

Don't ignore dental problems in your kids

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According to a recent survey, Indians don't take oral health as seriously as they should, even when it comes to their kids. The study revealed that while almost 35% Indians suffer from tooth sensitivity, only 20% actually take any remedial action for it. A miniscule 4% make a trip to the dentist to specifically discuss dental problems, while the rest simply avoid certain foods and drinks or eating from the side that is sensitive.

However, an overwhelming 97% of the respondents admitted that good oral health is critical for overall well-being. Some of the most common dental problems ailing people, including kids, include tooth sensitivity, staining of teeth and cavities.

Says Smriti Nair, MDS, "Young people often come to me and say they want white

shining teeth. But our lifestyle these days tends to take away shine from the teeth.

High consumption of wine, aerated drinks and citrus foods removes the enamel, leading to loss of natural whiteness. Loss of enamel also leads to other oral care problems like sensitivity."

DAILY HABITS AFFECT DENTAL HEALTH

It is important to watch out for easy warning signs. Even a dull ache in the tooth that lingers on should be checked out. If you notice your gums bleeding, don't hesitate to visit your dentist. Daily habits such as drinking too much tea/coffee or smoking can also have a detrimental effect on your teeth.

"People often tend to ignore what stress can do to oral health. It affects oral health

as much as it affects our body. People under stress tend to make lifestyle changes like smoking, consuming too much alcohol, binging on sugary foods or even grinding their teeth unknowingly, which can lead to serious oral health problems," adds Dr Mona Kakar, MDS.

Cosmetic Dentist Dr Sagar Shah says, "While 60 to 65% of the population has dental caries, an estimated 60 to 80% has periodontal diseases. A high rate of these dental diseases is seen in rural India where there is lack of proper medical attention or education. Fast food and junk food rich in carbohydrates like sugars and starchy food lead to dental cavities. Increased consumption of these refined sugars affects oral health in a negative way, especially in the younger generation."

REASONS FOR LACK OF GOOD DENTAL HABITS

- Inadequate use of fluoride products
- Lack of information and awareness about oral health hygiene
- High cost of treatments
- Non-availability of sufficient dental care experts

DENTAL ROUTINE YOU MUST FOLLOW

- Brush twice a day every morning and night
- Floss your teeth at least once a day
- Don't forget to rinse your mouth after meals
- Clean your tongue daily
- Visit your dentist at least twice a year



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