
The Crisis of Dental Health: A Silent Epidemi



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Dental pain has emerged as a widespread health concern, affecting both children and the elderly.

Despite its prevalence, oral health is often neglected in our society. The primary causes are a lack of awareness regarding oral hygiene maintenance, incorrect brushing techniques, and a general disregard for daily dental care routines.

The Role of Diet and Harmful Habits

A significant contributor to this crisis is the high consumption of sugary foods and harmful substances, including sweets, candies, carbonated drinks, and tetra-packed juices.

In our social context, the frequent use of tobacco, Chalia, Pan, and cigarettes further worsens the situation, leading to calculus buildup and severe infections. When sugar is consumed, it triggers an acid attack in the mouth. Frequent snacking keeps teeth exposed to harmful acids, increasing the risk of tooth decay, unhealthy gums, abscesses, and chronic periodontal diseases.

Systemic Health: Beyond the Mouth

Poor oral health is not limited to dental problems; it can also affect overall physical and mental well-being. Excessive sugar consumption is associated with health concerns including diabetes, obesity, and hypertension.

Research has highlighted the relationship between oral bacteria and heart health. Poor dental conditions may also affect mental clarity, daily comfort, confidence, and overall quality of life. In children, excessive sugar intake may contribute to behavioural changes such as hyperactivity and irritability.

What Problems Could Poor Dental Health Cause?

Neglected dental health can lead to serious oral complications, including tooth decay, gum diseases, infections, abscesses, and chronic periodontal problems. These conditions may affect

eating habits, speech, confidence, and general well-being.

Prevention and Professional Care

The first step in prevention is maintaining proper oral hygiene:

- * Brush teeth twice a day, especially before bedtime.

- * Use dental floss or interdental cleaning methods to remove food particles from areas where a toothbrush cannot reach.

- * Rinse the mouth with water after every meal, especially after tea, coffee, or milk, to help prevent bad breath.

Professional dental checkups are essential. Even mild or moderate dental pain should not be ignored. Early consultation with a dentist is the best way to avoid long-term complications and maintain healthy teeth and gums.