

# The Significance of Oral Health Prevention and Care for Oral Health

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## Abstract

With the development of medical science and the improvement of people's health, oral health has been listed as one of the world health standards, an integral and important part of the quality of life (Kekin Rao, 2005). The development of oral diseases has seriously affected people's work and life. To fundamentally control the occurrence of oral diseases, the most important measure is based on prevention.

**Keywords:** oral hygiene, preventive health care, cavity of tooth, malocclusion

## 1. Introduction

Oral health is an important factor in maintaining people's general health and overall quality of life. Looking ahead to the transformation of integrated management of oral health care, this particular issue focuses on oral health and prevention and the impact of current clinical practice of oral health expertise and policy (Vozza, I., 2021). Because the negative consequences of oral problems for individuals and communities include pain and suffering, dysfunction and reduced quality of life, prevention strategies should be implemented to reduce oral problems (Bowser, J., Sivahop, J., & Glick, A., 2013). In 1981, the WHO set oral health standards: clean teeth, no cavities, no pain, normal gum color, and no bleeding

(Shenoy, R. P., & Sequeira, P. S., 2010; Christian, B., & Blinkhorn, A. S., 2012). In the 21st century, people have higher requirements for oral health, and oral health care has been gradually implemented in some countries and regions, which basically controls the damage of dental caries and periodontal diseases on human dental and maxillary systems, so that the related population can reach the level of dental age and longevity roughly equal, and people's behavior will be changed accordingly. From the previous passive treatment to active participation in oral health care, prevention of oral diseases (Changming Gu, 2003). Therefore, oral health care comprehensive management of our oral health is of great significance. For individuals, brushing is the most basic, but also the most effective way to clean. Brushing can

mechanically remove deposits and plaque on the tooth surface. Under the premise of correct brushing method, brush once a day after getting up and before going to bed, each brushing time of 4 to 5 minutes can achieve the purpose of effectively removing plaque, and you should choose a toothbrush according to your oral condition (Mei, L.-X., Wu, Y., Tang, L., & et al., 1998).

## 2. Common Oral Health Care Measures

Oral health care mainly has three aspects: dental care, eating habits and lifestyle behavior. First of all, in terms of dental care, floss is used correctly, regular (half a year or one year) dental cleaning and follow-up dentist. Frequent brushing, gargling, taking the right way to brush teeth, the use of fluoride toothpaste, drug toothpaste, can prevent dental caries and periodontal disease (Pu, G., 2018).

In terms of eating habits, eat less food with high sucrose content and maintain a balanced nutrition; Eat less betel nut, smoke less, drink less, eat less spicy stimulating food; Strengthen the intake of vitamin and mineral trace elements to maintain a balanced nutrition; Reduce the local irritation of tooth tips and bad prostheses, avoid scratching skin moles or sun exposure; Both can reduce the occurrence of precancerous lesions and tumors (Siyan Liu, Lili Liu, Youliang Jin et al., 2018).

Finally, in the aspect of life behavior, do a good job in the health care of pregnant women to reduce congenital oral and maxillofacial deformities; Adopt the correct infant feeding and sleeping posture, ensure the comprehensive and balanced nutrition of infants, correct the children's partial eating habits and bad habits such as tongue vomiting and pen biting, play the stimulating effect of chewing movement on jaw development, early treatment of dental caries, premature loss of deciduous teeth, rickets, respiratory diseases are of great significance to prevent the occurrence of dental and jaw deformities. For adolescents and adults, avoid lateral chewing habits, correct night molars, clench teeth habits; Avoid long-term mental over tension and maintain a happy mood; Early correction of dental deformity and maintenance of normal jaw-biting relationship can protect the temporomandibular joint (Yanxia Gao & Xiping Feng, 2009).

## 3. The Impact of Oral Health Care on Oral Health at Different Ages

The prevalence of oral diseases is relatively high in the oral health of children. Children's oral health is the basis of lifelong health. Caries is the main oral disease affecting children's oral health. Caries not only affect children's oral health, but also affect children's growth and development. According to the results of the fourth national oral health epidemiological survey in 2017, the caries incidence of primary teeth in 5-year-old children and permanent teeth in 12-year-old children was as high as 70.9% and 34.5%, respectively, an increase of 5.8 percentage points and 7.8 percentage points over ten years ago, and the caries in children has shown an upward trend (Feng, X., 2018). Therefore, strengthening children's oral health care can help to reduce the incidence of oral diseases, mainly through the children's own and external induction.

Oral health education can effectively improve oral health, which is to use all possible learning opportunities and educational activities to teach people oral health knowledge and technology, so as to encourage people to consciously comply with the requirements of oral health. Studies have found that the older the age, the lower the level of oral health cognition, which may be related to the older people in their own early life of oral health status of the poor awareness (Jiming Chen, Xueying Xiong, & Jianshe Wu, 2012). Therefore, in childhood, receiving effective oral health education is helpful to cultivate correct oral health habits. Help children to establish healthy oral hygiene behavior, develop the habit of gargling after meals, correct brushing in the morning and evening. It is an effective measure to remove dental plaque by self-cleaning teeth every day (Limin Wei, & Jianfeng Wang, 2007). As the first teacher of children, it is very important to strengthen the awareness of oral health care of children's parents and preschool teachers. The research shows that the occurrence of deciduous dental caries is closely related to the knowledge and practice of children's oral health. Because children are young and have poor independence and self-control ability, the formation and development of their daily behavior habits are often affected by various factors in the family environment and school environment (Yanping She, Min Chen, Xiaoli Huang et al., 2004; B. Wang, J. Low, Z. Jing et al., 2012; Zhe Qian, 2013).

