

# Oral Health and Oral Care Importance

written by Chandradip News24 | December 29, 2024



Oral health is a crucial part of overall well-being. It involves maintaining the health of the mouth, including the teeth, gums, and tongue. Good oral hygiene practices, such as brushing, flossing, and using a tongue scraper, can help prevent oral diseases and improve the quality of life. Regular dental check-ups are also essential for early detection and treatment of oral health issues.

Oral health is not just about preventing disease; it's also about maintaining a healthy and attractive smile. A clean mouth can boost confidence and improve social interactions. Additionally, good oral health is linked to overall health, as oral infections can spread to other parts of the body. Therefore, taking care of your oral health is a proactive step towards a healthier and happier life.

## Key Oral Health Practices:

- 1. Brushing and Flossing: Brush your teeth twice a day for two minutes each time. Use a soft-bristled toothbrush and fluoride toothpaste. Floss daily to remove plaque and food particles between the teeth.
- 2. Tongue Care: Use a tongue scraper to clean your tongue daily. This helps remove bacteria and debris that can cause bad breath and oral infections.

1. 2023 10 10 12:00 2023 10 11 12:00, 2023 10 12 12:00 2023 10 13 12:00 2023 10 14 12:00 2023 10 15 12:00, 2023 10 16 12:00 2023 10 17 12:00 2023 10 18 12:00 2023 10 19 12:00 2023 10 20 12:00

2023 10 20 12:00 2023 10 21 12:00:

1. 2023 10 20 12:00 2023 10 21 12:00 2023 10 22 12:00 2023 10 23 12:00

2. 2023 10 24 12:00, 2023 10 25 12:00 2023 10 26 12:00 2023 10 27 12:00 2023 10 28 12:00 2023 10 29 12:00 2023 10 30 12:00

3. 2023 10 31 12:00 2023 11 1 12:00 2023 11 2 12:00 2023 11 3 12:00

4. 2023 11 4 12:00 2023 11 5 12:00 2023 11 6 12:00 2023 11 7 12:00, 2023 11 8 12:00 2023 11 9 12:00 2023 11 10 12:00

5. 2023 11 11 12:00 2023 11 12 12:00 2023 11 13 12:00 2023 11 14 12:00 2023 11 15 12:00 2023 11 16 12:00

6. 2023 11 17 12:00, 2023 11 18 12:00 2023 11 19 12:00 2023 11 20 12:00 2023 11 21 12:00 2023 11 22 12:00 2023 11 23 12:00 2023 11 24 12:00 2023 11 25 12:00 2023 11 26 12:00 2023 11 27 12:00 2023 11 28 12:00 2023 11 29 12:00 2023 11 30 12:00

7. 2023 12 1 12:00

2023 12 2 12:00, 2023 12 3 12:00 2023 12 4 12:00