

An Oral Health and Hygiene a Key to Longevity

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Oral health is multi-faceted term and includes the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex.

Definition further explains that oral health is a fundamental component of health and physical and mental well-being. It exists along a continuum influenced by the values and attitudes of individuals and communities; reflects the physiological, social and psychological attributes that are essential to the quality of life; is influenced by the individual's changing experiences, perceptions, expectations and ability to adapt to circumstances.

The link between sugars consumption and tooth decay, has been established by many research papers. The relationship between oral diseases and other non-communicable diseases, reinforcing the connection between oral health and overall health.

The importance of sharing meals with others, how diverse social and environmental factors influence food choices and eating behaviours, needs to be looked into since they can be responsible for dental decay.

So promoting healthy eating and overall nutritional well-being along with good oral hygiene practices, will be an important action towards healthy longevity. Poor oral health can cause discomfort and pain, hampering productivity. Promoting the consumption of water instead of sugary drinks and reducing the intake of confectioneries to a minimum, are also additional factors to support healthy longevity through oral health and hygiene.

Biography:

Dr. Prakash Kondekar is a Consultant Naturopath, Yoga & Bowen Therapist. He is the Honourable Director at the Indian Institute of Naturopathy. He authored four Books.