

## Emerging Facts of Oral Health

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### Introduction

Journal of Oral Hygiene and Health has successfully published its 9th volume and release its 1st Issue during beginning of 2021 with no delay. I am pleased to mention that we are going to release new issue (volume 9, issue 2) by the end of March, 2021. Our journal is having 84.15 as Index-Copernicus value and 0.72\* as its impact factor. Additionally, our journal has both NLM as well as International standard serial number (ISSN) respectively, where NLM ID is 101647653 and ISSN is 2332-0702. Journal of oral hygiene and health (JOHH) consist several editorial members from various geographical areas. Oral health touches every aspect of our lives but is usually taken without any consideration. Your mouth may be a window into the health of your body. It can show signs of nutritional deficiencies or general infection. Systemic diseases, people who affect the whole body, may first become apparent due to mouth lesions or other oral problems. The physical body is comprised of a posh system which is interconnected with other parts. Due to the way, the physical body is made; one area of the body can have an impression on different parts of the body. For instance, take the mouth and teeth. If you've got problem together with your teeth and gum, this will pose problems with other areas. Poor oral hygiene can cause problems with diabetes, heart condition and other health issues. Whether you're 80 or 8, your oral health is vital. Most Americans today enjoy excellent oral health and are keeping their natural teeth throughout their lives; however,

cavities remain the foremost prevalent chronic disease of childhood. Some 100 million Americans fail to ascertain a dentist annually, albeit regular dental examinations and good oral hygiene can prevent most dental disease. Many of us believe that they have to ascertain a dentist as long as they're in pain or think something is wrong, but regular dental visits can contribute to a lifetime of excellent oral health. If you're experiencing dental pain, don't postpone seeing a dentist. With dentistry's many advances, diagnosis and treatment are more sophisticated and cozy than ever. You'll practice good oral hygiene by always brushing your teeth twice each day with fluoride toothpaste, cleaning between your teeth once each day with floss or another interdental cleaner, replacing your toothbrush every three or four months and by eating a diet and limiting between-meal snacks. Do not forget to schedule regular dental check-ups to stay your smile, and yourself, healthy. To stop these health issues, practicing good oral hygiene is extremely important. People at an early age should get into good practices. Regular dental visits, brushing regularly, flossing and watching what you eat are all important steps in preventing dental diseases and keeping you in healthiness. To assists patients in practicing good dental hygiene, we've provided you with the subsequent resources and extra information. Please be happy to review this information and to allow us to know if you've got any questions on the way to keep yourself healthy with good oral hygiene practices.