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Editor Desk

From the desk of Editor- in-Chief....

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Despite being a crucial component of overall health, oral health is sometimes disregarded. In addition to preventing dental issues like cavities, gum disease, and bad breath, maintaining proper oral hygiene is essential for safeguarding overall health. Poor dental hygiene has been connected in studies to major illnesses like diabetes, heart disease, and respiratory infections.

Simple daily habits like brushing twice a day with fluoride toothpaste, flossing frequently, and eating a balanced, sugar-free diet are the first steps in raising awareness about oral health. For the early detection and treatment of oral illnesses, routine dental examinations are equally crucial.

People can be effectively educated about preventative care through public awareness campaigns, school dentistry camps, and community-based oral health programs. A foundation for long-term dental health can be laid by encouraging kids to form good oral habits from a young age.

In the end, awareness is the precursor to action. We may get closer to a society where everyone values and keeps a healthy smile by educating people and encouraging preventive care.

A healthy life is built on having good dental health. Frequent dental examinations, brushing, and flossing help avoid gum disease and tooth decay, guaranteeing a healthy smile and general wellbeing. Raising awareness of oral health issues motivates communities to prioritise preventive treatment and embrace good practices for a better, happier future.

Your's:

Dr. Himanshu Aeran

Editor-in- Chief

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