



Commentary

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Prevention to the Healthy and Better Life

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Abstract

We can improve levels of oral health in young population for the sake of quality oral health and general health. With simple and free method we can preserve oral health, especially good oral hygiene and quality that is proper preventing. Good oral hygiene affects the prevention of many diseases that often were not related to the oral cavity. Maintaining and improving oral health is important prerequisite for the prevention of disease.

Commentary

Prevention is the essence of everything. With proper training, with regular brushing and proper technique and quality tooth brushing we could accomplish that. Prevention target is that higher number of children with a completely healthy teeth and good oral hygiene. Satisfactory level of oral hygiene is achieved using the right tools and adequate brushing technique with constant education, motivation and re-motivation.

Prevention of dental caries and periodontal disease includes proper and regular tooth brushing and oral cavity, along with regular visits to the dentist. There are many available resources to maintain oral hygiene and means of fluoridation. To maintain oral hygiene all tooth surfaces may be used in addition to basic resources (toothbrush) and auxiliary products such as dental floss, interdental brushes, different mouth rinses and so on.

Brushing adequately is one of the basic elements of programs directed toward the prevention of oral diseases. Research shows that prevention of oral diseases is safer and cheaper method compared to the methods of treatment.

In addition to regular and adequate maintenance of oral hygiene, dental visits and proper nutrition, health and educational work with the population represents a significant measure of preservation and improvement of oral health.

Prevention of oral diseases is primarily related to the control of dental biofilm, or on a regular and proper oral hygiene, for a balanced and proper nutrition and application of fluoride and other prophylactic measures, must have priority over the complicated and risky therapy procedures.

By preventing oral diseases, we get a small number of carious teeth and a large number of healthy teeth.

Beautiful smile!

Healthy teeth!

Better life!

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