Dental Health and Overall Well Being

Dear all

“Healthy mouth, healthy body” This is a familiar statement that reminds us to take care of oral health and hygiene. The mouth is generally regarded as a window into the health of the entire body. It can ~~show~~ reveal signs of systemic diseases. Systemic diseases refer to those that affect the entire body. ~~such as diabetes, AIDS and Sjögren’s syndrome~~—

Examples of systemic diseases include diabetes mellitus and Acquired Immunodeficiency syndrome, also known as AIDS. Such systemic diseases may first ~~become apparent~~ acquire our attention because of mouth ~~lesions~~ injuries or other oral problems.

We need to remember the fact that normally mouth is the home for a variety of bacteria. Some of these bacteria are linked to ~~with countless bacteria, some linked to~~ tooth decay and periodontal diseases. ~~(gum) disease.~~ Periodontal diseases refer to the diseases of the gums.

If we go through the works of the Researchers ~~have found~~ we can find that that periodontitis or inflammation of the gums(~~the advanced form of periodontal disease that can cause tooth loss)~~ is linked with other health problems such as cardiovascular disease, stroke and ~~bacterial~~ pneumonia. Periodontal diseases frequently lead to loss of teeth. Other complications of periodontitis arise such as mothers delivering ~~Likewise, pregnant women with periodontitis may be at increased risk of delivering~~ preterm or low-birth-weight infants.

~~Infections that begin in the mouth, such as~~[**~~periodontitis~~**](https://willowpassdentalcare.com/gingivitis-gum-disease-periodontal-disease/)~~, are not contained in the oral cavity. In some cases, infectious agents such as bacteria and viruses can spread to other parts of the body via the cardiovascular system causing all kinds of harm and havoc~~.

We need to understand that infections that begin in the mouth can also affect other organs, besides creating an environment for bacteria and viruses to invade our body.

For example, let me tell you ~~In particular, there~~ that there is a direct link between bacteria found in the mouth and ~~a disease known~~ ~~as~~ [**Endocarditis**](https://www.mayoclinic.org/diseases-conditions/endocarditis/symptoms-causes/syc-20352576). Endocarditis means infection of the inner lining of the heart, known as the endocardium. ~~If left untreated, endocarditis can lead to the destruction of heart tissues and eventually heart failure and death. One of the best ways to prevent endocarditis is to practice good oral hygiene and to aggressively treat~~[**~~periodontal diseases~~**](https://willowpassdentalcare.com/gingivitis-gum-disease-periodontal-disease/)~~and infections in the mouth before they have the chance to spread to your heart.~~ If left untreated, endocarditis can prove to be fatal.

~~The average human adult microbiome consists of around 100 trillion bacterial cells. That’s a lot of non-body organisms that we interact with on a moment to moment basis.~~ You would feel stunned if I mention that our human body houses 100 trillion bacterial cells and several bacteria are housed in the oral cavity. Some of these bacteria are helpful to us, whereas the others harm our body.~~One~~[**~~sub-ecosystem~~**](https://en.wikipedia.org/wiki/Oral_microbiology)~~of particular importance is the mouth. Our mouths contain a stunning variety of bacteria. Some are helpful, others harmless, and a few are particularly damaging and dangerous.~~

~~Part of maintaining a healthy and flourishing microbiome is to balance out the harmful bacteria with either good or harmless bacteria.~~ We need to always remember that changes in the ~~health or function of~~ functioning of other parts of the body can in turn affect the proportions of the v~~arious~~  ~~the~~ bacterial species in the mouth. Diabetes, for example, encourages the growth of bad bacteria. ~~Likewise, a mouth that is out of balance thanks to a poor diet or poor oral hygiene can lead to oral diseases that affect the rest of the body, such as endocarditis.~~ ~~Carefully~~ Maintaining a healthy and balanced oral microbiome is hence regarded crucial for maintaining ~~good~~ overall ~~functional~~ good health.

 ~~Three mechanisms or pathways linking oral infections to secondary systemic effects have been proposed: (i) metastatic spread of infection from the oral cavity as a result of transient bacteremia, (ii) metastatic injury from the effects of circulating oral microbial toxins, and (iii) metastatic inflammation caused by immunological injury induced by oral microorganisms.~~

Before concluding my talk, I have to emphatically state that Periodontitis is a major oral infection that may ~~affect the host's~~ increase the susceptibility to systemic diseases ~~in three ways: by shared risk factors; subgingival biofilms acting as reservoirs of gram-negative bacteria; and the periodontium acting as a reservoir of inflammatory mediators.~~

~~The best way to prevent serious health issues caused by bad oral health is to practice good oral hygiene and schedule regular visits with your~~[~~dentist~~](https://www.absolutedental.com/)~~.~~ Regular visits to the dentist would solve several problems.

~~To practice good oral hygiene:~~ Here are a few tips for maintaining good oral hygiene.

* Brush the teeth and gums for a minimum of two minutes **~~at least~~** twice a day.
* Floss the teeth daily. Flossing would remove the food particles trapped between the teeth
* Avoid smoking cigarettes or chewing tobacco products.
* Use toothpaste and mouthwash products that contain fluoride.
* Avoid sugary beverages
* Consume a diet that is wholesome
* Take nutritional [supplements that will boost ~~your~~ dental health](https://www.absolutedental.com/blog/9-best-supplements-to-boost-dental-health/)**.**

Oral health is ~~an~~ a true indicator of overall health. Taking care ~~to prevent~~ of oral health ~~problems~~ ~~like gingivitis and periodontal disease~~ ~~can go a long way towards decreasing~~ ~~the risk for more~~ would prevent serious health problems ~~throughout the body~~. This is the important message that I need to convey to the listeners.