

# Oral Hygiene Awareness Campaign and Preventive Care Measures

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## Short Communication

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## DESCRIPTION

By regularly brushing one's teeth (dental hygiene), developing good hygiene habits, and avoiding diseases and other issues (such as bad breath), one can maintain good oral hygiene. In order to prevent dental disease and bad breath, it is crucial to practise regular oral hygiene. The most prevalent dental illnesses are periodontitis, gingivitis, and tooth decay (also known as dental caries and cavities). According to general recommendations, individuals should use a fluoridated toothpaste at least twice daily, before bedtime at night and after breakfast in the morning. Interdental cleaning, also known as interdental care, is just as crucial as brushing your teeth. Floss, tape, and interdental brushes are only a few of the instruments available for cleaning between the teeth; it is up to each person to decide which tool they prefer to use. White teeth or straight teeth may occasionally be linked to good dental hygiene<sup>[1]</sup>. However, a clean mouth can have discoloured or misaligned teeth. People may utilize orthodontics and tooth whitening procedures to make their teeth look better. More and more people are realizing how crucial the oral microbiome is to dental health. Data from human oral microbiology studies demonstrate how complex environmental changes can cause a commensal microflora to transform into an opportunistic pathogenic flora. The host, not the germs, is what causes these modifications. The oral microbiome underwent significant changes during the Industrial Revolution, with cariogenic bacteria dominating the oral microbiome and calcified dental plaque demonstrating these transitions towards a disease-associated microbiome<sup>[2]</sup>.

### Sources of problems

**Plaque:** Dental biofilm, commonly referred to as dental plaque, is a sticky, yellow film made up of a variety of bacteria that adheres to tooth surfaces and is often evident at the gum line. After the tooth surface has been cleaned, it begins to return, which is why frequent brushing is advised. Plaque is more likely to form while eating a lot of sugar. The plaque changes sugar (fermentable carbs) into acid. The subsequent erosion of the neighboring tooth brought on by the acid finally results in tooth decay. Plaque will continue to irritate the gums, turning them red and swollen if it is left undisturbed on a subgingival (behind the gum) surface. This increases the risk of tooth decay [3].

**Calculus:** Plaque becomes tougher and more firmly bonded to the tooth the longer it is left on the tooth surface. At that point, it is referred to as calculus and requires skilled dental removal. If the inflammation is not addressed, bone loss will result, which will eventually cause the impacted teeth to become loose. The most effective way to prevent many oral problems is to regularly brush your teeth, which is also perhaps the most crucial thing you can do to prevent plaque development. In order to lower the chance of developing the three most prevalent oral illnesses gingivitis, periodontitis, and caries plaque-associated diseases such as these, plaque must be controlled. Individuals clean their teeth for an average of 30 to slightly over 60 seconds. Tooth brushing should be done for at least two minutes and twice daily, according to several oral health care professionals. For best results in preventing the most common oral illnesses, brushing for at least two minutes every session is recommended. Brushing for only 45 seconds removes much less plaque [4].

The National Board Dental Hygiene Examination and enrollment in a college or university recognized by the Commission on Dental Accreditation are prerequisites for becoming a dental hygienist in the US. The most typical degree earned after attending community college and only taking two years to complete is an associate's. One may then work in a dental office after completing this. If one intends to work in a university as a teacher or researcher, they might also choose to earn a bachelor's or master's degree [5].

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