



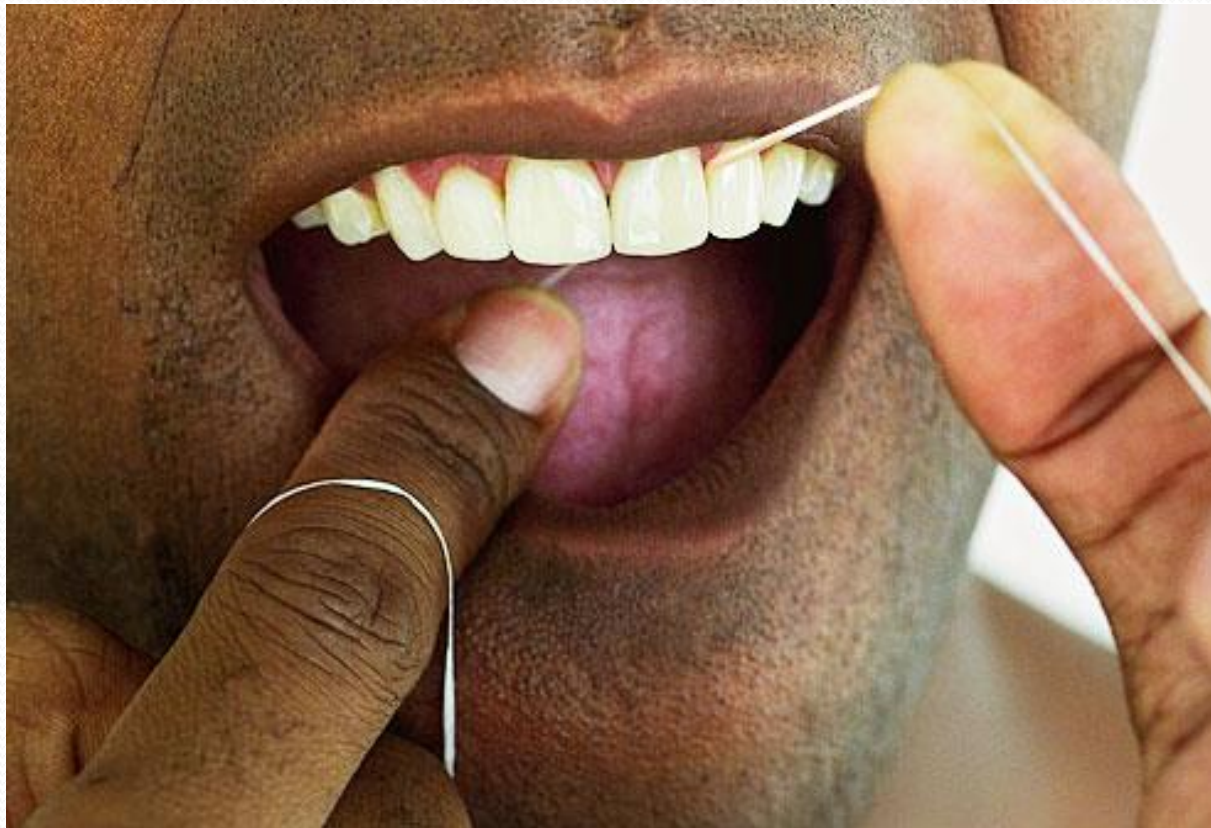
MARINA MEDICAL

HMO

HEALTH TIP



ORAL HYGIENE



WHAT IS ORAL HYGIENE...?

- Oral hygiene involves all the practices aimed at keeping the mouth and its contents in a healthy condition.

DID YOU KNOW THAT.....?

- Oral health is an integral part of general health and it is essential to the overall wellbeing of an individual.
- About 3.5 billion people are diagnosed with oral diseases globally.
- Approximately 90% of systemic diseases have links with oral health.
- Most oral health conditions are largely preventable and can be treated in their early stages.

ORAL HEALTH AND SYSTEMIC DISEASES

- Researches have shown that the underlisted health conditions have links with oral health
- Diabetes mellitus
- Cardiovascular Diseases
- HIV/AIDS
- Chronic obstructive airway diseases(COPD)
- Osteoporosis
- Rheumatoid Arthritis
- Peptic ulcer disease
- E.t.c

RISK FACTORS FOR ORAL DISEASES

- Smoking
- Harmful use of alcohol
- High consumption of sugary foods and drinks
- Prolonged steroid use
- Hormonal changes in women
- Poor brushing techniques

COMMON ORAL/DENTAL DISEASES

- Dental caries(tooth decay)
- Gingivitis
- Periodontitis
- Halithosis

DENTAL CARIES (TOOTH DECAY)

- Tooth decay occurs when bacteria in the mouth converts left over food particles (especially sugar) on the surface of the tooth to acid which progressively destroys the tooth over time.



