



Is Tooth Loss Avoidable or Not

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We all are concerned with oral health maintenance but no one thinks that despite brushing regularly and flossing alone is not sufficient for retaining healthy teeth. Most individuals consume fast foods which are responsible for decreasing the masticatory efficiency of teeth, thereby decreasing oral health maintenance. Also it results in progressive loss of teeth. Studies suggest that loss of one tooth typically molar (maxillary or mandibular) result in transposition and flaring of remaining teeth in the oral cavity. This causes malocclusion and increases chances of periodontal diseases and dental caries. Dental caries is a common pathway for causing pulpitis and finally tooth loss. Periodontal diseases too result in gingival recession and tooth mobility. Hence we should try to preserve as many natural teeth as possible. We must aim to consume rough and fibrous food in our daily routine diet. Every effort should be made to avoid fast food and soft drinks as they are the biggest threat to our oral health. Both clinicians and individuals should do a collective effort for the preservation of teeth by routine dental checkups, imparting dental education and consuming coarse, fibrous and healthy diet.

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