



Oral Health is Systemic Health

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- Hello, Palate, my name is tongue.
- Hi tongue, nice to meet you.
- No, the pleasure is mine.

Serve as a dentist's day (Saint Apollonia Day) to reflect on some principles, and not just talk about teeth outside. The mouth is local, oral is global. A mouth (Latin Bucca) is just an opening, and mouth is an adjective to refer to everything related to a mouth. Organically, the mouth is a body cavity that goes from the lips, cheeks, teeth, gums, tongue, palate, and could well be delimited to the post-pharyngeal space. Bucca is adjective and synonymous with opening, the origin of bite, buccal, hole, and ball. It is related to the b-e-u root, inflame, swell, and boil. The act of putting candy in the mouth only determines the experience of tasting candy in a local space, but with various local and general effects.

Oral is a systemic concept of global extension

Oral is an adjective that comes from late Latin (os, oris, oralis, orale) used initially to refer to the orifice or oral region, initially used in medicine and later to refer to the spoken word. Orality is the systemic mode of verbal communication through sounds produced by the human voice, therefore, speaking is an oral aspect of language, and we do not speak with our mouths. We could open our mouths and a single word could not come out until we connect the tongue with the brain. So then talk, eat, suck or blow are examples of systemic actions that we develop from the oral cavity. The only oral tradition refers to cultural expressions that are spoken in a generation from generation to generation with songs, stories, myths, and legends, all of which are reflections of a systemic expression based on knowledge, experience, and education. All this is not stored in the mouth; it is in the brain, in our mind, in memory. Our body is not divided, but in a lot, and in everything it is systemically connected, and the oral cavity gives principles for a global connection with various physiological functions.

Today we frequently find topics about artificial intelligence, emotional intelligence, and even intestinal intelligence. Intelligence is not only measured by the IQ, today it is considered much more important to have a high emotional coefficient, and this has wide application in our area of health. But this would be a good topic for another occasion.

The oral route; the prescription of medication is a medical act if what enters through the mouth is a pill prescribed for an infection in the distal root of a second molar, the route of administration is oral. This pharmaceutical form is not left in the mouth, the pill is swallowed (with enough water) and its enteric coating has a simple colonic release system, so pharmacokinetics and pharmacodynamics will let the systemic action act until it reaches the affected dental organ. The small mass of solid medicine to be swallowed whole.

We well know that what happens in the mouth does not stay in the mouth, such is the case, that ingested food would be of little use if the nutrients and other components of the food did not have the capacity to interact or even modulate so many organic functions of systemic order. Now we also understand how the components of the diet influence the expression of genes that modulate various physiological responses in systemic action to the food we eat (Nutrigenomics). Chewing, salivation, swallowing, and digestion is a physiological expression, therefore it is a systemic function that begins in the oral cavity. Leaving food in the mouth would be of little use. We understand that the oral is local and the oral is systemic and therefore global.

Oral connection - Systemic

So health. Health (from Latin *salus*, -*utis*) is a state of total well being, and well-being is being well of everything, it is a concept related to the good state of people. "Health is the state of complete physical, mental and social well-being and not just the absence of illness or disability." This quotation is taken from the Constitution of the World Health Organization, which was adopted by the International Health Conference, held in New York City (June 19 to July 22, 1946), and was signed on July 22 1946 by representatives of 61 States (Official Records of the World Health Organization, No. 2, p. 100). It entered into force on April 7, 1948, and this definition has not been modified since 1948.

The new definition of health: Recently in Mexico, Michael Glick spoke about the new definition of oral health, which was overwhelmingly approved at the 2016 IDF General Assembly. This definition is key to the strategic and promotional plan with Institutional Vision for 2020. The definition, together with a complementary framework, creates an opportunity for the dental profession to reflect on what oral health encompasses and what are the implications of this definition for Clinical practice and health policies.

"Oral health is multifaceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow and transmit a variety of emotions through facial expressions with confidence and without pain, without discomfort or disease of the craniofacial complex."

It is worth emphasizing that in the definition of the FDI it refers to "oral health" (not "dental-mouth health"), and proposes a common understanding of oral health to:

1. Clearly position oral health within general health;
2. Demonstrate that oral health affects general health and well-being;
3. Raise awareness about the different dimensions of oral health and how they change over time;
4. Empower people by acknowledging how values, perceptions, and expectations impact oral health outcomes.

Conclusion

The oral diseases relationships have with systemic conditions (bidirectional relations). The dentist should not only see teeth. Before thinking of dental restoration, we must think of a homeostasis restoration. Health is not anatomical, it is a systemic function. Oral health is very important in global health. Oral Health Care is a whole new language with a new global vision.

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