

A Brief Discussion on Oral Hygiene and their Source of Problems

Caib Maxilambo*

Department of Medical, Institute Federal da Bahia, Bahia, Brazil

Abstract

Oral hygiene is the practice of keeping one's mouth clean by frequent brushing of the teeth (dental hygiene) and cleaning between the teeth, free of disease and other issues (e.g. bad breath). To prevent dental illness and bad breath, it is vital that oral hygiene is carried out on a regular basis. Tooth caries (cavities, dental caries) and gum diseases, including gingivitis and periodontitis, are the most common forms of dental disease.

Keywords: Oral hygiene; Teeth; Bacteria; Populations

Description

Oral hygiene is the practice of keeping one's mouth clean by frequent brushing of the teeth (dental hygiene) and cleaning between the teeth, free of disease and other issues (e.g. bad breath). To prevent dental illness and bad breath, it is vital that oral hygiene is carried out on a regular basis. Tooth caries (cavities, dental caries) and gum diseases, including gingivitis and periodontitis, are the most common forms of dental disease. General guidelines recommend brushing twice a day: After breakfast and before bedtime, but after every meal, the mouth will preferably be washed. Interdental cleaning is called cleaning between the teeth and is as essential as tooth brushing. This is because a toothbrush does not penetrate between the teeth, so only about 50 percent of the plaque is extracted from the surface of the teeth. Between the teeth, like floss and interdental brushes, there are several tools to clean; it is up to each person to choose which tool they prefer to use. White or straight teeth are also associated with oral hygiene. A hygienic mouth can, however, have stained teeth or crooked teeth. People can use tooth whitening treatments and orthodontics to improve the appearance of their teeth. The importance of the oral microbiome's role in dental health has increasingly been recognized. Data from human oral microbiology research shows that through complex changes in their environment, a commensal microflora may shift to an opportunistic pathogenic flora. The host, rather than the bacteria, drives these shifts. Archeological evidence of calcified dental plaque suggests marked changes in the oral microbiota during the Industrial Revolution towards a disease-associated microbiome of cariogenic bacteria being dominant. Modern oral microbiota is substantially less diverse than historical populations. For example, caries have become a major endemic disease, affecting 60%-90% of schoolchildren in developed countries. In comparison, pre-Neolithic and early hominins had uncommon dental caries and periodontal diseases.

Sources of Problems

Dental plaque is a sticky, yellow film composed of a wide variety of bacteria that sticks to the surfaces of the tooth and can be seen along the gum line. It is also known as dental biofilm. After the tooth surface has been washed, it tends to reappear, which is why daily brushing is encouraged. The formation of plaque is facilitated by a high-sugar diet. Sugar, via the plaque, is converted to acid. The acid then causes the adjacent tooth to breakdown, ultimately leading to tooth decay. If plaque is left undisturbed on a subgingival surface (under the gum), there is not only an increased risk of tooth decay, but it can also irritate the gums and make them look red and swollen. Any bleeding during tooth brushing or flossing can be observed. These are the symptoms of

inflammation that suggest the health of weak gums.

The longer the plaque remains on the surface of the tooth, the harder and more it becomes stuck to the tooth. That is why it is referred to as calculus and a dental professional has to remove it. The inflammation will lead to the loss of bone if this is not treated which will ultimately lead to the affected teeth being loose.

Discussion and Conclusion

The research strongly supports the assumption that lack of oral hygiene and increased plaque accumulation may be caused by psychosocial stress.

*Corresponding author: Caib Maxilambo, Department of nMedical, Institute Federal da Bahia, Bahia, Brazil, E-mail: cmxilambo@hotmail.edu.br

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