

Oral Health can Affect General Health

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Oral health is integral to general health, and quality of life, psychologically by influencing how they grow, enjoy life, look, speak, chew, taste food and socialize, as well as affecting their feelings of social well-being. Manifestations, which are often the first signs of the disease professionals may be the first to discover them and recommend further medical assessment. Furthermore, certain systemic conditions can have direct negative effects on the oral cavity. Oral diseases share common risk factors with the four leading chronic diseases – cardiovascular diseases, cancer, chronic respiratory diseases and diabetes — including unhealthy diet, tobacco use, and harmful alcohol use. Poor oral hygiene is also a risk factor.

The interactions between oral and systemic health are bi-directional and complex, involving any pathways. Regarding health as not merely the absence of disease, but as a state of total well-being, these interactions profoundly influence the progress of many diseases, and the quality of life and economic performance of HIV-infected individuals and populations. The evidence base for specific interactions is currently weak, partly because few good-quality studies have been published, partly because of the naïveté of the instruments currently available for recording these interactions and their inherent complexity. Recording quality of life should be a fundamental aspect of all future studies. The most significant conclusion of this Workshop is the need for all involved in oral health research and oral health care to be seen as, and to act as, essential partners in comprehensive care for whole patients and communities.

Links between oral and general health

The mouth is filled with numerous bacteria, including those linked to dental caries (tooth decay), periodontal (gum) disease, and systemic disease that affect general health. These bacteria are usually kept under control with good oral hygiene such as daily brushing and flossing. When harmful bacteria grow out of control, they can cause serious gum infections and provide a port of entry into the bloodstream.

The mouth is a window to your body's health

The mouth reflects signs and symptoms of health and disease. It can show signs of illnesses, general infections and nutritional deficiencies. The former Surgeon General, in a 2000 report on U.S. oral health, noted that “[a] physical examination of the mouth and face can reveal signs of disease, drug use, domestic physical abuse, harmful habits or addictions such as smoking and general health status.”

Oral health can affect other diseases and conditions

- Different studies have indicated an association between serious gum disease and certain diseases that affect the body, including diabetes and heart disease.
- The mouth may serve as a direct reservoir for bacterial contamination of the lungs with subsequent development of bacterial pneumonia.

Pregnant women with gum disease are at an increased risk for pre-term births and low birth weight babies.

- Infection in the mouth can disrupt blood-sugar levels and make diabetes harder to control.
Diseases and conditions can affect your oral health
- People with weakened immune systems are more likely to get fungal and viral infections in the mouth.
- Some blood disorders, gastrointestinal disorders such as GERD (Gastro Esophageal Reflux Disease), respiratory diseases and conditions can affect your oral health.
- Cardiovascular conditions, diabetes and pregnancy can affect your dental care and oral health.
- Medicine taken for other conditions may cause dry mouth, which can increase your risk of dental decay, oral yeast infections and other oral infections.
- Vitamin deficiencies can have serious effects on your mouth and teeth.
- Tobacco use and poor dietary practices can affect mouth and face.

Good health may start with your mouth

While oral diseases are important themselves, their relationship to overall general health is often overlooked by parents, health care and child care providers. Promotion of oral health and what you can do about oral health problems is an important step in maintaining overall health.