- Dental care

IMPORTANT HABITS FROM A YOUNG AGE

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DENTAL health is one of the most important aspects of daily life that is often overlooked. Healthy teeth not only provide an attractive smile but also play a vital role in the process of food digestion and in maintaining overall oral health.



Tooth damage, such as cavities (tooth decay) and gum disease, often occurs due to neglect of proper dental care practices. Therefore, it is very important to maintain dental health from a young age so that we can prevent more serious dental problems in the future.

One of the most basic and effective ways to preserve teeth is by maintaining oral hygiene. Brushing your teeth twice a day, in the morning and at night before going to bed, is an essential practice that should not be taken lightly. Using toothpaste that contains fluoride can help strengthen tooth enamel and prevent tooth decay. Fluoride works by fighting the acids produced by bacteria in the mouth, which can damage enamel and lead to tooth decay. In addition, it is important to brush teeth properly. Using the correct technique, such as brushing in gentle circular motions and not applying too much force, can prevent damage to the gums and enamel. Besides brushing, the use of dental floss is also a very important step in maintaining cleanliness between the teeth. Many people are unaware that the spaces between teeth are breeding grounds for bacteria that often cause cavities. Therefore, flossing daily can help remove trapped food particles and plaque that cannot be reached by a toothbrush.

In addition to maintaining oral hygiene, practising a healthy diet also plays a crucial role in preserving dental health. Foods rich in calcium, such as milk, cheese, and yogurt, help strengthen teeth and maintain healthy gums. Calcium is a key component in forming strong tooth enamel. Moreover, vitamin D is also important as it helps the body absorb calcium more effectively. Fibre-rich foods such as vegetables and fruits also help clean teeth naturally and stimulate saliva production, which protects teeth from damage.

Furthermore, for adults, avoiding bad habits such as smoking and nail-biting is also important in maintaining healthy teeth and gums. Smoking can damage the gums, increase the risk of gum disease, and cause teeth to become yellow and more prone to damage. Meanwhile, biting nails or other hard objects can damage teeth, causing cracks or even breakage. Therefore, there should be greater awareness to avoid these habits that can negatively affect dental health.

Regular dental check-ups are also an important step in maintaining healthy teeth. It is recommended that every individual undergo a dental check-up at least twice a year. During these visits, the dentist can detect dental problems such as cavities, gum infections, or other oral diseases that may not yet show symptoms. With early treatment, dental issues can be managed more effectively and the risk of more serious problems in the future can be reduced.

Maintaining healthy teeth is not difficult if we practise the right preventive measures from a young age. Keeping teeth clean, maintaining a balanced diet, avoiding bad habits, and undergoing regular dental check-ups are the key factors in ensuring lifelong dental health. With proper care, we can prevent tooth damage and enjoy a healthy and beautiful smile for many years to come.