

Dental and Oral Health

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1. Introduction

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By good body anatomy, one of which is the anatomy of the mouth and tooth. The mouth and teeth have an important role in the mechanical process and chemical processing of food. Besides that the mouth and teeth play a very important role in communication, supports facial aesthetics, chewing, swallowing and taste¹. The oral cavity is divided into two parts by the processus alveolaris and teeth, namely the vestibule oris and the gap between the cheeks and gingiva of teeth. Posteromedial that located medial to the processus alveolaris is called the cavum oris proprium. The oral cavity is lined with the oral mucosa (tunica mucosa oris), covered by epithelium layered squamous. The front of the oral cavity consists of the front, the top and the bottom.

Periodontal tissue comes from the Greek word “peri” which means edge and “odont” which means tooth, is a tissue that surrounds the teeth and is part of masticatory function in the mouth. Periodontal tissue is a unit that supports teeth to remain fixed in place and so that the teeth remain firm in receiving pressure during the chewing process. Periodontal tissue consists of 4 different constituent components, this is in accordance with their respective functions in maintaining and helps the teeth work during the chewing process. Tooth enamel is a very important part and its function is for aesthetics, smoothing food and talking about certain vowels, especially in the front teeth. Considering the important function of tooth enamel, it is necessary understand how important it is for us to study common diseases attacks the enamel, namely dental caries. Caries is a chronic progressive hard tissue disease of teeth caused by the action of microorganisms and characterized by demineralization of hard tissue and also followed by substance damage organic ingredients which can cause destruction of tooth enamel as well dentin causing holes to appear in the teeth. Several studies mention this dental caries disease has spread throughout the world so it is a public health problematic. The 2018 Riskesdas results show that 93% of children aged 5-6-years experience dental caries, not according to WHO and FDI targets for 50% of children aged 5-6 years are caries free teeth (Ministry of Health of the Republic of Indonesia, 2018).

Gingiva is part of the oral mucosa surrounds the teeth and covers the functioning alveolar bone to protect the tissue beneath the dental appendages from oral environment. Inflammation of the gingival tissue can causes symptoms of gingivitis that can cause teeth date. Inflammation of the gingival tissue is called gingivitis. Gingivitis or inflammation of the gingiva is a condition that occurs due to inflammation of the gingiva and is characterized

by swelling and redness of the gingiva around the root of the tooth. This condition can be caused by a buildup of food waste on teeth and gingiva. The collected food residue hardens and become plaque (Nahak et al., 2020). Gingivitis that is not handled properly increases the risk of further damage continues with the teeth and gingiva. This condition can develop to periodontitis, a serious infection that can be fatal. Periodontitis can damage the teeth and bone around the gingival which becomes inflamed and causes teeth to fall out easily (Umniyati et al., 2020). In conclusion oral hygiene in dental and mouth is very important. Several problems with our teeth and mouth can occur due to lack of maintaining our oral and gingival hygiene. Awareness of maintaining oral hygiene is very necessary and important efforts to prevent dental and oral health problems the best. Prevention is better than cure (Soebroto, 2015). Maintaining healthy teeth is very important and mandatory for us to do in our daily lives. Dental health is the most important part of general health so that we can do our activities well. Dental and oral diseases can be experienced by children and adults, namely dental caries and periodontal disease. Dental and oral diseases can be prevented with one effort by consuming good food and in accordance with oral health needs. Diet food in dental health is defined for

prevent the development of a disease or type of food which can accelerate the occurrence of dental and oral diseases. Food diet recommendations are the main effort in prevent dental caries. Food diet includes controlling food in time or hour by hour, if not set in a pattern. Eating this will result in this condition beneficial for the oral flora in influencing the occurrence of oral dental disease.

2. References

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