

Editorial Note on Periodontics and Prosthodontics- Oral Hygiene

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Editorial

Oral Hygiene is the observe of keeping the mouth and teeth clean to control dental problems, most commonly, dental cavities, gingivitis, dental related diseases and bad breath. There are oral pathologic conditions in which sensible oral hygiene is obligated for healing and regeneration of the oral tissues. Oral Hygiene journals focus is in the fields of Periodontology, Oral Biology and Dental Implantology. The majority of oral health conditions are: dental caries (tooth decay), periodontal diseases, oral cancers, oral manifestations of HIV, oro-dental trauma, cleft lip and palate, and noma (severe gangrenous disease starting in the mouth mostly affecting children). Most oral health conditions are largely preventable and can be treated in their early stages. The Global Burden of Disease Study 2017 estimated that oral diseases affect close to 3.5 billion people worldwide, with caries of permanent teeth being the most common condition. Globally, it is estimated that 2.3 billion people suffer from caries of permanent teeth and more than 530 million children suffer from caries of primary teeth.

In most low- and middle-income countries, with increasing urbanization and changes in living conditions, the prevalence of oral diseases continues to increase. This is primarily due to inadequate exposure to fluoride (in the water supply and oral hygiene products such as toothpaste) and poor access to oral health care services in the community. Marketing of food and beverages high in sugar, as well as tobacco and alcohol, has led to a growing consumption of products that contribute to oral health conditions and other noncommunicable diseases.

Dental caries (tooth decay)

Dental caries result when plaque forms on the surface of a tooth and converts the free sugars (all sugars added to foods by the manufacturer, cook, or consumer, plus sugars naturally present in honey, syrups, and fruit juices) contained in foods and drinks into acids that destroy the tooth over time. A continued high intake of free sugars, inadequate exposure to fluoride and a lack of removal of plaque by toothbrushing can lead to caries, pain and sometimes tooth loss and infection.

Periodontal (gum) disease

Periodontal disease affects the tissues that both surround and support the tooth. The disease is characterized by bleeding or swollen gums (gingivitis), pain and sometimes bad breath. In its more severe form, the gum can come away from the tooth and supporting bone, causing teeth to become loose and sometimes fall out. Severe periodontal diseases are estimated to affect nearly 10% of the global population. The main causes of periodontal disease are poor oral hygiene and tobacco use.

Oral cancer

Oral cancer includes cancers of the lip, other parts of the mouth and the oropharynx. The global incidence of cancers of the lip and oral cavity) is estimated at 4 cases per 100 000 people. However, there is wide variation across the globe: from no recorded cases to around 20 cases per 100 000 people. Oral cancer is more common in men and in older people, and varies strongly by socio-economic condition.

In some Asian-Pacific countries, the incidence of oral cancer ranks among the three top cancers. Tobacco, alcohol and areca nut (betel quid) use are among the leading causes of oral cancer. In North America and Europe, human papillomavirus infections are responsible for a growing percentage of oral cancers among young people.

Related Journals of Oral Hygiene

Periodontics and Prosthodontics, Dentistry, Oral Hygiene & Health, Oral Health and Dental Management, Periodontics and Aesthetic Dentistry, Interdisciplinary Medicine and Dental Science.