces the body's resistance to infection putting the gums to risk. In addition, people who have inadequate blood sugar control may develop more

frequent and severe infections of the gums and the mandibular and maxillary bones that hold teeth in place, and they may lose more teeth than do people who have good blood sugar control.<sup>4</sup>

5. **HIV/AIDS:** Oral problems such as painful mucosal lesion is common in people who have HIV/AIDS.<sup>5</sup>
6. **Osteoporosis:** It causes bones to become weak and brittle, which may be associated with periodontal bone loss and tooth loss.<sup>6</sup>
7. **Alzheimer disease:** Tooth loss before the age of 35 years may be a risk factor for Alzheimer's disease.<sup>7</sup>
8. **Other conditions:**
  - (i) **Sjogren's syndrome - an immune system disorder:** Most patients with SS experience a wide range of oral changes and symptoms. Salivary flow rates can range from no measurable saliva (flow rate = 0) to normal. The lack of saliva causes several changes in the mouth. The tongue may lose its papillae, develop deep fissures and have a beefy red appearance. The lips become chapped, and angular cheilitis often develops. A dry, parched mucosa may be present.

When the salivary flow is very low, a thick discharge may be the only substance that can be milked from the glands.<sup>8</sup>

The lack of saliva predisposes patients to rapid development of root and incisal caries.<sup>9</sup>

- (ii) Digestion problem
- (iii) Oral and facial pain

*“One should not worry much because these diseases can easily be avoided by little awareness and knowledge of oral health care”*

### How can oral health be perturbed?

To protect our oral health, we must resolve to practice good oral hygiene diurnally.

For example:

- Brushing twice a day
- Replace toothbrush every 3-4 months

- Floss daily
- Eat healthy diet and limit between meal snacks
- Schedule regular dental check-ups at every 6 months

Also watch for signs and symptoms of the oral disease and contact the dentist as soon as problem arises.

### What is the connection between Oral Health and Overall Health?

- The mouth is teeming with bacteria, most of them harmless.
- Normally the body's natural defenses and good oral health care such as daily brushing and flossing, can keep these bacteria under control.<sup>10</sup>
- However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease.
- In addition, dental procedures, medications or treatment that reduces saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouths normal protective barriers may make it easier for bacteria to enter the blood stream.<sup>11</sup>

Remember *“taking care of your oral health is an investment in your overall health”*

### Conclusion

Summarizing the above findings it can be surmised that teeth being a part of the body demands its care as any other part of the body. Since teeth are an exposed part it becomes doubly important that it should be looked after properly. The dictum that teeth gives projection about good health can be further reinforced that it adds wealth also. Reason being that sparkling teeth opens up the personality, instill confidence among others and create an aura of sincerity which can achieve instant acceptability. San dout teeth deserve proper handling both when diseased or health as we take care of other parts of the body.

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