



## Dental Wellness and Strategies for a Oral Health

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Received date: 21 April, 2023, Manuscript No. AGM-23-102341;

Editor assigned date: 24 April, 2023, PreQC No. AGM-23-102341 (PQ);

Reviewed date: 15 May, 2023, QC No. AGM-23-102341;

Revised date: 22 May, 2023, Manuscript No. AGM-23-102341 (R);

Published date: 29 May, 2023, DOI: 10.4172/2576-3946.1000158.

### Description

Dental health is an essential aspect of overall well-being and it is important to pay attention to dental care as age. Dental health aims to lower the strain on health care systems. Periodontal disease, often known as gum disease, can result in infections, tooth loss, and other problems. Research has connected periodontal disease to various health issues, such as heart difficulties, strokes, diabetic complications, and respiratory problems in addition to problems with teeth and gums. Gum disease and tooth decay are the two main reasons for tooth loss.

### Some considerations for maintaining good dental health

Maintaining good dental health is important at any age. These tips and maintaining regular dental care and can support healthy teeth and gums as age. Dental care aims to divert demand away from the healthcare system because oral health affects more than just teeth. People may experience problems with self-esteem, speech, or nutrition if have poor oral and dental health. Many oral and dental issues start out without any symptoms. The easiest method to identify an issue before it worsens is to visit the dentist regularly for a checkup and examination. Even while can't always stop cavities from developing, by practising good daily oral hygiene. Lower risk of developing serious gum disease and losing teeth of assets to high-priority regions.

**Oral hygiene:** Continue to practice good oral hygiene by brushing teeth at least twice a day with a soft-bristle toothbrush and fluoride toothpaste. Floss daily to remove plaque and food particles from between teeth.

**Regular dental check-ups:** Schedule regular dental check-ups and cleanings with dentist. These visits allow for early detection and treatment of dental issues such as tooth decay, gum disease, and oral cancer.

**Dry mouth:** Dry mouth is a common issue among older adults. It can be caused by certain medications or medical conditions. To combat dry mouth, stay hydrated, chew sugar-free gum, and consider using saliva substitutes or moisturizing mouth sprays. Consult dentist or healthcare provider for appropriate recommendations.

**Denture care:** Wear dentures, ensure they fit properly and maintain good hygiene by cleaning them regularly. Remove and clean dentures daily, and soak them overnight in a denture-cleaning solution, to clean mouth and gums even when have full dentures.

**Dental implants:** Dental implants are a popular option for replacing missing teeth. If considering dental implants. People consult with a dental professional to determine if they are suitable.

**Nutrition:** Maintain a healthy diet rich in essential nutrients, including calcium and vitamin D, which are important for maintaining strong teeth and bones.

**Avoid tobacco and limit alcohol:** Tobacco use increases the risk of oral cancer, gum disease, tooth loss, and other oral health issues. Limit alcohol consumption, as excessive alcohol intake can contribute to gum disease and tooth decay.

**Medication review:** Some medications can have oral health side effects. Consult with healthcare provider or dentist to understand the potential oral health impacts of any medications.

**Special considerations:** Certain age-related conditions, such as arthritis, may affect ability to brush or floss effectively. In such cases, adaptive aids or alternative techniques can be recommended by dentist to assist with oral hygiene.

**Citation:** Breasn S (2023) Dental Wellness and Strategies for a Oral Health. J Aging Geriatr Med 7:3.