



What You Need To Know About Oral Health

A good health begins in the mouth.

Good oral hygiene (including the teeth and gums) is the main way to maintain good oral health, prevent cavities, gingivitis, periodontitis and tooth loss, in addition to keeping overall well-being and good appearance.

Lack of oral hygiene predisposes to the occurrence of cavities and dental plaque, which can trigger gingivitis, an infection of the gums. When this infection worsens, it is called periodontitis, a severe infection that affects supporting tissues and teeth, leading to swelling, redness and bleeding of the gums, periodontal pockets, bone loss and, finally, to tooth loss.

Prevention is the best way to keep oral health, avoiding problems that could lead to toothache and the need for expensive and painful treatments.

Daily hygiene routine must include:

- Brushing your teeth after every meal and flossing them at least once a day.
- Using fluoride toothpaste and mouthwash (as recommended by your dentist).

Oral health and lupus

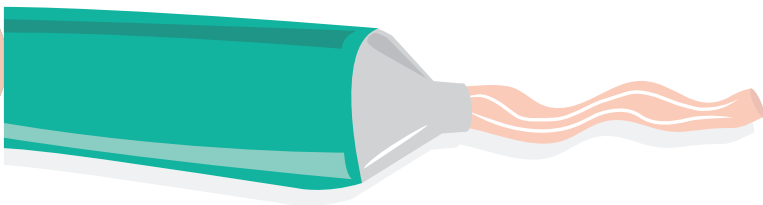
Periodontitis has been recently associated with rheumatic diseases ("rheumatisms"), including systemic lupus erythematosus. These patients present an increased risk of oral bacteria growth, and earlier development of gingivitis and periodontitis. These chronic infections, on the other hand, may trigger the immune system, leading to a more active and treatment resistant lupus.

Adopting frequent dental brushing, proper flossing and early treatment of gingivitis and periodontitis may help in the treatment of lupus.

There are only benefits!

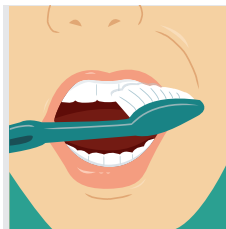
- Good appearance of mouth and face.
- Prevention of cavities, plaque, gingivitis and periodontitis.
- Reduction of immune stimuli (which could worsen lupus).

And you? Have you brushed your teeth today? Have you already flossed them?

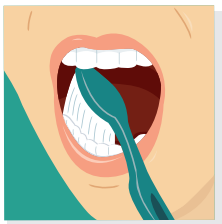


The proper brushing technique is to:

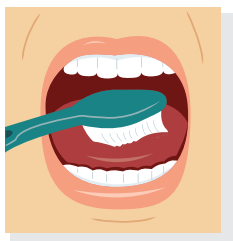
Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline. Gently brush the outer tooth surfaces of 2-3 teeth using vibrating back, forth and rolling motion.



Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

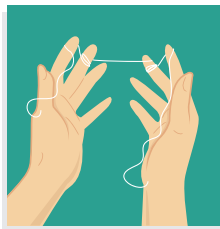


Carefully, brush your tongue, in order to remove bacteria and purify your breath.



The proper flossing technique is to:

Use 40 cm of floss, keeping two to three cm length of floss taut between fingers.



Gently, guide the floss between the teeth by using a zig-zag motion. Contour floss around the side of the tooth, making a C shape with the floss as you wrap it around the tooth.



Slide floss up and down against the tooth surface and under the gum line, but be careful not to force floss hardy into your gum.

