



Digestive System and the Health Issues Resulting From Poor Oral Health

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Editorial

What is the digestive system?

The digestive system comprises of the gastrointestinal tract which connects some organs for your body. These consist of the oesophagus, stomach, small and large intestines and the anus. The gall bladder, pancreas and liver area additionally a part of the system. However, digestion begins in the mouth due to the fact that's the primary place food starts to break down.

What role does the mouth play in maintaining the mouth healthy?

The kind of diet we've additionally determines how healthy our teeth, gums and stomach are. Foods high in sugar and acid strip away the protective layering of the teeth and also are hard to break down in the body. Following a diet which contains healthful fats, whole grains and protein is crucial to keeping overall health.

When we chew food, the saliva in the mouth secretes enzymes to assist damage down food. It additionally enables to make meals softer and extra malleable sufficient to be digested. Being unable to chew food nicely because of crooked teeth, or prolonged tooth decay can extensively effect how properly you digest your meals.

Similarly, a few digestive diseases start to show symptoms in the mouth primarily. These consist of the following:

Mouth ulcers

Inflamed gums, and sores at the inside of the mouth are indicative of digestive issues. They also can take place because of unbalanced immune device with inside the belly. Red patches at the internal of cheeks are a signal of a loss of diet b12 which is fairly common in those who comply with a vegetarian or vegan weight loss plan. Your frame can also be not able to take in this essential nutrient.

Infection

Oral Candida is an contamination with inside the mouth which often shows an imbalance in the immunity system. It is commonly resulting from a loss of zinc in the body and an lack of ability of the body to digest it. Other imbalances in the belly because of excessive use of antibiotics, too much intake of sugar, diabetes, and swollen tongue also can cause this infection.

Oral health is set a lot extra than simply the fitness of the mouth, enamel, and gums. Because the mouth is a number one entryway into the frame, terrible oral fitness could have bad consequences for the complete body. Teeth that ache, gums that bleed, and breath that smells horrific are all signs of terrible oral fitness. Bacteria from the mouth can without difficulty get into the bloodstream and purpose infection and inflammation wherever it spreads.

It is crucial to practice good oral hygiene and to see your dentist often in order to keep away from serious risk to the frame's ordinary health.

Here are a few common and serious health issues resulting from horrific oral fitness:

- Cardiovascular Disease
- Dementia
- Respiratory Infections
- Diabetes
- Pregnancy Complications
- Infertility
- Erectile Dysfunction
- Cancer
- Kidney Disease
- Rheumatoid Arthritis

Prevention

The fine way to save you extreme health troubles resulting from bad oral fitness is to practice good oral hygiene and time table regular visits with your dentist.

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