

Editorial Note on Dental Plaque

Nicolos John*

Head of Department, University of Health Education, Bolivia

Editorial

Plaque is a bacterial coating that accumulates on teeth on a regular basis. After you eat or drink, bacteria in plaque make acids. These acids can cause cavities and gingivitis by destroying tooth enamel (gum disease). Plaque can also form behind the gums on dental roots, causing the bones that support teeth to deteriorate. Plaque left untreated can harden into tartar, which is difficult to remove. Plaque is removed with proper oral hygiene, which includes frequent brushing and flossing. To some extent, everyone has dental plaque. Plaque is when your teeth feel fuzzy when you run your tongue over them. When germs in your mouth come into contact with sweet or starchy foods including milk, juice, soft drinks, bread, pasta, and fruit, plaque forms. Acids are released by these bacteria, which break down carbs in food and beverages. If you don't wash your teeth right after eating or drinking, bacteria, acids, and carbohydrates can combine to form plaque, a sticky, white coating.

When plaque isn't eliminated on a regular basis, it can collect minerals from your saliva and harden into tartar, an off-white or yellow substance. Tartar accumulates on the fronts and backs of your teeth near the gumline. Although diligent flossing may dislodge some tartar buildup, you'll almost certainly need to see a dentist to get rid of it entirely.

Causes

- Your mouth is a functioning ecosystem in and of itself. When you eat, drink, or breathe, bacteria and other creatures enter your body. A delicate balance is maintained in your oral ecology most of the time, but issues can occur when particular bacteria strains become overabundant.
- Bacteria feed on the sugars in carbs and sweet foods and drinks, generating acids in the process. Cavities, gingivitis, and other forms of tooth decay can all be caused by these acids.
- Plaque can cause tooth decay under your gums, where you can't see it, eroding the support for your teeth.

Symptoms

Plaque is most easily detected by a fuzzy feeling on the teeth. Other factors to consider are:

- Chronic halitosis (halitosis)
- Gums that bleed after brushing are red, swollen, and sensitive (gum disease)
- Cavities
- Periodontal (gum) disease and gingivitis

*Address for Correspondence: Nicolos John, Head of Department, University of Health Education, Bolivia; E-mail: john.n@yahoo.com

Copyright: © 2022 John N. 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.

Received: 05 February, 2022, Manuscript No. JBHE-22-55979; **Editor Assigned:** 07 February, 2022, PreQC No. P- 55979; **Reviewed:** 16 February, 2022, QC No. Q- 55979; **Revised:** 21 February, 2022, Manuscript No. R- 55979; **Published:** 26 February, 2022, DOI: 10.4172/2380-5439.100009

- Gum disease that is severe (periodontitis)
- Tooth decay and loss are two of the most common dental problems
- Infection of the teeth (abscessed tooth)

Complications

- Cavities
- Gingivitis and periodontal (gum) disease.
- Severe gum infection (periodontitis)
- Tooth decay and loss
- Tooth infection (abscessed tooth)

Treatment

Plaque is removed and tartar is prevented by good dental care, which includes brushing and flossing on a regular basis [1-5]. Your dental professional will scrape plaque and tartar from your teeth during a dental examination. Your healthcare provider may also suggest:

- Plaque is prevented from growing on the top chewing surfaces of teeth by dental sealants.
- Medication to stimulate saliva production in people who have a dry mouth.
- Fluoride treatments can help to prevent tooth decay by slowing the growth of plaque-causing bacteria.
- Antibacterial mouthwash or prescription toothpaste (chlorhexidine).
- Plaque builds in your mouth while you sleep and while you eat and drink during the day. You may keep plaque formation under control if you maintain proper oral hygiene, restrict sugary foods and beverages, and visit your dentist twice a year to have plaque carefully removed.

References

1. Mushkin, Selma J. "Toward a definition of health economics." *Public Health Reports* 73 (1958): 785.
2. Dijkhuizen, Aalt A. and Roger S. Morris. "Animal health economics." *Principle and applications, University of Sidney, Sidney* (1997).
3. Fuchs, Victor R. "The future of health economics." *J Health Econ* 19 (2000): 141-157.
4. Drummond, Michael, Greg Stoddart, Roberta Labelle, and Robert Cushman. "Health economics: an introduction for clinicians." *Ann Intern Med* 107 (1987): 88-92.
5. McPake, Barbara, Charles Normand, Samantha Smith and Anne Nolan. "Health economics: an international perspective." Routledge (2020).

How to cite this article: John, Nicolos. "Editorial Note on Dental Plaque". *J Health Edu Res Dev* 10 (2022): 09.