HEALTHY TIPS

Dentists Advise: These 7 Habits Damage Our Teeth & Gums

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Without doubt, if we want a good overall health, we also need to pay attention to our oral health, that is, the state of our teeth and gums. Poor oral health care contributes to bacteria accumulation, especially around the gum lines, which is the ideal surrounding for bacteria.

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In order to take good care of your teeth and prevent diseases, you need to brush the teeth two to three times per day, as well as floss. Otherwise, you're risking oral health problems like gingivitis, gum disease,

loss of teeth, as well as a higher risk of cardiovascular illness.

But, a lot of people have certain habits that they have no clue are damaging their oral health. Below, check out 7 of these habits you should stop doing as soon as possible.

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7 Habits that Are Worsening Your Oral Health

- **Nail biting**

When you bite your nails, your fingers are constantly in your mouth; however, the hands are known to accumulate a large amount of bacteria, especially in the area under the nails. Unfortunately, these bacteria end up in your mouth and may cause problems. Also, when you're biting your nails, you can damage or chip your tooth or gums.

- **Opening things with your teeth**

Our teeth are there to help us chew food- they are in no way meant to be a bottle opener, a scissor or a knife! Sometimes, a lot of people use them to open up bottles or to crack nuts; however, this puts us at a higher risk of chipping or even tooth breakage.

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- **Chewing tobacco**

Tobacco has been associated with a higher risk of oral cancer and gum disease in studies. Also, tobacco chewing can permanently stain the teeth and cause other complications.

- **Oral piercings**

Having a lip, tongue or cheek piercing may be the trendiest thing today, especially among young people; however, these piercings, according to the CDA, can injure your adjacent teeth and mucosa, as well as cause tooth fracture, tooth loss, and gum recession.

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- **Excessive sugar intake**

The more sugar you consume, the higher the presence of bacteria in your mouth. Moreover, sugar consumption also increases the bacteria and toxin levels in other body parts.

- **Teeth grinding and jaw clenching**

If you have any or both of these problems, it is important to consult your dentist for treatment. This can put you at a higher risk of jaw misalignment and teeth deterioration, as well as jaw ache and headaches.

- **Eating too many acidic foods**

High intake of acidic foods like oranges, limes, lemons, etc. can damage the tooth enamel- this is the outer layer of your teeth that protects them from oral illnesses and cavities. Balance the consumption of these foods to prevent this from happening.

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