



## Overview of Frequently Occurring Oral Diseases

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### INTRODUCTION

Musculoskeletal illnesses (MSDs) and diseases of the mouth are frequent events. They are frequently associated with incomplete movement, which limits regular dental appointments and leads to poor periodontal health, bleeding, gingival irritation, and deeper periodontal pockets. The purpose of the current research was to assess the relationship between oral health and joint motions, hand grip strength, and joint discomfort. Materials the research involved 200 participants, half of whom had back, neck, shoulder, elbow, and wrist issues. The participants ranged in age and occupation; 100 had joint discomfort and 100 did not. The research measured the grip strength, flexibility, and pain score of the back, neck, shoulder, elbow, and wrist to evaluate people subjected to oral health problems. The connection between back discomfort and oral health was evaluated using a questionnaire, hand grip strength, and measurements of the elbow and shoulder angles. The prevention of potential diseases brought on by poor dental hygiene means maintaining good oral hygiene. The use of mouthwash, flossing, using the right cleaning methods, and brushing your teeth twice are some suggested dental care practices.

### DESCRIPTION

Musculoskeletal illnesses (MSDs) and diseases of the mouth are frequent events. These illnesses are serious disorders that can impact people of all ages. The relationship between the two diseases, however, has not received much attention. Numerous musculoskeletal conditions, including Paget's disease, Osteoporosis, and arthritic conditions impacting older individuals, may have a direct or secondary impact on their oral area and nearby structures. Several medications, including corticosteroids and bisphosphonates, that are used to treat musculoskeletal problems raise the chance of immune system suppression and cause mandible osteonecrosis. Rheumatoid arthritis, crippling osteoarthritis, and some other conditions make it difficult for sufferers to maintain good oral health and to journey

to receive medical attention.

Work-related musculoskeletal disorders (WMSDs) have been noted to be a significant occupational health concern impacting a variety of professions. Musculoskeletal diseases are considered to be work-related when they are greatly influenced by the surroundings and how the task is performed. Due to problems at work, the situation either gets worse or lasts longer. Regular overhead work, regular handling of large items, regular neck flexion while working, regular whole-body vibration experiences and regular violent tasks are all common work practices that can result in WMSDs.

The results of the current research demonstrated that, when used as part of a domiciliary routine, toothpastes containing both activated charcoal and conventional micro-cleaning particles greatly lessen extrinsic pigmentations. With no discernible intergroup variations, successful findings were also attained for the reduction of the plaque and bleeding indices. Future randomized clinical studies with an extended follow-up period are required. These trials should also make every effort to normalize the allocated domiciliary strategy.

### CONCLUSION

The perspective of the kinds of toothpaste tested in this study with a few provided on the market relying on distinctive chemical compounds (e.g., sodium polyaspartate, silica, sodium phosphate, and sodium pyrophosphate) might also be intriguing in order to discover the most acceptable domiciliary norms for both the oral hygiene and whitening the teeth. Finally, as subsequent years perspectives, it would be captivating to connect charcoal with probiotic-based products, which means para-probiotics (heat-inactivated bacteria), lysates (bacterial fragments) and postbiotics (concentrated bacterial active metabolites), which all demonstrated ensuring results in clinical dentistry. Future studies are therefore required in order to advance our understanding of these charcoal-based therapy options.

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