

Medical considerations relating to the oral health

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Abstract:

The human body is comprised of complex systems, which are interconnected with each other. Because of the way, the human body is made, one organ of the body can have an impact on other organs of it.

Oral health affects people physically and psychologically and influences how they grow, enjoy life, look, speak, chew, taste food and socialize, as well as their feelings of social well-being.

The oral hygiene measures related to professional level, level of education, and periodontal maintenance.

Some studies report that oral health has an impact on food choice and on the intake of key nutrients, causing various nutritional problems.

Recent researches on oral and general health have shown a link between the two. With more than 90% of systemic diseases having oral symptoms. These symptoms can include swollen gums, sores, ulcers, dry mouth and more,,,

The following diseases are an example of a systemic disease which has symptoms expressed in the mouth like diabetes, leukemia, oral cancer, pancreatic cancer, heart disease and kidney disease.

Research has also shown that poor dental hygiene and gum disease can directly increase the risk of heart disease, heart attack, diabetes, dementia, rheumatoid arthritis and even stroke.

Women with poor dental health have also shown higher rates of preterm and low-birth-weight children.

To prevent these health issues, practicing good oral hygiene is very important. People at an early age should get into good practices. Regular dental visits, brushing regularly, flossing and watching what they eat are all important steps in preventing dental diseases and keeping them in good health.

Biography:

Hassan H Koshak is Consultant in Periodontics and Implant Dentistry. Head of the Dental Department and Dental Educator, Director of Academic and Education Affairs at Comprehensive Specialized Polyclinic, Ministry of Interior Security Forces Medical Services, Jeddah, Kingdom of Saudi Arabia, where he has been since 2016. He received a Saudi Fellowship In Dental Implant from the Saudi Commission for Health Specialties, 2014-2016.

He received a Saudi Board In Periodontics from the Saudi Commission for Health Specialties, 2012 -2014.

He received his Master of Science in Dentistry (MSD) and a Clinical Certificate In Periodontics from Riyadh Colleges of Dentistry and Pharmacy 2009-2012, Riyadh, KSA. With Honours.

Also he received his Advanced Education in General Dentistry (AEGD) from University of South California School of Dentistry 2006-2008. And he received his Bachelor of dental medicine and surgery (BDS) from Faculty of Dental Medicine and Surgery, King Abdul-Aziz University, Jeddah, KSA.

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