Preventing Tooth Decay and Enhancing Oral Hygiene Practices

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Abstract

Tooth decay, also known as dental caries, remains one of the most prevalent chronic diseases globally, a ecting individuals of all age groups. It is a signiýcant public health concern that not only causes pain and discomfort but also leads to functional impairments, aesthetic concerns, and economic burden. Preventing tooth decay and enhancing oral hygiene practices are critical components of public health strategies aimed at reducing the prevalence of oral diseases. This paper explores the causes, risk factors, and prevention strategies associated with tooth decay, with a particular focus on the importance of oral hygiene practices. We discuss evidence-based interventions, including the use of þuoride, dietary modiýcations, regular dental check-ups, and the adoption of e ective oral hygiene habits such as brushing and flossing. Additionally, we explore the role of education and public

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Introduction

Oral health plays a critical role in an individual's overall health and well-being. Dental caries (tooth decay) is one of the most common chronic diseases; with signi cant implications for both physical and psychological health. It is caused by the demineralization of tooth enamel; primarily due to the action of acids produced by bacteria that ferment sugars present in the mouth. Despite being largely preventable; tooth decay continues to a ect millions of people worldwide; leading to pain; tooth loss; and functional impairments that can interfere with eating; speaking; and social interactions. e global prevalence of dental caries is staggering. According to the World Health Organization (WHO); nearly 100% of adults have some form of dental caries; and it a ects 60–90% of school-aged children. However; tooth decay is largely preventable through the adoption of proper oral hygiene practices; dietary modi cations; and the use of preventive treatments such as uoride.

To combat this growing issue; public health initiatives emphasize improving oral hygiene habits; increasing awareness of dental health; and providing access to e ective preventive measures. is paper reviews the factors contributing to tooth decay; the role of oral hygiene practices in its prevention; and strategies to enhance oral health through education; lifestyle changes; and clinical interventions. It also explores how society; healthcare systems; and individuals can work together to reduce the burden of dental caries [1-5].

Discussion

Tooth decay is a multifactorial disease; with the interplay of