ORAL HEALTH FOR OVER-ALL HEALTH.

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Many people value mental and physical health so much yet overlook to stretch same degree of significance to their oral health. Little do they know that oral health is the window for more serious health issues of an individual. Most if not all the time, it suggests hints or clues to grave and stern ailments that a person unconsciously know or bother with.

Keeping one’s mouth always clean and free from other health maladies is oral health. It is very important for a person to maintain his oral health for it is the key pointer or gauge for one’s overall health state. Many health conditions are seen and examined through the oral health state of an individual such as nutritional insufficiencies, general infection or systemic problems. Its absence from lesions, and dire odor is an indication of good overall health.

It is the mouth that is the entry point of food which is the source of energy of the body, without the mouth, teeth and tongue a person is unable to receive the nutrients that the foods contain. Its vitality is beyond compare. However, its importance is not given prominence and is taken for granted. People are used to having the mouth and its accessories as mere part of the nutrition-getting members of the body, and work as simple as ingesting food, tasting it, and chewing it. The work stops from chewing; once the food is swallowed, the toil stops- so as its importance.

Many people don’t know how value oral health. People love eating, but too lazy in maintaining its hygiene. Simple flossing and brushing of teeth with a fluoride toothpaste is one way of safeguarding and sustaining a good state of oral health; It is also imperative to eat foods rich in calcium for a stronger and stouter set of teeth; Changing of toothbrush every 3 months to avoid is also vital and once a year visit (not during in pain only) to a dental professional is also advised for a person to have an undeniably great oral health state.
Health be it mental, oral or physical should be given outmost care and importance. In the end, our body is a temple that we need to love and care. Each under the overall health should be given fair and square weight and significance for everything in the human body is interrelated and unified with each other. The health states of each one depends on each one likewise.

References:

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