

Housing Channels

Title : Oral health is closely related to overall health

Super	Housing Channels
Super	Oral health is closely related to systemic health
Super	Oral health has a close relationship with bodily health
VO	Oral and systemic diseases are caused by a range of modifiable risk factors
Super	Sugar consumption, Smoking habits, Alcohol use, Insufficient or ineffective oral hygiene habit
VO	Including sugar consumption, smoking habits, alcohol use, and insufficient and inadequate oral hygiene habits.
Super	Obesity, Diabetes, Cardiovascular diseases
VO	These risk factors also affect a variety of health conditions, such as obesity, diabetes, cardiovascular disease, etc.
Super	Good oral health can effectively prevent many oral and systemic diseases
VO	By targeting common risk factors, a variety of oral and systemic diseases can be prevented effectively.
Super	Periodontal disease, Diabetes, Increases the risk of Diabetes
VO	In particular, periodontal disease and diabetes have a bidirectional relationship and each may aggravate the other's condition.
Super	How to prevent periodontal disease and oral diseases?
VO	So how can we prevent periodontal disease
Super	Brushing twice a day and cleaning the gaps between teeth Regular dental checkups Quit smoking and avoid alcohol consumption
VO	First, brush your teeth properly twice a day and clean between your teeth with dental floss and interdental brushes. Second, have a regular dental checkup at least once a year. In addition, quit smoking and drinking and develop healthy lifestyle habits.

VO

Finally, remember that taking good care of your oral health is taking care of your general health!