

# Oral Health and Its Associate Illness Affecting Different Non-Oral Systemic Illnesses

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## Editorial

Underlying conditions such as diabetes, hypertension and obesity have often caused to severe complications in several patients suffering from COVID-19. Similarly, there is a developing proof for connection of Oral health and its associate illness affecting different non-oral systemic illnesses. The oral cavity is additionally a source of supply for various respiratory microbes, and patients with periodontal illness are bound to create more susceptibility to pneumonia than a healthy person. We in this way estimate that improving oral wellbeing could diminish the seriousness of COVID-19 manifestations and lessen the related complications.

In late 2019 a new variant of coronavirus known as SARS-CoV-2 was discovered to be causing respiratory illness in humans which later develops into pneumonia. Following which a global pandemic situation had quickly arise which claimed the life of millions of individual globally. Age is prominent risk factors for the development of severe symptoms in case of COVID-19.

People above the age of 65 as well as hospitalised or living in health care facilities are particularly effected morbidity and mortality when affected with COVID 19. Apart from them also people with chronic conditions such as lung disease, diabetes, asthma, obesity, liver and kidney disease are also highly susceptible to COVID-19 symptoms. Already existing conditions such as Hypertension, obesity, and diabetes were listed by a recent study to cause unfavourable outcomes in patients when affected by COVID-19 and they require hospitalization.

Though multiple organs of body, such as kidneys and liver can be affected by COVID-19, the susceptibility of respiratory tract to get severely infect has caused high mortality rate among effected individuals since it could lead to severe pneumonia. Respiratory difficulties, cough, cold, fever and other complications related to acute respiratory distress syndrome are key symptoms displayed by patients affected with COVID-19.

Ability to trigger innate immune system towards the sudden production and release of excessive and uncontrolled pro inflammatory signalling molecules leading to respiratory system failure and death known as 'cytokine storm' is a deadly salient feature of COVID-19 This condition leads to extensive damage in tissue, especially lung connective tissue.

The COVID-19 pneumonia casualties have exhibited edema,

multinucleated giant cells, and focal reactive hyperplasia of pneumocytes alongside patchy inflammatory cellular infiltration.

Oral health and systemic disorders that aren't caused by the mouth Oral health has been shown to have a significant impact on overall health in recent years. Several studies suggest that cytokines or microbial products released systemically in response to oral infection generate inflammation in distant organs, accelerating the progression of systemic disorders such Alzheimer's disease, diabetes, and atherosclerotic heart disease.

Poor dental health has also been linked to the development of complications in systemic disorders such as diabetes, chronic kidney disease, and liver disease, according to research. Obesity, on the other hand, puts people at risk for dental illnesses including gingivitis and periodontitis. Additionally, the mouth cavity is a major reservoir for chest diseases such as Chlamydia pneumoniae, and patients with periodontal disease are more prone to get hospital-acquired pneumonia.

Oral pathogens' capacity to worsen lung infection could be explained by a number of methods, including inhalation of oral infections into the lower respiratory tract, especially in high-risk patients; and salivary enzyme alteration of mucosal surfaces along the respiratory system. Secretion of pro-inflammatory cytokines all through periodontal disease, which could also represents essential to lung epithelium and lung colonisation by respiratory pathogens

As a result, improving oral hygiene may help to minimise oropharyngeal colonisation and respiratory problems. Excellent oral health and frequent professional check-ups has also been found to prevent the advancement or incidence of respiratory disorders, especially in the elderly and those in intensive care units.

Finally, people of all ages with major medical disorders such as chronic lung disease, diabetes, heart disease, or chronic renal disease are at a significant risk of developing severe illness as a result of SARS-CoV-2 infection. Poor dental health, on the other hand, raises the likelihood of having the same medical disorders. As a result, enhancing oral health in persons of all ages may minimise COVID-19 morbidity by lowering their risk of acquiring no oral systemic disorders. Although the link between dental health and COVID-19 symptom severity looks intuitive, further research is needed to prove the link empirically.

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