For the oral health of the elderly, with the development of modern medical science

research, where the longevity of the elderly oral health care is very good. It is not only necessary to keep the mouth clean every day, insist on brushing teeth with warm water in the morning and evening, especially before going to bed, but also timely treatment of oral diseases and strengthen exercise every day to correct bad oral habits (Oral Health Care for the Elderly, 2005).

#### **4. Different Brushing Methods and Their Characteristics**

(1) Horizontal brush method. That is, horizontal see-saw brushing method is also the natural brushing method of ordinary people. This brushing method has many drawbacks, soft scale and plaque on the adjacent surface of teeth are difficult to brush, damaging the gums; It is easy to cause wedge-shaped defects at the top of teeth. Therefore, this method is generally not recommended (Yang Liu, 2022).

(2) Vertical brush method. Also known as vertical brushing method, that is, the motion direction of the bristles of the toothbrush is consistent with the long axis of the teeth, close to the tooth surface, rotate the handle of the toothbrush, and make it sweep from the gingival margin to the incisal margin. Brush your upper teeth downward and your lower teeth upward. This method, along with the toothbrush, can clean the space between the teeth and the tooth surface, and massage the gums (Yang Liu, 2022).

(3) Horizontal flutter brushing method. Place the bristles of the toothbrush at the junction of the tooth crown and gum, at a 45-degree Angle with the long axis of the tooth, hold the brush handle, vibrate horizontally in a small range, and then brush in the interdental space. This method is good for patients with periodontal disease, but the bristles of the toothbrush are required to be fine and flexible (Yan Zheng, 2006).

(4) Rotational brushing method. At a 45 degree Angle between the bristles and the long axis of the teeth, rotate the brush handle to make a small circular rotation from the gingival margin to the incisal margin, and rotate the brush at least 8 to 10 times in each part (Xiao Jin, 2014).

(5) Mixed brushing method. On the basis of the vertical brush method, rotation brushing was added, and the gingival region was also used to vibrate brushing method. The teeth were rotated to add horizontal and horizontal brushing (Yong Pan, 2006).

#### **5. The Incidence of Malocclusion of Different**

#### **Brushing Methods**

Malocclusion refers to congenital genetic factors or acquired factors in the process of growth and development, such as diseases, dental replacement disorders, bad oral habits, etc., or after growth and development due to trauma, periodontal disease and other reasons, such as the abnormal relationship between the upper and lower teeth, teeth alignment, jaw size, shape and position abnormalities and facial deformities (Minkui Fu, Ding Zhang, Bangkang Wang et al., 2002; Zhongyang Chen, Shan Chao, Qi Huang et al., 2010). Due to the insufficient attention paid to oral health preventive care, the incidence of malocclusion has increased year by year, and has become the most common oral disease after dental caries and periodontal disease, seriously endangering public health (Ronghua Li, 2015). Therefore, strengthening oral health prevention and care is particularly important for preventing such diseases. According to research, horizontal and vertical brushing method is the most effective way to remove dental tartar and plaque, but only a small number of people actually master the correct brushing method (Hongxu He, Ping Shao, Wang Lunhai et al., 2011; Yongli Zhao, Guixia Wang, & Lianyi Li, 2004).

Mastering the correct oral health care method is beneficial to the realization of oral health. Some studies have found that the incidence of malocclusion is different with different brushing methods, among which random brushing method has the most malocclusion, accounting for 58.33%, followed by vertical brushing method accounting for 40.63%, and horizontal and vertical combined brushing method has the least malocclusion, accounting for 2.2% (Jingyun Bai, 2015). Therefore, different brushing methods have an important impact on the occurrence of malocclusion. To actively develop healthy and effective oral health care methods is of great significance for preventing malocclusion. To actively promote oral health care, especially the promotion and popularization of horizontal and vertical brush method is of great significance for secondary prevention of malocclusion.

#### **6. Summary**

Nowadays, preventive medicine plays an increasingly important role in the world health structure, and stomatology is no exception. The 21st century stomatology is the century of

preventive medicine. The realization of oral health is closely related to the implementation of oral preventive health education. For my college students, the current oral health situation is facing serious challenges, we should become the focus of oral health education. By carrying out oral health prevention and health education, improving oral self-health awareness, establishing correct oral health concepts and changing bad oral health behaviors, it not only benefits us for life, but also conveys to all social classes in the way of words and deeds. Moreover, after receiving good oral education, college students understand the importance of oral health for human health. It also has practical significance to the improvement of the quality of the future population and the development of the whole society.

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