



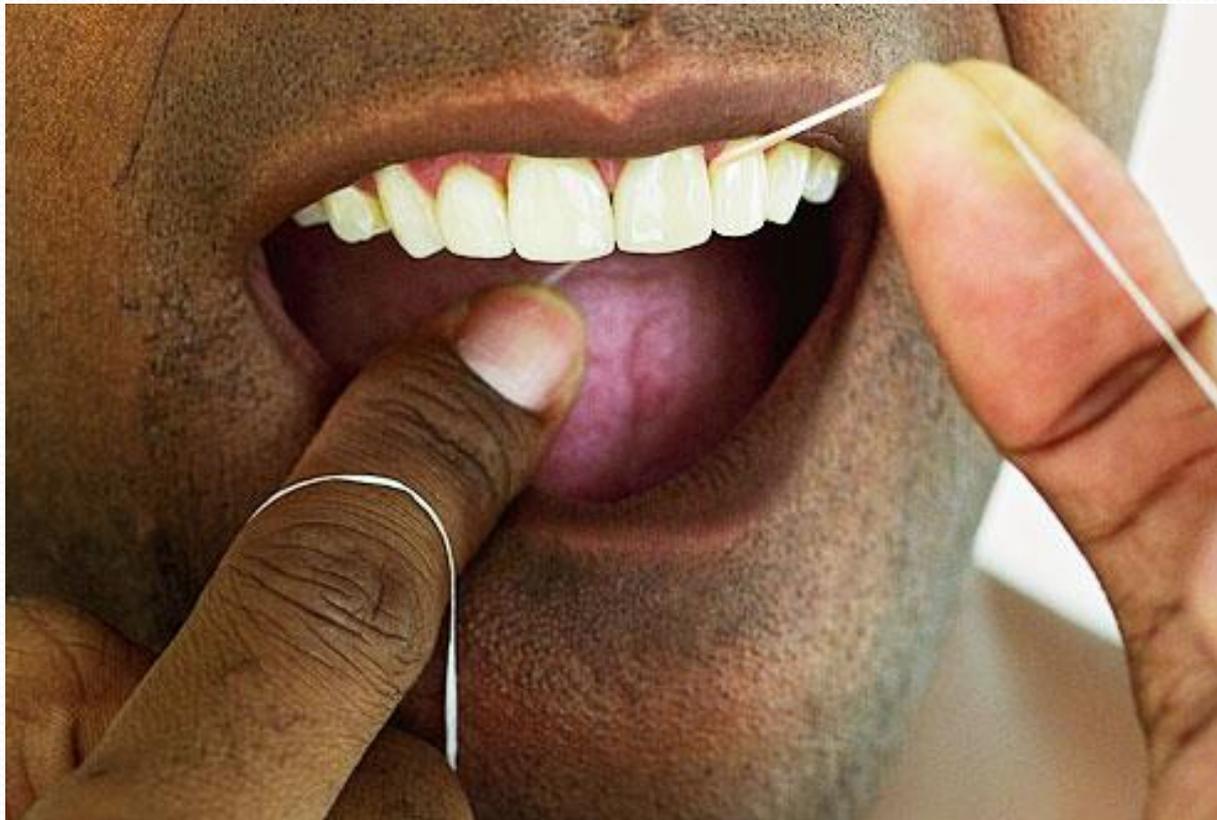
# MARINA MEDICAL

# 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

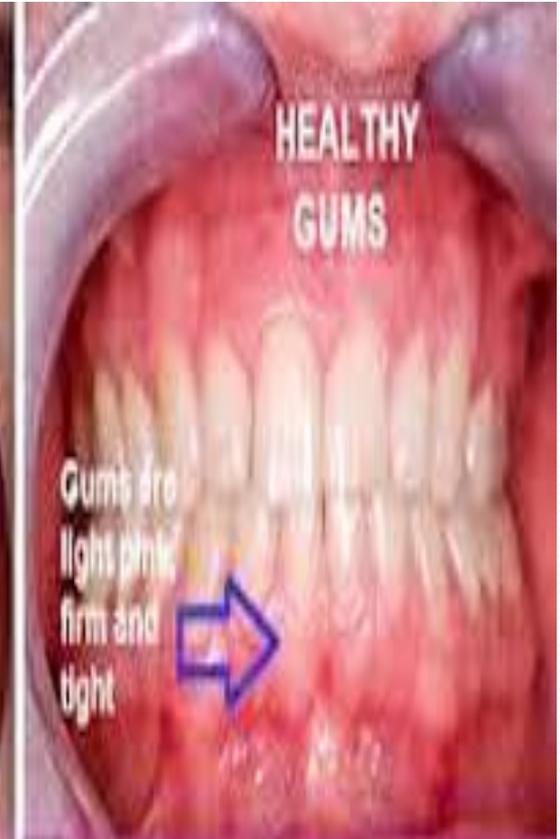
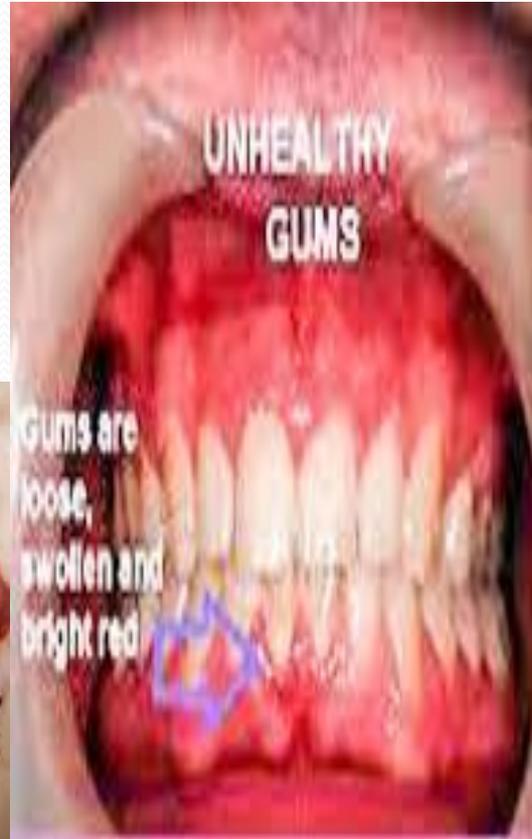


# GINGIVITIS

- 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

