

# 34<sup>th</sup> Annual World Dentistry Summit

March 30<sup>th</sup> 2022 | Webinar

Volume: 08

## Dental hygiene and oral health

**Dr. Amolack Singh**

India

Good general health depends upon good oral health. Oral health is essential for general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infections and sores, periodontal disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity to bite, chew, smile, and speak; it affects psychosocial well-being too. Oral diseases are caused by a range of modifiable risk factors, including sugar consumption, tobacco use, alcohol use and poor hygiene, and their underlying social and commercial determinants. These determinants, together with common risk factors shared by noncommunicable diseases, provide the basis for integrated strategies for prevention and control. The Lancet Commission on Oral Health, established in 2019 with WHO participation, aims to develop a new policy framework for ending the neglect of oral health in the global and national health agendas. {acc to WHO}. The mouth consists of teeth, gums, mucous membranes, salivary glands, and bone. The mouth is the entrance to the body for nutrients, bacteria, viruses, and fungi. It is a part of the body's immune system and plays an important role in primary health. Taking care of the mouth and maintaining good oral hygiene is a part of being healthy. Poor oral health affects your ability to eat, speak, and be happy. There is a link between oral health and general health. When general health is impaired, oral health will also be affected. For example, signs of diabetes, HIV/AIDS, hepatitis, and arthritis can be seen in the mouth. And when oral health suffers, there is an increased risk for poor general health, including cardiovascular disease. The risk factors contributing to poor general and oral health are very similar, as illustrated in the diagram below. Tobacco use, excessive alcohol use, and poor diet/nutrition are common risk factors for different systemic and oral diseases. Tobacco use and poor diet/nutrition, especially, are both risk factors for diabetes, cardiovascular disease, respiratory disease, dental decay (caries), cancer including oral cancer, and periodontal disease (gum disease). Eliminating these common risk factors will improve general and oral health.

### Biography

Dr. Amolack Singh is an emerging young dentist, international keynote speaker & Entrepreneur for other struggling dentists. He is also a guide for their patients & society to maintain their own oral hygiene. He also provides career & awareness! videos & lectures for students, freshers, doctors & for society on their YouTube channel INDIAN DENTAL HELPLINE. He is a very enthusiastic dentist. He hopes in the future he will do best toward the dentistry profession. He is also a winner of some national & international awards.