

## Oral Health is the Gate Way to General Systemic Health

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Oral health is an integral part of one's own well-being. It is equally important to maintain our oral cavity healthy as any other parts of the body. Keeping our oral cavity, teeth and gums clean and healthy prevent bad breath, tooth decay and gum disease. An unhealthy oral cavity will increase the risk of systemic diseases like heart stroke, poorly controlled diabetes and preterm labour.

Oral cavity is like a window for our body which not only hints about various underlying diseases (nutritional deficiencies, infections, systemic diseases) but also helps in diagnosing few diseases at early stage without any invasive approach.

Dentistry plays a key role in not only maintaining the oral health of the individual but also helps in diagnosis and treatment of various underlying diseases.

Many people think that only in pain we need to see a dentist, but regular dental visits can contribute to a lifetime of good oral health. With many advances in dentistry, diagnosis and treatments are more sophisticated and comfortable than ever.

Good oral health maintenance practice includes, brushing twice daily with a brush and tooth paste, flossing between your teeth once every day, replacing your tooth brush every three to four months, by eating a well-balanced diet and avoiding unnecessary sugar exposure. Last but not the least, regular dental check-ups at least once in every four to six months is required to keep your smile and yourself healthy.

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