SYMPTOMS OF DENTAL CARIES

- Tooth pain
- Tooth sensitivity
- Visible holes in teeth

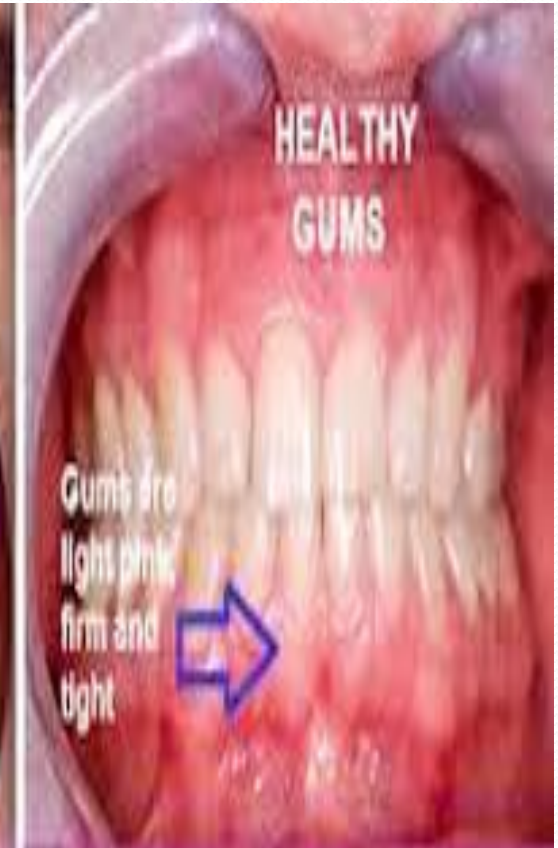


GINGIVITIS

- Gingivitis refers to the inflammation of the gums.
- It results from the accumulation of plaque (sticky film of bacteria and its byproducts) and calculus (hardened plaque) under the gums and around the tooth.
- It results from poor oral hygiene and is usually painless so it is often ignored.

SYMPTOMS OF GINGIVITIS

- Swollen gums
- Red gums
- Bleeding gums



PERIODONTITIS

- This is the inflammation of the periodontium i.e the supporting ligaments and bone that hold the tooth in the mouth.
- Periodontitis leads to mobility of teeth and eventual tooth loss if left untreated .
- Breakdown of the periodontium is why old people progressively lose their teeth with time).



SYMPTOMS OF PERIODONTITIS

- Swollen and puffy gums
- Painful gums
- Painful chewing
- Bleeding gums
- New spaces in-between teeth
- Bad breath
- Loose teeth
- Loss of teeth



HALITOSIS

- Halitosis is also known as bad breath.
- It results from poor dental hygiene .
- It may also be a sign of other diseases .
- Bad breath can be worsen by the type of food you eat.



GENERAL ORAL/DENTAL CARE

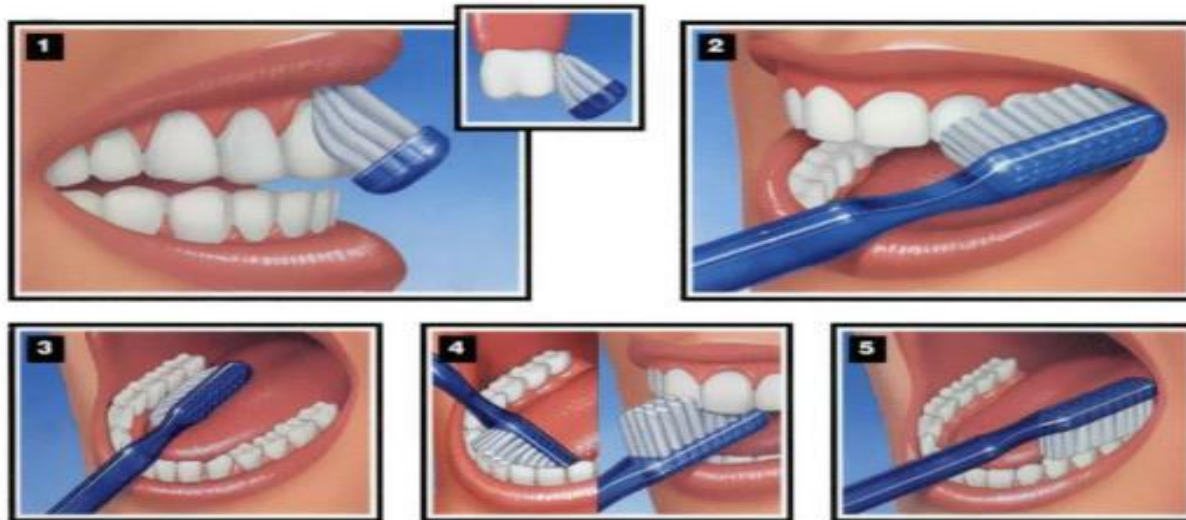
BRUSHING

- Twice daily brushing (morning and at night after last meal) is the baseline prerequisite for maintaining good oral hygiene.
- Ideally, one should brush for at least 3 minutes per session.
- The tongue should also not be left out.

BRUSHING

- A toothbrush with medium texture bristles is advised with fluoride containing paste.
- Dentists recommend changing your toothbrush after about 3 months, or when then bristles are no longer straight, or immediately after an illness.

BRUSHING



Proper Technique of Brushing Teeth

FLOSSING

- Use of dental floss is recommended in addition to brushing.
- The dental floss helps clean areas in between the teeth where the brush cannot get to.
- Using a dental floss to remove food particles is also advised as opposed to the commonly used toothpicks.
- The reason is incorrect use of toothpicks damage the gums and periodontium thereby aggravating periodontitis.



HEALTHY SNACKING

- Reduce intake of sugary snacks as they serve as substrate for bacteria to act on.
- A better alternative is to snack on crunchy fruits and vegetables such as carrots, apples, etc.



QUIT TOBACCO USE



REGULAR DENTAL CHECK-UP

- A visit to the dentist twice a year for dental checkup is very essential for prevention of oral diseases.
- In addition to the professional cleaning (scaling and polishing), the dentist also looks out for potential problems and nips it in the bud before it becomes problematic.
- Prevention is better and far less costly than cure.



THANK YOU

