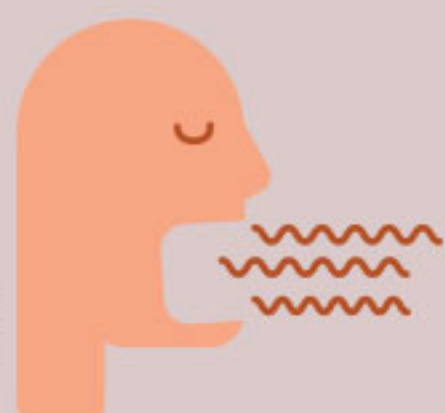


Here are 9 Top Dental Problems and ways to prevent them, alongside having healthy teeth and a healthy body

Bad Breath

Bad breath, medically called halitosis, can result from poor dental health habits and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits.



Gum Disease

Gum disease is a common condition where the gums become inflamed and sore due to a build up of plaque. Plaque is a sticky substance that contains bacteria and these bacteria's can be linked to every major organ in the body. Gum disease is linked to a number of health complications, including stroke, diabetes, heart disease, Alzheimer's and problems in pregnancy.



Yellow Teeth

Some of the most common causes of tooth discoloration include drinking beverages such as coffee, soda, and wine. These substances get into the enamel of your teeth and can cause long-term discoloration.

Tooth Sensitivity

Sensitivity occurs when the layer underneath your enamel, called Dentin, or the layer covering the root, called cementum, is exposed. The exposed areas respond to hot, cold and sometimes sweet and spicy foods, this can trigger sensitivity and pain.



Tooth Decay

Tooth decay can occur when acid is produced from plaque, which builds up on your teeth.

If plaque is allowed to build up, it can lead to further problems, such as dental caries (holes in the teeth), gum disease or dental abscesses, which are collections of pus at the end of the teeth or in the gums.



Wisdom Teeth

Wisdom teeth usually grow through the gums during the late teens or early twenties. By this time, the other 28 adult teeth are usually in place, so there isn't always enough room in the mouth for the wisdom teeth to grow properly.

Because of the lack of space, wisdom teeth can sometimes emerge at an angle or get stuck and only partially emerge. Wisdom teeth that grow through like this are known as impacted.



Enamel Erosion

Tooth erosion is the loss of tooth structure and is caused by acid attacking the enamel. Tooth erosion signs and symptoms can range from sensitivity to more severe problems such as cracking. Tooth erosion is more common than people might think, but it can also be easily prevented.

Oral Cancer



Mouth cancer, also known as oral cancer, is where a tumour develops in the lining of the mouth. It may be on the surface of the tongue, the insides of the cheeks, the roof of the mouth (palate), or the lips or gums.

Tumours can also develop in the glands that produce saliva, the tonsils at the back of the mouth, and the part of the throat connecting your mouth to your windpipe (pharynx). However, these are less common.



Teeth Grinding

Teeth grinding and jaw clenching (also called bruxism) is often related to stress or anxiety. It doesn't always cause symptoms but some people get facial pain and headaches, and it can wear down your teeth over time.

Most people who grind their teeth and clench their jaw aren't aware they're doing it. It often happens during sleep or while concentrating or under stress.

Did you also know...



Heart Disease

Oral health and heart disease are connected by the spread of bacteria – and other germs – from your mouth to other parts of your body through the blood stream. When these bacteria reach the heart, they can attach themselves to any damaged area and cause inflammation. This can result in illnesses such as endocarditis, an infection of the inner lining of the heart and other cardiovascular conditions such as atherosclerosis (clogged arteries) and stroke.

Patients with chronic gum conditions such as gingivitis or advanced periodontal disease have the highest risk for heart disease caused by poor oral health, particularly if it remains undiagnosed and unmanaged. The bacteria that are associated with gum infection are in the mouth and can enter the blood stream, where they attach to the blood vessels and increase your risk to cardiovascular disease. Even if you don't have noticeable gum inflammation, however, inadequate oral hygiene and accumulated plaque puts you at risk for gum disease. The bacteria can also migrate into your bloodstream causing elevated C-reactive protein, which is a marker for inflammation in the blood vessels.



Strokes

The part of your gums (the pink tissue around your teeth) that you can see is relatively tough because it contains keratin – a protein in our skin, nails, and many other tissues that provide protection from damage or stress. However, the part of the gums that we cannot see (that touches the teeth) is not keratinized, and therefore is much weaker, and can be more easily penetrated by bacteria. Not all bacteria are bad, but the ones that cause tooth decay and gum disease are. Bacteria entering your bloodstream, similar to high blood pressure and/or diabetes, can damage the lining of your blood vessels, which over time can contribute to heart attack or stroke.



Diabetes

Diabetes can cause many complications. These include nerve damage, heart disease, stroke, kidney disease, and even blindness. Another common health complication is gum disease and other oral health problems.

According to the American Diabetes Association, people with diabetes are at higher risk for gingivitis, gum disease, and periodontitis (severe gum infection with bone destruction). Diabetes affects your ability to fight off bacteria that can cause gum infections. Gum disease can also affect the body's blood sugar control.

Your oral health can affect your whole body. More and more evidence seems to be showing that there is a strong association between gum disease and serious health problems such as cardiovascular disease, stroke, diabetes, and even pregnancy complications.