

## Oral health is important for general health

**M. A. Soofi**

College of Community Medicine, Pakistan

Dental diseases are being caused by various types of micro-organisms in small not be seen by our naked eyes. The microorganisms were discovered by Anton Van Leeuwenhoek, with his design microscope. They are of various types, bacteria fungi some are unicellular and some are multicellular. Some grow in oxygen and some grow without oxygen, some are G + and some are G negative. Dental Surgeon deals with such type of oral health, as Dental Surgeon are protector of Oral Health which is essential for general health for process of mastication with healthy teeth. Our society and children are mostly suffering from gingival inflammation and dental decay, caused by the activity of dental plaque. Dental Plaque is a collection of microbial community of all kinds found on the gingival margin and on teeth surface; of course it is emloged in mastrix of polymers of bacteria and salivary secretion. This plaque, if not removed regularly, effectively in proper way, it becomes hard and calcified termed as 'calculus'. If the patient is not regular, or not motivated by proper person, the disease of gingival orgin stands appearing with bleeding of gums and later on it becomes periodontal disease. In the beginning disease is called gingivitis but if is neglected it became periodontics and last stage is advance periodontics. Similarly, those who take sweets plaque produces lactic acid by lactobacilli on food and on teeth, on the pits and fissure surface of teeth. It changes the pH of the mouth and disintegrates the cells of enamel surface to form a pit or cavity.

[ahmersoofi@hotmail.com](mailto:ahmersoofi@hotmail.com)