



Symptoms of Dental Problems

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COMMENTARY

Toothache affects teeth and gums. It may include toothache, chewing gum, tooth sensitivity, discoloration, redness or swelling of the gums, receding or bleeding gums, loose teeth, broken or broken teeth, and loose or missing teeth. Dental symptoms are usually caused by tooth decay, infection, inflammation or injury. However, malnutrition, certain types of cancer, and hereditary disorders can also contribute to these symptoms. Tooth decay is an ongoing process. Bacteria that are naturally present in the mouth combine with saliva and food particles to form crust. Bacteria produce acid when they break down food, especially those that contain sugar and starch. The acid erodes on the enamel, a strong area that protects the teeth. Sensitivity and pain can be caused by tooth decay. Tooth decay can lead to cavities. Left untreated, cavities can cause painful abscesses and teeth.

Plaque can contribute to inflammation of the gums (recurrent inflammation of the gums) and periodontitis (gum disease). At first the damage is repaired, but as the gums begin to shrink, plaque and tartar (hard plaque) can penetrate the gaps between the teeth and gums, spreading the disease to the arteries and the supporting bone. This is a common cause of tooth loss in older adults. Injuries, such as cracks or broken teeth, are other possible causes of dental and abscesses. This may be associated with heavy brushing, gastroesophageal reflux disease (GERD), and bulimia. Pain in the mouth and teeth may also come from other sources, such as sinuses or ear infections. The pain

of a heart attack can include the jaw. Along with symptoms such as cold sores, jaw and mouth pain are often symptoms of depression. Depression can contribute to many physical and mental problems. And your dentist can help you identify the source of jaw discomfort, often caused by simple and incurable conditions such as toothache, sinus problems, or gum disease. Brushing in the morning and before bedtime alone will not be enough to ensure that your oral health is in good condition. Like everything else, you have to spend some money on your dental needs. Get your teeth checked and cleaned regularly. These can be simple steps but reduce the risk of developing dental problems that could lead to something worse.

Dental problems can be prevented and completely avoided if you are responsible for your oral health. If you take hours a day at the gym to maintain your figure, you should show the same dedication to clean your mouth. Keeping your oral health strong by staying away from foods that contribute to the formation of plaque is a step toward maintaining your fitness. Also, if you notice any discomfort with your oral health, it is always best to consult your dentist to prevent it early. Ignore small growths, persistent mouth sores, teeth or something as simple as bad breath. Prevention is better than cure.

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CONFLICTS OF INTEREST

None.