The Shocking Truth about Your Health and Oral Hygiene



Good oral hygiene results in a mouth that looks and smells healthy. This means, your teeth are clean and free of debris. Gums are pink and do not hurt or bleed when you brush or floss. Bad breath is not a constant problem. If your gums do hurt or bleed while brushing or flossing, or you are experiencing persistent bad breath, see your dentist. Any of these conditions may indicate a problem. Your dentist or hygienist can help you learn good oral hygiene techniques and can help point out areas of your mouth that may require extra attention during brushing and flossing. Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly.

Brushing Your Teeth Properly

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile it is recommended that, Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily. Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth. The proper brushing technique is to, Place your toothbrush at a 45-degree angle to the gums. Gently move the brush back and forth in short (tooth-wide) strokes. Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Flossing Your Teeth and Gums

Regular use of dental floss removes plaque, helping to prevent the buildup of plaque, which can lead to tartar. Simply flossing your teeth can make them look brighter by removing plaque and excess food particles that you may not see in the mirror or in areas that your toothbrush doesn't reach. While periodontal disease is not the primary cause for pulpal death, chronically unhealthy gums can increase your risk of losing your teeth or needing a root canal. And even though twice-daily tooth brushing is essential for good oral hygiene, brushing alone may not protect you from gum disease and the tooth loss that can result.

A Myriad of Health Problems Caused By Dental Issues

There are many symptoms of serious dental problems. Unfortunately, some of them are so commonplace that it is easy for one just to ignore the symptoms and assume that it is just one of those things you have to deal with. Since we consider your oral health very important, we have come up with a list of symptoms that will help you determine the severity of any dental problems that you might have. It is important to know just how to spot some of these symptoms because poor oral health and serious dental problems can result in a myriad of illnesses and diseases, the most common being heart disease and stroke.

Don't Become another Statistic

Preventive maintenance and dental care for adults are as important now as they were just a few years ago. As an adult, you are not immune to dental problems. In addition to maintaining a good home care routine, the best thing you can do is to schedule regular dental checkups and professional cleanings. Your dentist can closely monitor your oral health and take care of problems before they increase in severity. Remember the words once said by a very wise man: An ounce of prevention is worth a pound of cure.