



Understanding Oral Diseases and their Treatments

Xi Yang*

Department of Abdominal Tumor Treatment, Sichuan University, China

INTRODUCTION

Oral diseases encompass a wide range of conditions affecting the oral cavity, including dental caries, periodontal disease, and oral cancers. This article explores the causes, symptoms, and treatment options for these common oral diseases, emphasizing the importance of early detection and prevention in maintaining oral health. Oral health is a crucial aspect of overall well-being, impacting not only the ability to eat, speak, and socialize but also influencing systemic health. Oral diseases, which include dental caries, periodontal disease, and oral cancers, affect millions worldwide and can lead to significant discomfort and complications if left untreated. Understanding the nature of these diseases and their treatment options is essential for both patients and healthcare providers [1,2].

DESCRIPTION

Dental caries, commonly known as tooth decay, is caused by the demineralization of tooth enamel due to acids produced by bacteria that feed on sugars and carbohydrates. Symptoms include tooth sensitivity, pain, and visible holes or pits in the teeth. Professional fluoride applications can help re-mineralize early-stage carious lesions. For more advanced decay, the affected area can be removed and filled with materials like composite resin, amalgam, or glass ionomer. If the decay extends to the pulp, a root canal may be necessary to remove infected tissue and seal the tooth. Severely decayed teeth may require crowns for structural support after decay removal. Periodontal disease encompasses conditions affecting the supporting structures of the teeth, including gingivitis and periodontitis. Poor oral hygiene leads to plaque accumulation, which can cause inflammation of the gums. Symptoms include swollen gums, bleeding during brushing, bad breath, and, in advanced cases, tooth mobility. This deep cleaning procedure removes plaque and tartar from below the gum line and smooths the root surfaces to promote healing. In some cases, systemic or localized antibiotics may be prescribed to control

bacterial infection. Advanced periodontal disease may require surgery, such as flap surgery or bone grafting, to restore supportive tissues. Regular dental cleanings and good oral hygiene practices are essential to prevent recurrence. Oral cancer can arise in various parts of the oral cavity, including the lips, tongue, and throat. Risk factors include tobacco use, excessive alcohol consumption, Human Papilloma Virus (HPV) infection, and a history of sun exposure [3,4]. Early symptoms may include persistent sores, lumps, difficulty swallowing, and changes in voice. Surgical removal of cancerous tissue is often the first line of treatment, aiming to achieve clear margins. This may be used post-surgery to target remaining cancer cells or as a primary treatment in cases where surgery is not feasible. Systemic chemotherapy can be employed for more advanced cancers, either in conjunction with surgery or as palliative care. Newer treatments focus on specific cancer cell characteristics, aiming to minimize damage to healthy tissue. Preventive measures are vital in reducing the incidence of oral diseases. Regular dental check-ups are essential for early detection and management of oral health issues. Patients should practice good oral hygiene, including brushing twice daily, flossing regularly, and using mouthwash. A balanced diet low in sugars and rich in vitamins can also support oral health.

CONCLUSION

Oral diseases significantly impact individual health and quality of life. Understanding the causes, symptoms, and treatment options for conditions like dental caries, periodontal disease, and oral cancer is crucial for effective management. Early detection and preventive measures are essential in combating these diseases, underscoring the need for regular dental visits and public awareness campaigns. By prioritizing oral health, individuals can improve not only their oral well-being but also their overall health.

ACKNOWLEDGEMENT

None.

Received:	30-July-2024	Manuscript No:	IPOM-24-21833
Editor assigned:	01-August-2024	PreQC No:	IPOM-24-21833 (PQ)
Reviewed:	15-August-2024	QC No:	IPOM-24-21833
Revised:	20-August-2024	Manuscript No:	IPOM-24-21833 (R)
Published:	27-August-2024	DOI:	10.36648/ipom.8.4.39

Corresponding author Xi Yang, Department of Abdominal Tumor Treatment, Sichuan University, China, E-mail: yangxi0073@163.com

Citation Yang X (2024) Understanding Oral Diseases and their Treatments. J Ora Med. 8:39.

Copyright © 2024 Yang X. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

REFERENCES

1. Weerasuriya S, Kularatna S, Rohde A, Arrow P, Jamieson L, et al. (2023) Comparison of the Early Childhood Oral Health Impact Scale (EOHIS-4D) and Child Health Utility Index (CHU-9D) in children with oral diseases. *Comm Dentistry*. 52(2):224-231.
2. Castrejon RC, Jimenez A, Bernabe E, Romero AR, Arrive E, et al. (2017) Oral disease and 3-year incidence of frailty in Mexican older adults. *J Gerontol A Biol Sci Med Sci*. 72(7):951-957.
3. Cecoro G, Annunziata M, Iuorio MT, Natri L, Guida L, et al. (2020) Periodontitis, low-grade inflammation and systemic health: A scoping review. *Medicina (Kaunas)*. 56(6):272.
4. Cagir Y, Durak M, Simsek C, Yuksel I (2024) Specific oral manifestations in adults with Crohn's disease. *J Clin Med*. 13(13):3955.