



## Oral Health Issues, Oral Cancer and Its Prevention Methods

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### Introduction

Oral health is very important for human body to be healthy and well-being, it deals with the disease and conditions in dental field. Poor oral health can lead to gums, cavities in teeth, diseases relates to gums etc. in future these diseases and cavities can lead to cancer. If we observe ninety percentage of the school children are suffering from dental cavities this is because of not brushing properly. Every individual must brush their teeth twice a day that too with fluoride tooth paste, flossing must be done once a day and sugar content should be taken less sugar helps to create more cavities and also we have to avoid tobacco related products. If we observe people who have habit of taking cigarette will have yellow teeth and their lips get spoiled, to avoid this we have to take proper dental care under professional and we have to drink lot of fluoride water. We can see the sores ulcers in the mouth which doesn't cure even after two weeks those 3 problems should not be neglected we have to see the dentist immediately if we neglect it may be leads to oral cancer. The advanced stage of gum disease is called periodontitis. This periodontitis is caused by many factors such as smoking, diabetes, not brushing teeth properly, genetics, heartburn, less amount of saliva in the mouth due to the use of medication, frequent snacking on sugary foods and drinks. There are different, types of tools that are used for diagnosing dental and oral diseases. Examples of some tools are dental drill, spoon excavator, Dental probe, Mouth mirror, Dental syringe, Burnished etc. Pregnant women should inform doctors about their pregnancy because pregnant women shouldn't have x-rays. If the

dentist find any abnormalities in mouth they may perform biopsy. Biopsy means a small piece of tissue is removed from the growth and it is sent to laboratories to check for cancer cells. Coming to the oral cancer, there are different types of parts included such as gums, tongue, mouth, lips, cheek, floor of the mouth and the main reason for the oral cancer is the tobacco usage and it is the major risk factor. Oral health is very important because oral health is related overall body health scientists say that a healthy mouth can help you to maintain the overall body healthy. If there is any problem regarding the mouth it is interlinked to heart, inflammation of the lining of the heart, low birth weight, premature birth. Bacteria present in the mouth can spread from mouth to blood stream which is very dangerous to heart valves which is life threatening. There are different kinds of treatments like root canal, probiotics, fillings, crowns, sealants, antibiotics, fluoride treatments, cleanings etc. There are natural ways to prevent oral health example are oil pulling, eating mineral rich food, clean your tongue, don't eat refined sugar, eat foods that protect enamel, avoid grinding of the teeth, brush with baking soda etc. Teeth won't regrow so we have to take care of our mouth by taking some necessary precautions.

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### Conflict of Interest

Author declares there is no conflict of interest.