

Oral Health Awareness in the Modern Era

Syeda Natasha Zaidi^{1*} and Farzeen Tanwir²

¹Senior Registrar, Department of Periodontology, Bahria University Health Sciences Campus, Karachi, Pakistan

²Head of Periodontology, Bahria University Health Sciences Campus, Karachi, Pakistan

***Corresponding Author:** Syeda Natasha Zaidi, Senior Registrar, Department of Periodontology, Bahria University Health Sciences Campus, Karachi, Pakistan.

Received: January 15, 2026; **Published:** February 11, 2026

Keywords: Overall Health; Prevention; Fluoride; Diet/Sugar Consumption; Oral Microbiome; Periodontal Disease; Public Health; Dental Fear

Oral hygiene is an essential part of your overall health, but it's often overlooked. A healthy mouth not only helps you eat and speak comfortably, but it also plays an important role in preventing many diseases [1]. Poor oral hygiene can lead to problems such as tooth decay, gum disease, bad breath, and even infections that affect other parts of the body.

Good habits started at an early age last a lifetime, so it's important to raise awareness about oral hygiene, especially among children. By practicing good oral hygiene, we can protect our smiles, increase our confidence, and support our overall health [2].

In the modern era, oral health awareness has become an integral part of overall well-being, extending far beyond a bright smile. Advances in dental science have revealed a strong connection between oral health and systemic diseases such as heart disease, diabetes and respiratory infections [3].

With fast-paced lifestyles and increased consumption of processed foods and sugary drinks, dental problems such as cavities, periodontal disease, and sensitivity are more common than ever [4]. As a result, preventive care such as regular brushing, flossing, regular dental exams, and early intervention is important. At the same time, technology and digital media have changed the way people access oral health information.

Teledentistry, electric toothbrushes, and awareness campaigns on social platforms have made dental care more accessible and better informed. But misinformation and neglect continue to cause problems, especially in underserved communities [5]. Disseminating accurate knowledge, encouraging healthy habits from an early age, and integrating oral health into overall health policies are essential steps towards a healthier society. In today's world, maintaining good oral health is not a luxury, but a necessity to live a healthy and confident life [6].

Another important aspect of modern oral health awareness is the emphasis on preventive dentistry. Educating people about proper brushing techniques, the importance of flossing, and the effects of diet on oral tissues allows people to take responsibility for their own dental care [7]. Oral health awareness is especially important for children and adolescents, as habits developed early in life often persist into adulthood. Parents and guardians also play an important role in encouraging their children to make healthier choices [8].

Additionally, mental and social well-being are closely linked to oral health.

Dental problems can affect speech, appearance, and self-confidence, leading to social isolation and reduced quality of life. In professional and social settings, a healthy smile often promotes positive self-esteem and effective communication [9,10].

Conclusion

In conclusion, modern oral health awareness requires a holistic and holistic approach. Through a combination of prevention strategies, technological advances, education, and equal access to healthcare, society can significantly reduce the burden of oral disease.

Increasing your oral health awareness is an investment not only in the health of your teeth and gums, but also in your overall physical, emotional, and social well-being.

Additionally, mental and social well-being are closely linked to oral health.

Bibliography

1. World Health Organization (WHO). Oral Health. World Health Organization questions and answers on oral health, global prevalence, and key findings.
2. Ashar T, *et al.* "Parent's knowledge and awareness in maintaining their children's oral health: a cross sectional survey". *Pakistan Journal of Public Health* 10.4 (2020).
3. Sohail A., *et al.* "Awareness and practices of patients regarding oral hygiene visiting dental OPD Sharif medical and dental college, Lahore". *Pakistan Journal of Medical and Health Sciences* 16.3 (2022).
4. "Oral hygiene awareness and practices among school-going children". *Journal of Nursing and Midwifery Sciences*.
5. Alsalleeh F., *et al.* "Public awareness of the association between periodontal disease and systemic disease". *Healthcare* 11.1 (2023): 88.
6. World Oral Health Day (WOHD). Wikipedia entry detailing the global awareness campaign observed annually on March 20.
7. Phlypo I., *et al.* "Oral health strategies: surveying the present to plan the future". *Healthcare (Basel)* 11.19 (2023): 2646.
8. CDC (Centers for Disease Control & Prevention). "The oral health in America report: a public health research perspective".
9. CDC. "Disparities in preventive oral health care and periodontal health".
10. Fawad Javed and Ricardo D Coletta. "Editorial: Education in oral health". *Frontiers in Oral Health* 4 (2023).

©All rights reserved by Syeda Natasha Zaidi and Farzeen Tanwir.