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HONG KONG RED CROSS

Oral Health



As the saying "Toothache is worse than a serious illness", people are afraid of pain that's why oral health should not be ignored. According to the result of Oral Health Survey from Department of Health (Hong Kong), the oral condition, dental knowledge, attitude and related behavior of Hongkongers need to be improved. This publication is going to introduce the importance of oral health to you.

Common Oral Diseases



Dental plaque & Calculus



Sensitive teeth



Periodontitis (Gum disease)



Dental caries (tooth decay)



Tooth loss

Progress of Poor Oral health

Eat frequently



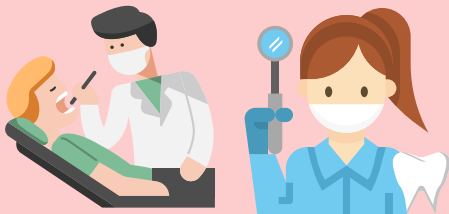
Not clean thoroughly



Dental plaque & Calculus



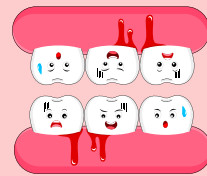
Periodontitis



Seeking treatments from a dentist is the best option for you if you are suffering from periodontal disease



Gingival recession; tooth decay; Tooth loss



Bad breath; Gingivitis; Bleeding



Common problems in each age group



Tend to delay or ignore dental treatment

Adults who suffer from dental disorder tend to pass over and take no actions until serious symptoms occurred (such as toothache that disturbed sleep), and believe that only dentists can solve the problems.

Lack of dental knowledge and misapprehension

Misunderstanding fluoride toothpaste can prevent gum diseases and can be used for teeth whitening

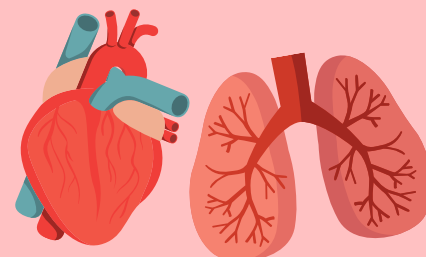
No regular check-ups

Regular check-ups cannot be replaced by daily dental cleaning, as there may be absence of obvious symptoms for tooth decay and gum disease.



Relationship between Oral Health and Chronic Diseases

Crummy oral health hygiene, which affects personal appearance, ability of swallowing and speaking, and social interaction, is the risk factor of chronic diseases as well. Recent studies pointed out that suffering from periodontitis will increase the risk of cardiovascular disease, stroke and aspiration pneumonitis. Once the bacteria of gum diseases and inflammatory substances get into circulatory system, it may encourage the development of atherosclerosis and thrombus, and lead cardiovascular diseases. If the bacteria enter tracheas and lungs, it may cause bronchus and lung disease.



Essentials of Oral Health

Daily use



Dental floss/
Interdental brush



Toothpaste
(contains fluoride)



Mouthwash

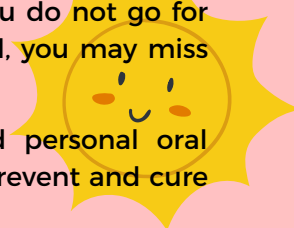


Be aware of oral health and show your sunny smile

Delaying or ignoring dental treatment can lead to deterioration of oral diseases along with greater pain. Complicated and expensive treatment, as well as tooth decay surgery are evitable.

Only appropriate dental cleaning and regular check-ups can maintain good oral health. Oral diseases may have no symptoms in early stage. If you do not go for regular check-ups until you feel unwell, you may miss the boat for treatments.

Therefore, despite the belief of good personal oral health, regular check-up is a must to prevent and cure any oral diseases before it is too late.



References :

Department of Health
Ministry of Health and Welfare
College of Oral Medicine, TAIPEI
MEDICAL UNIVERSITY

The above information
is for reference only.

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