

Dental Hygiene Shortages in Human Needs

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DESCRIPTION

Keeping the mouth, teeth, and gums clean and healthy is referred to as practicing dental hygiene. Despite being essential components of our everyday lives, dental hygiene and oral health are usually overlooked.

A great dental clean is fundamentally dependent on proper teeth brushing. By using the right amount of fluoride toothpaste, supervising tooth brushing, and discussing a child's individual fluoride needs with a pediatrician or dental specialist, guardians can encourage their children to practice proper tooth brushing.

Periodontal disease

Microbes under the gum tissue can cause periodontal (gum) disease, which starts to destroy the bone and gums. Biting becomes difficult as teeth become loose, and teeth may need to be separated. Gum disease can also indicate damage to other parts of the body; continuing research shows links between oral infections and conditions like diabetes, cardiovascular disease, stroke, and preterm, underweight newborns. Further investigation is being done to look at these correlations.

Many children and adults still disregard simple precautions that have been shown to be effective in preventing mouth infections and lowering dental care expenditures. For instance, fluoride prevents tooth rot, and the most practical way to spread the benefits of fluoride to all local residents is through water fluoridation, which involves raising the fluoride level in the public water supply to the appropriate amount to prevent rot.

Dentin hypersensitivity

It's debatable what actually causes dentine hypersensitivity. To try and explain the origin of dentine hypersensitivity, a number of theories have been put up. These include the hydrodynamic hypothesis, the neural theory, and the odontoblastic transduction theory.

The Brannstrom proposed hydrodynamic or fluid movement theory is the model that is most frequently used. This idea states that the flow of fluid within the tubules will be increased when the

dentine surface is exposed to temperature, chemical, tactile, or evaporative stimuli.

There may be fluid flow toward or away from the pulp inside the dentinal tubules. The pulp of the tooth is surrounded by countless small tube structures called dentinal tubules, which are typically 0.5-2 micrometers in diameter. Mechanoreceptors found on nerves at the pulpal aspect of the dentinal tubules can be triggered by changes in the flow of the biological fluid that resembles plasma in the tubules, causing pain. Forces operating on the teeth, such as cold, air pressure, dryness, sour (dehydrating substances), or sugar, can augment this hydrodynamic flow. Physical pressure, hot or cold meals or drinks, and tooth sensitivity are common triggers for these people. Triggers like cold and drying can make dentinal fluid migrate away from the pulp, while heat can make it move toward the pulp. According to research, triggers that cause dentinal fluid to flow away from the pulp produce higher pain.

The odontoblastic transduction theory contends that odontoblasts function as receptor cells and transmit impulses to the nerve endings *via* synaptic connections, which results in the perception of pain. According to the neurological theory, temperature or mechanical stimuli can directly affect the pulp's nerve terminals, which in turn can influence the dentinal tubules nerve endings.

Tooth decay

Tooth rot (depressions) is a problem that many people face. Untreated cavities in children can lead to pain, difficulty concentrating, and a helpless appearance all of which have a significant negative impact on their ability to perform and feel happy about themselves.

Children from lower income homes typically don't receive the best care for dental decay and are doomed to suffer the consequences. Tooth decay is a problem for some adults as well. Some racial and ethnic group's adults face more untreated decay than others. To ensure child's excellent dental health, take the following steps:

- Avoid constant snacking in between meals and eat regular, balanced dinners.

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- Fluoride can help to protect child's teeth.
- Use fluoride toothpaste. If child is younger than 7, only put a pea-sized amount of toothpaste on their toothbrush. Before introducing fluoride toothpaste to children under the age of two, seek advice from a dental specialist or other medical care expert.
- Consult a dentist or physician about the best way to protect child's teeth, if the water you drink isn't fluoridated.
- Ask the pediatric dentist about dental sealants. They protect teeth from decay.
- Always floss your teeth.