

# Ways to tackle poor oral hygiene.

Our mouths are home to millions of microorganisms.

While most of them are harmless, some cause tooth decay and oral infections.

This can lead to **development of cavities** and also can be the cause of other serious health problems associated with long term tooth decay.

These include Heart diseases, High cholesterol levels, Pharyngeal Cancer, Pre term babies or low birth weight preterm babies in pregnant women with poor oral hygiene.

Also if you are a **diabetic** with uncontrolled sugar levels you are at risk of having an increase in your tooth decay which can even get complicated if not treated on time.

Nextly, being an **Asthmatic**, you will be using Inhalers, which dry up the oral cavity and makes it susceptible to oral fungal infections as well as cavities.

Hence starting from today, take good care of your mouth as it is the main entrance to your inner body. Any problem in your teeth can lead to several other health problems without our notice.

## **Following are some tips to maintain proper oral hygiene--**

- 1.Brush with a soft toothbrush for at least three minutes two times a day. Use a timer if you have to to ensure that you're spending enough time on your oral care routine.
2. Use floss at least once a day every day to clean between your teeth.
3. Visit a dentist regularly, at least once in 6 months.
4. Eat wisely – avoid snacks with sugars and starch. Limit the number of snacks eaten throughout the day.
5. Eat more of fibre-rich fruits and vegetables at least 5 times in a day as these foods increase the flow of saliva in your mouth which protects it from decay.
6. If diabetic, maintain control over blood sugar to prevent complications.
7. Keep an eye on your mouth while on any long term medications,as some medicines can dry up your mouth leading to further tooth decay problems.
8. Avoid tobacco and limit alcohol.
9. Drinking water after meals also helps wash away any leftover food particles that may be around the teeth, preventing bacteria build up.
10. Chewing a sugar free chewing gum after your meals can also help in dislodging the food particles stuck around your teeth.

So follow these steps and have a good oral health !!!



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