

Products for Oral Hygiene and Dental Care at Home

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Abstract

The goal of this study is to learn how to maintain dental health at home. There are many people that own animals including dogs, cats, and other pets. However, by the time kids are 2 or 3 years old, they already have periodontitis symptoms. Because just once or twice a year, on average, are pets given a professional dental cleaning. Therefore, they are impacted as periodontal disease progresses. Good oral health is important for general health and quality of life. Very few studies have assessed how oral symptoms affect residents' quality of life. Health promotion programmes are important to help residents maintain an acceptable level of oral health and function.

Keywords: Dental cleaning; Dental health; Periodontitis symptoms; Periodontal disease; Oral symptoms; Health promotion programmes

Introduction

Although dental health and general health are related; maintaining good oral health is undoubtedly challenging and varied as people age. Although few senior people have physical or mental conditions that require special attention in the dentist office; one shouldn't assume that the entire elderly community has these conditions. Knowing a few things about getting older is crucial for maintaining health. Although dental health and general health are related; maintaining good oral health is undoubtedly challenging and varied as people age. Although few senior people have physical or mental conditions that require special attention in the dentist office; one shouldn't assume that the entire elderly community has these conditions. Knowing a few things about getting older is crucial for maintaining health.

According to research; by the time they are 3 years old; 80 percent of dogs and 70 percent of cats will have periodontal disease [1]. By the age of 2; up to 90% of dogs already exhibit periodontitis symptoms [2]. Since most pets only have their teeth professionally cleaned once or twice a year; at-home oral care solutions may be helpful in preventing periodontal disease during the other 363 days of the year.

In order to make it simpler for pet parents to assist their furry friends in maintaining a healthy mouth; dvm360° has highlighted three types of dental goods.

Case Studies

Water additives

Pet water additives act as supplemental care; just like mouthwash does for humans; and are not a replacement for regular brushing. Today's market is flooded with water addition solutions that promise to improve dental health and eliminate plaque-producing bacteria.

The conventional liquid solution is easily added by owners to their pet's water bowl (although some manufacturers also include powder or gel). In order to prevent pets from rejecting the treated water; the majority of water additives are tasteless and colourless. However; other products provide flavours; like peanut butter; that could serve as an added incentive for pets. The intention is for pets to eventually acquire fewer bacteria through regular use of water supplemented with antimicrobials; reducing the onset of periodontal disease.

Speaking with Christman on The Vet Blast Podcast; Emily Stein; PhD; emphasised the significance of correctly hydrating pets and emphasised the critical role that water alone plays in oral health. She

stated; "I know some breeds; especially those who consume a raw diet; don't drink a lot of water; but water is a terrific way to flush out the dangerous waste products that the bacteria secrete."

Toothpaste

The best way to maintain a pet's dental health in between professional cleanings is to give them a regular brushing; according to the American Veterinary Medical Association [2,3]. To lessen plaque on the teeth's surface and underneath the gum line; a pet owner should ideally brush their pet's teeth every day. To aid with compliance; a variety of pet-friendly varieties are available; including beef; poultry; and many more.

According to Christman; a multimodal strategy at home can be built on a daily tooth brushing routine. "That's fantastic if you can brush my teeth. Even better [would be] to administer probiotics. Because some dogs are more susceptible to dental illness than others; he advised keeping up with regular physical checks and visits every six months to ensure the teeth were healthy.

Chews

Another choice for at-home plaque and tartar reduction is pet dental chews. Jan Bellows; DVM; DAVDC; DABVP; FAVD; stated in an article that will be published in the August 2021 issue of dvm360° that "administrating [a particular brand's dental chew] is one of the easiest ways to eliminate plaque and tartar [4].

There are a variety of chews on the market that offer various promises. Referencing the VOHC list of authorised items is a helpful resource for providing dental chews and all oral health products to clients [5]. There; the VOHC keeps a list of products that have passed its testing and lists the claims those products have been found to be true [6-8].

The Top Recommended Veterinary Items guide contains peer

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recommendations on the best oral health products to buy based on responses to a survey of veterinary professionals [9, 10].

Conclusion

The burden of oral conditions was considerable among nursing home residents in an inner London borough. The main clinical issues related to the quality of dentures as well as to the high prevalence of tooth and root decay. Oral symptoms, such as dry mouth and toothache, were also very common and they were strongly associated with the residents' worse OHRQoL.

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Conflict of Interest

The author declares that he has no conflict of interest.

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