The Ombre: Protecting the Oral Environment

Introduction and Definition of Oral Health

Oral health is a state of complete physical, mental, and social well-being as it relates to the oral area. This includes the health of the teeth, gums, and oral mucosa. Oral health is important because it affects one's quality of life, ability to communicate, and overall health. Good oral health practices, such as proper dental care, can help prevent oral diseases and improve overall health.

Oral Health Issues

Oral health issues can be caused by a variety of factors, including poor dental hygiene, smoking, alcohol use, and certain medical conditions. Oral health issues can also be caused by genetic factors, such as furrows and grooves in the teeth. Oral health issues can lead to serious complications, such as infections, gum disease, and oral cancer.

Prevention and Treatment

Preventing oral health issues is important for maintaining good oral health. This can be done by practicing good dental hygiene, such as brushing and flossing, and by avoiding harmful habits, such as smoking and alcohol use. Treatment for oral health issues may include antibiotics, surgery, or dental procedures.

Conclusion

In conclusion, oral health is an important aspect of overall health and well-being. By understanding the factors that contribute to oral health issues and practicing good dental hygiene, individuals can maintain good oral health and reduce the risk of serious complications.

References


Appendix

Table A: Oral Health Statistics

<table>
<thead>
<tr>
<th>Year</th>
<th>Oral Health Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>alcohol use, smoking</td>
</tr>
<tr>
<td>2019</td>
<td>poor dental hygiene</td>
</tr>
<tr>
<td>2018</td>
<td>genetic factors</td>
</tr>
</tbody>
</table>

Graph B: Oral Health Trends

Over the past decade, there has been a significant increase in the prevalence of oral health issues. This is likely due to an increase in population with poor dental hygiene and an increase in smoking and alcohol use.