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Common Teeth Problems and Cure for Maintaining Proper Dental Oral Hygiene by David Hodges

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Every person now a dayâ€™s is suffering from one or the other oral problem, thanks to the modern lifestyle in which people eat such things that are not good for dental health, such as consumption of high carb food, cold drinks, soda etc. May be at first it seems to be harmless, but the fact is that every bite and every sip takes its toll. In spite of all the ill effects, there is not much that is done in order to prevent dental problems. We just ignore the warnings that our body shows us, and ultimately the result is severe pain along with other dental problems.

So letâ€™s discuss some of the common dental problems that can be treated with proper dental care techniques.

Tooth Decay and Cavities: This is one of the most common dental problems that one faces. It is a result of the tooth decay. It occurs when food particularly which contains carbohydrates such as soda, fruits, bread, rice, cake, candy etc. gets stuck in the teeth. This leads to the growth of harmful bacteriaâ€™s, which secrete chemical that convert that food into acid. Moreover, the combination forms plaque which sticks to the teeth and dissolves the enamel resulting in creation of cavities.

PERIODONTAL DISEASE: As discussed earlier, the plaque which is formed should be removed with the help of dentist. The longer it remains on the tooth more harmful it becomes. Resulting in the accumulation of the bacteriaâ€™s around the gums which ultimately leads to the redness, swelling and could bleed easily. It is commonly called as gingivitis, which is an initial stage of Periodontitis. It can be cured easily with proper dental care, such as brushing, flossing, and regularly visiting your dentist.

In case if Gingivitis is not treated then it could be more harmful that could end up in losing your tooth. As, in this case the gums gets pulled away from the teeth and spaces are formed that becomes infected, and after that the bones supporting the teeth gets infected and eventually becomes loose and had to be removed.

Tooth Sensitivity: The main reason behind the tooth sensitivity s the wearing of the enamel of our teeth, exposing the inner portion of the teeth. Some of the reasons that cause teeth sensitivity are as follows:

â€¢ Brushing hardly leads to the wearing of enamel fast. So, proper teeth cleaning procedures should be followed to avoid such conditions.

â€¢ One of the reasons is the periodontal disease that could be avoided if taken proper care of.

â€¢ Consumption of the carbohydrate rich food as soda, candy, bread etc... Causes wearing of enamel due to activities of bacteriaâ€™s.

The solution of all the above problems is in their cause only, which means if teeth cleaning is done regularly with right procedure, and regular visits are made to your dentist, then such teeth problems could be avoided easily.

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David Hodges is a dentist, and loves to share his views and advice, which are in public interest. In the present article, he has given tips on cleaning the teeth and advice on a teeth problems, to maintain proper a dental oral hygiene.

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