Teeth Cleaning and Health by David Hodges

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Maintaining good dental health is as important as maintaining our general health, but we usually do not care for our dental health, though it has been proven that poor dental health is linked to other diseases, such as heart disease, diabetes, preterm birth, low birth weight, stomach problems etc. So we can say that our overall health is directly proportional to our dental health, better dental health lead to better health and better health means happy life.

For maintaining good dental health, the first and most important step is proper teeth cleaning. We can keep our teeth clean by flossing and brushing our teeth in a proper way. In case if they are not taken proper care of, we may face severe dental problems, which ultimately will affect our body. So, here are some of the common dental problems that can be avoided with little care and following proper brushing technique:

PLAQUE: It is a soft clear coating those collets on the surface of the teeth. It comes from the bacteria that live in your mouth, and it can easily be removed by proper flossing and brushing.

CAVITIES: It is caused by the food that is left stuck in between our teeth, this combines with saliva and bacteria in our mouth and this creates plaque and stick to our teeth. The plaque grows sugar bacterial acids that dissolve the teeth enamel, resulting in tooth decay. By not letting the plaque to develop and consuming less sugar containing eatables, we can prevent out teeth from decaying.

HALITOSIS: It is also known as bad breath, and comes from protein broken down by bacteria inside the mouth. It is caused by pieces of food that are caught between teeth, on the gums and on the tongue. When teeth are not cleaned, this food degrades and creates a bad smell. Swishing or gargling water or mouthwash after meals will help get rid of debris and other bacteria's that might be left behind after having meals. Brushing is the best way to get rid it.

BLEEDING GUMS: It is mainly caused by the infection that occur in our gums, due to which our gums bleed, and this happens mainly due to not brushing or flossing our teeth properly, in this case, one should consult dentist as soon as possible.

TARTAR: The hardened form of plaque is known as tartar, and should be removed by a dentist.

All of the above mentioned problems can be easily avoided with brushing and flossing performed in a proper way. Both of them should be performed in following way:

BRUSHING: One should brush for entire two minutes and try to use the toothpaste that contains fluoride. First of all, place a pea-sized amount of toothpaste on your brush. Begin on the cheek-side of the top right teeth. Hold the toothbrush at a 45 degree angle pointing toward your gums. Gently jiggle the toothbrush in order to clean the tooth and your gums as well. Being careful not to apply too much pressure, move around the outside of your top teeth until you reach the top left side. Then brush the chewing surfaces of your teeth and move back around to the right.

FLOSSING: Pull about an arm-length of floss from the dispenser. Wrap the floss from the ends around your middle fingers until there is about two inches remaining. You may then use your index fingers to direct the floss in between your teeth. Move the floss in a see-saw motion until you go beneath where the teeth touch. Then push the floss against the back tooth to form a C-shape and move the floss up and down three times. Now pull the floss forward and repeat the process on the front tooth. Do this between all of your teeth to properly floss.

Above all, it is very important to select right product as it can have negative effects too, if dental care is not selected properly. and with the presence of tons of products in the market, we should be more careful as a wrong product may also harm our teeth, so itâ€™s always advised to visit a dentist twice or thrice in a year, to lead a healthy life and attractive smile.

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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.

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