



## Oral Health and Health Professionals in 21<sup>st</sup> Century

Vipin K Dabas\*

Department of Conservative Dentistry, Springfield College of Healthcare, Canada

### Editorial

Oral health care and strategies for prevention of dental and oral diseases have come a long way in the modern era from the time of Dr. G.V. Black, the Father of Modern Dentistry. Oral and dental health care has reached beyond curative and aesthetic concerns in the modern times. The new health paradigm has raised considerable awareness regarding the need to maintain satisfactory oral and dental health in 21<sup>st</sup> century, which in turn is reflected in the overall health of individuals. Preventive and conservative dentistry has proved a landmark in the oral health care field. One of the most important and most common challenges in the prevention within the field of oral health is the control of plaque and, for that reason, the control of dental caries and gingival inflammation. Mechanical methods such as the use of toothbrush and dental floss, when applied effectively, can promote proper plaque control. Dentists and their staff play a key role in guiding and encouraging patients to perform proper oral hygiene and advising them for regularly visiting their dentists for thorough dental and oral check up.

Time and time again the importance of maintaining oral hygiene and oral health status has been underlined by WHO and various health agencies across the globe, for all the people of developed, developing and underdeveloped countries. The oral health strategies may vary but the goal remains same as- Good health for all. WHO recognizes oral health as an integral part of general health. Various oral research data have customarily emphasized that despite great improvements in the oral health status of populations across the world, problems still persist. This is predominantly so among underprivileged people in both developed and developing communities. Dental caries and periodontal diseases have historically been considered the most important global oral health burdens. Oral health and general health share universal risk factors related to diet, the use of tobacco, and the excessive consumption of alcohol. The solutions to control oral disease are to be found through shared approaches with integrated chronic disease prevention, however. Furthermore, oral diseases and conditions, including oral cancer, oral manifestations of HIV/AIDS, dental trauma, craniofacial anomalies, and other disorders, all have broad impacts on oral health and well-being. The significant role of socioeconomic, socio-behavioral and environmental factors in oral disease and health is demonstrated in a large number of epidemiological surveys. Dental caries is still a major oral health problem in most industrialized countries, affecting nearly 60% to 90% of schoolchildren and the vast majority of adults as well. It is also a most prevalent oral disease in several Asian and Latin American countries, while it appears to be less frequent and less severe in most African countries, may be due to dietary conditions. The current model of dental caries reflects primarily distinct risk profiles across countries such as living conditions, lifestyles and environmental factors as well as outcome of implementation of preventive oral health systems.

While in some industrialized countries there has been a positive trend of reduction in tooth loss among adults in recent years, the proportion of edentulous persons amongst the elderly is still high in some countries. The incidence of dental caries may increase in the near future in many developing countries of Africa, particularly as a result of growing consumption of sugars and not enough exposure to fluorides. In many developing countries, access to oral health services is limited and teeth are often left untreated or are extracted because of pain or discomfort. Tooth loss and impaired oral function are therefore expected to grow as a public health problem in many developing countries.

We as Health professionals across the globe are responsible for promoting disease prevention, minimizing risks and creating favorable conditions that enable our patients to achieve and maintain oral and dental health. Likewise, patients also need to be educated regarding their role in oral and dental health care. This robust, reciprocal and responsible relationship will be reflected in the definite positive outcomes so far as the oral and dental health of the mass is concerned.

### OPEN ACCESS

#### \*Correspondence:

Vipin K Dabas, Department of Conservative Dentistry, Springfield College of Healthcare, Mgmt. & Tech #19- 1 Bartley Bull Parkway, Brampton, ON L6W3T7, Canada, Tel: 1-905-216-1600;

E-mail: [director@springfieldcollege.ca](mailto:director@springfieldcollege.ca)

Received Date: 20 Jun 2017

Accepted Date: 30 Aug 2017

Published Date: 07 Sep 2017

#### Citation:

Dabas VK. Oral Health and Health Professionals in 21<sup>st</sup> Century. *J Dent Oral Biol.* 2017; 2(12): 1079.

ISSN: 2475-5680

**Copyright** © 2017 Vipin K Dabas. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.