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Effect of lifestyle in oral health pattern

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Abstract
Socialization is acquired through education, the media, and social interactions with parents, friends, siblings, and peers. Additionally, it affects health, as evidence of various modern health problems, like drug addiction, coronary heart disease, and cancer, has been discovered in emerging countries and elsewhere, with people of lower sociodemographic status more likely to engage in harmful oral health habits. In order to learn more about how lifestyle decisions impact oral health, an attempt is made to review the literature.

Keywords: Tobacco, lifestyle, and oral health

Introduction

People's overall health, including their oral health, is affected by their social status and way of life (Baskaradoss *et al.*, 2019). The phrase "lifestyle" is broad, covering actions and mentalities (Pishchik, 2020). According to Raphael, most Canadians accept that individual factors, including heredity, access to medical care, and lifestyle choices, are decisive in determining one's health and illness (Raphael, 2017) [1].

Oral diseases are closely linked to lifestyle. Dental health encompasses the likelihood of making healthy choices in relation to diet, smoking, tobacco, oral hygiene and utilization of dental health services [2].

Routine habits that affect oral health

1. 1.Use of tobacco, tobacco products and alcohol include compounds that are damaging to oral health, frequent use of these substances causes overall oral health problems.
2. Bacteria buildup in the mouth is a result of poor dental hygiene.
3. The teeth lose their shape and structure when they are clenched and ground, taking part in sports without wearing oral protection gear.
4. Eating poorly-balanced meals, such as those heavy in sugar, these meals result in oral diseases like tooth decay, cavities, and more [3].

Oral diseases and oral health behaviour

Marketing of food and beverages high in sugar, as well as tobacco and alcohol, have led to a growing consumption of products that contribute to oral health conditions and other NCDs.

Dental caries (tooth decay): Dental caries results when plaque forms on the surface of a tooth and converts the free sugars (all sugars added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and fruit juices) contained in foods and drinks into acids that destroy the tooth over time.

Periodontal (gum): Disease the disease is characterized by bleeding or swollen gums (gingivitis), pain and sometimes bad breath. The main risk factors for periodontal disease are poor oral hygiene and tobacco use.

Oral cancer

Oral cancer includes cancers of the lip, other parts of the mouth and the oropharynx and combined rank as the 13th most common cancer worldwide. Tobacco, alcohol and areca nut (betel quid) use are among the leading causes of oral cancer.

Cleft lip and palate

Orofacial clefts, the most common of craniofacial birth defects, have a global prevalence of between 1 in 1000–1500 births, with wide variation in different studies and populations [4]. Genetic predisposition is a major cause. However, poor maternal nutrition, tobacco consumption, alcohol and obesity during pregnancy also play a role [5].

Diet and oral health

Diet plays a pivotal role in maintaining oral health. Nutrients in food not only contribute to overall bodily health but also affect the health of the teeth and gums. Diets high in sugars and carbohydrates increase the likelihood of tooth decay, as these foods provide fuel for harmful bacteria in the mouth that produce acids, leading to enamel erosion [6].

Frequent snacking, particularly on sugary or starchy foods, gives bacteria more opportunities to produce these acids, exacerbating the risk of cavities. Conversely, a diet rich in fruits, vegetables, dairy products, and lean proteins can have a positive effect on oral health. Calcium and phosphorus, found in dairy products, are essential for the remineralization of tooth enamel, while vitamins A, C, and D help maintain healthy gum tissue [7].

Tobacco use and oral health

The use of tobacco, whether smoked or chewed, has a profoundly negative effect on oral health. Smoking is strongly associated with an increased risk of periodontal disease, which can lead to tooth loss if left untreated. (8)

The chemicals in tobacco products contribute to the formation of plaque and tartar on the teeth, which harbor

bacteria that cause gum disease. Furthermore, tobacco use reduces blood flow to the gums, impairing the healing process and making the gums more susceptible to infection. Chewing tobacco also poses a significant risk to oral health, as it can cause gum recession, tooth decay, and an increased likelihood of developing oral cancer [9]. Studies have shown that individuals who use tobacco are at a higher risk for developing oral **lesions** and cancers of the mouth, tongue, and throat [10].

Alcohol consumption and oral health

Excessive alcohol consumption is another lifestyle factor that negatively impacts oral health. Alcohol can lead to dry mouth, a condition known as xerostomia, which reduces the mouth's ability to wash away food particles and neutralize acids [11]. This lack of saliva can promote the growth of harmful bacteria and increase the risk of tooth decay, gum disease, and bad breath. Moreover, alcohol's high acidity can erode tooth enamel, making teeth more susceptible to decay and sensitivity [12].

Long-term alcohol use also increases the risk of oral cancers, particularly in combination with tobacco use. Alcohol itself can act as a carcinogen, and when combined with smoking, the risk of developing oral cancers becomes substantially higher [13].

Stress and oral health

Stress is another lifestyle factor that has a significant impact on oral health. Chronic stress has been linked to a variety of oral health problems, including bruxism (teeth grinding), temporomandibular joint disorders (TMJ), and periodontal disease. Teeth grinding, often associated with anxiety or stress, can lead to tooth wear, fractures, and jaw pain [14]. Prolonged grinding can also cause the gums to recede and contribute to the development of cavities.

Additionally, stress can weaken the immune system, making the body less able to fight off infections, including those that affect the mouth. Stress-related behaviors, such as smoking or consuming unhealthy foods, can further exacerbate oral health problems [15].

Sleep pattern and oral health

Sleep is an essential component of good health, and inadequate sleep can have a significant impact on oral health. During sleep, the body repairs and regenerates tissues, including those in the oral cavity. Poor sleep quality or sleep deprivation can impair the body's ability to repair damaged tissues and maintain oral health.

In addition to this, sleep disturbances such as sleep apnea can directly affect oral health. Sleep apnea is often associated with bruxism, as individuals may grind or clench their teeth while sleeping [16].

Conclusion

Lifestyle variables have a significant impact on oral health; nutrition, alcohol and tobacco use, physical activity, stress, and sleep patterns are just a few examples. People can lower their chance of getting oral diseases and enhance their oral health by making educated decisions and forming healthy behaviors. Healthcare professionals are essential in helping patients understand the link between lifestyle choices and oral health as well as in offering treatment and preventative techniques. In the end, maintaining healthy teeth and gums throughout life requires a holistic approach to health that takes into account both dental and general well-being.

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