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## Dental Health Care

Dental Health Care is one of the best prevention programs to ensure fresh breath, healthy mouth and teeth for life. Dental diseases are not considered to be fatal. Hence very often people neglect the importance of oral hygiene. Nevertheless, the cost of dental disease in pain, suffering, treatment and loss of work is huge. Teeth are meant to last a lifetime. By taking good care of your teeth and gums, you can protect them for many years to come. Tooth decay is not restricted to children's disease. It can occur to anyone as long as natural teeth are in the mouth. It is caused by bacteria that usually exist in the mouth. The bacteria stick to teeth and form a colorless and sticky film called dental plaque. An important part of dental health care is to know how to brush and floss perfectly. Careful brushing each day removes plaque. In addition to brushing, using dental floss is required to keep the gums healthy. Proper flossing is imperative because it removes plaque and leftover food that a toothbrush cannot reach. The following are the brushing Tips. Worn out toothbrushes cannot properly clean your teeth and may injure your gums. So it is recommended to replace them every three or four months. Teeth should be brushed gently with very short strokes and enough pressure so that you feel the bristles against the gums. The tips of the bristles do the cleaning, so it should not be compressed. Never use a toothbrush with very hard bristles. It can damage the gums. Teeth should be thoroughly brushed at least once a day, preferably twice in a day. Children should clean their teeth after every meal and at bedtime. The following are the flossing tips. Flossing removes plaque and food particles from between the teeth and below the gum lines where the toothbrush can't reach. As tooth decay and periodontal disease often start in these areas, it's important to clean them thoroughly and daily. A commercial floss holder may seem helpful to use. Most children cannot floss their own teeth until age 10. Gums may be sore and bleed for the first five or six days after you floss. It is a sign that plaque and bacteria are being removed. If bleeding does persist even after a few days it is better to consult your dentist. Exercise care while flossing as improper flossing injures your gums. Consult your dentist about how to floss properly, to avoid injuring your gums. A healthy smile is a winner at any age. Eat a balanced diet and restrict munching snacks between meals. If you need a snack, choose nutritious foods such as raw vegetables, plain yogurt, cheese or a piece of fruit. Fluoride is important for both adults as well as children. Fluoride compounds are present in drinking water and some foods. Brush your teeth twice a day with fluoride toothpaste. Replace your toothbrush every three or four months or sooner if the bristles are worn as it won't do a perfect job of cleaning your teeth. Apart from following a good dental health care, it is essential to have regular check-ups by the dentist whether you possess natural teeth or depend on false dentures. It is also vital to abide by with any special treatments that are required to make sure of good oral health. For example, if you have sensitive teeth caused by receding gums, your dentist may advise using special toothpaste for sometime. If you have on false dentures, keep them clean and free from food that causes bad breath and gum irritation. Make sure that you brush all the surface of the dentures with a denture care product once a day. A common cause of tooth loss after one crosses 35 years of age is gum disease which is also known as periodontal disease. This occurs due to infections of the gum and bone that hold the teeth in its place. Gum diseases are also caused by dental plaque. Remember you can have just one set of natural permanent teeth in your lifetime. Take good care of it and the reward will smile back at you every time you look at your reflection. Keep away from activities that are harmful to the teeth such as smoking, addiction to caffeine etc. A healthy mouth is indeed an indication of a healthy body. By taking care of your teeth, eating a balanced diet and visiting your dentist regularly, you can have healthy teeth and an attractive smile your entire life.

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