

Oral Health - Enduring Life Secret

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Received: February 28, 2023

Published: March 10, 2023

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Oral health denotes the state of the head, face, and oral cavity that enable individuals to accomplish dynamic functions such as ingestion, respiration, and communication. It also incorporates psychosocial dimensions such as self-confidence and the ability to socialize the work [1]. Oral health oscillates over the life path from early life to old age, and is vital to general health, and achieving their potential i.e., oral hygiene is a foundational component and key indicator of general health, well-being, and quality of life. However, deprived oral health might lead to dental decay, periodontal (gum) disease, tooth loss, noma (Gangrenous disease), oral cancer, and inviting cardiovascular and respiratory infections [2]. Oro-dental trauma can be triggered by environmental factors such as road accidents, unsafe playgrounds, and risk-taking behaviors, and oral factors such as lack of alignment of teeth may be caused by cleft lip and palate. Globally, the prevalence of oral diseases endures with rising urbanization and variations in living conditions [1].

According to World Health Organization (WHO), dental diseases are among the utmost common enduring diseases worldwide. The Global Oral Health Status Report (2022) estimated that oral diseases affect close to 3.5 billion people worldwide i.e., almost 50% of the world's population, particularly 3 out of 4 affected people living in low and middle-income carry a higher burden; which remains across their life course, from early childhood to older age [1,2]. Worldwide, 1 billion cases of periodontal diseases are estimated, representing about 19% of the adult population. An estimated more than 1 in 4 people (20-64 years) of 2 billion people suffer from the decay of permanent teeth and 514 million children (75%) suffer from the decay of primary teeth [3]. According to

the CDC (2021), around 9 in 10, adults have tooth decay, especially permanent teeth the most prevalent disease. At the Global level, the prevalence of complete tooth loss is almost 7% (20 years or older) and 23% (60 years or older) which can be emotionally traumatic, socially hurtful, and limiting to the level of function [4].

The relationship between oral health and overall health had a significant association with the body's natural defenses. Most oral diseases and part of modifiable risk factors such as smoking, tobacco, alcohol, and an unhealthy diet high in free sugars are inclined to acquire major 4 leading Non- Communicable Diseases (NCDs) such as cardiovascular, chronic respiratory disease, diabetes, and cancer [5]. In addition, diabetes has been linked in a reciprocal way with the development and progression of periodontal disease. Poor dental health may contribute to a plethora of serious health issues, including obesity, strokes, retinopathy, kidney disease, Alzheimer's disease, rheumatoid arthritis, osteoporosis, and adverse pregnancy outcomes [5,6].

The current statistics of predisposing risk factors of Oro dental diseases are, people who smoke are 2-7 times more possible to develop periodontal disease than non-smokers and also 3 times more expected to lose all teeth. Those who consume 3 or more cups of soda per day are 62% more prospectively suffer from tooth loss, decay, and filling than others. 25% of adults do not brush twice a day; it increases their risk of developing tooth decay by 33%. The antenatal mothers with poor oral hygiene are 7 times more expected to have low birth weight and premature babies. People with periodontal disease are 2 times more possible to develop heart

disease [1,7]. Oral cancer is more common in men and in older people; estimated at 1 billion people with a prevalence of around 20% for children up to 12 years old. Worldwide, Tobacco, alcohol, and areca nut (betel quid) use are among the leading causes of oral cancer in the lips, mouth, and oropharynx [8].

The commemoration of World Oral Health Day on the 20th of March started in 2013 and emphasized the significance of excellent dental health for overall health and how it extends lifespan and keeps all healthy for way too long with every year of specific themes. The primary goal is to encourage stakeholders to promote excellent oral health at regional, national, and worldwide levels through oral health literacy. The theme for World Oral Health Day 2021-2023 is: Be Proud of Your Mouth [9,10]. World Health Assembly (WHA 2021) recommends a paradigm shift from the traditional therapeutic approach towards a preventive approach that includes the promotion of oral health within the family, schools, workplaces, and inclusive care within the primary healthcare system. In 2022, the WHA adopted the global strategy on oral health with a vision of Universal Health Coverage (UHC) for all individuals and communities by 2030. Good oral health can certainly impact NCDs management outcomes. Hence, there is a necessity to ensure interprofessional collaboration of care and multidisciplinary research among teams [11,12].

Research and surveillance, optimizing the health system, and integrating oral health services through health and care workers have a role in promoting oral health literacy at the community and PHC levels. Individual and community-level interventions like topical fluorides and water fluoridation can help to improve oral health [12,13]. Preventable oral health diseases are addressed through public health interventions by avoidance of common risk factors and as well as promoting a well-balanced diet, and encouraging the use of protective equipment. Currently, World Oral Health Day 2023 is planned to celebrate all across the world with the theme of 'Be Proud of Your Mouth for Your Happiness and Well-Being Life'. The need for integration of oral and general healthcare is one of the key pillars of FDI's Vision 2030: "Delivering Optimal Oral Health for All" [12,14]. The 2023 Action plan for public oral health, recognizes the oral disease burden and promotes the integration of oral health addressing the associations between the enduring life secret of oral health and well-being. Taking care of oral health is an investment in overall health because no matter what age, caring for and maintaining oral health is vital to reflect general health and well-being. [12,15].

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