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Nutrition and oral health: The link between nutrient deficiency and oral health conditions

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It is fair to say that it is in spite of professionals discovering different aspects in the dental industry that may have allow the population to improve their oral health. However, disclosed data base and unreliable health “tips and tricks”, are yet, inevitably, easily accessible online. Thus, nebulous information can mislead and confuse people. As an outcome, the public’s misconception on a specific oral condition can easily be twisted, inducing poor dental hygiene habit(s) and/or poor oral health. People are constantly exposed to beauty and health lifestyle habits advertisement, yet, know so little about what healthy habits are when it comes down to the role of nutrition and oral health. The industry of dental research has been able to captivate people’s attention on various aspects, for instance: methods to enhance a smile. Unfortunately, so little information is disclosed about dental health issues and poor oral hygiene habits. Dental clinical trials allows to asses a specific aspect and target a population, in order to stand out accurate data base and help to improve better and healthier lifestyle habits. Hence, this study evaluates aspects such as the link between eating habits, lifestyle, role of nutrition/diet/nutrients and degenerative oral and/or dental conditions

Biography

Clodelle McCay-Hamelin is currently pursuing her clinical internship in the faculty of dental practice, Canada. She is also an intern of Dentistry prosthodontics at the Canadian dental clinic establishment.

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