

# The Impact of Daily Brushing and Flossing on Gum Health: A Longitudinal Study Exploring the Role of Diet

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**Abstract**

**Background:**

**Conclusion:**

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colony bacteria infections. For instance, high sugar consumption has been linked to an increased risk of tooth decay and periodontal disease, as sugar fosters the growth of harmful bacteria in the mouth. On the other hand, diets rich in calcium, vitamin C, and omega-3 fatty acids are essential for maintaining the integrity of the gums and supporting overall oral health. These findings suggest that a balanced diet plays a crucial role in the body's natural defense against oral disease. However,

gum disease; advertising for oral hygiene practices to be integrated into daily oral care. *doi:10.1186/s12900-024-0113-1*