



4 Keywords for Good Oral Health

Biting

Saliva

Tongue

Jaw

Protecting your mouth involves not only protecting your teeth.

There are other very important points such as Biting, Saliva, Tongue and Jaw!

Did you know that oral health impacts your general health condition?

We will now explain each of the keywords.

Please check how oral health can affect your whole body!

Key word 1

Biting

Chewing 30 !

Chewing well stimulates the satiety center and prevents overeating.

Chewing 30 means you should chew each bite you take 30 times. If you chew many times, you will salivate a lot and healthy teeth are very important to chew firmly.

Remember to brush your teeth carefully.

Eat well with healthy teeth and body!

Key word 2

Saliva

Self cleaning function

More than 90% of saliva is water.

Saliva helps wash away muck and bacteria from your mouth. It also prevents your teeth from staining.

Salivary pH

Saliva reduces bacterial growth which also helps prevent bad breath.

Stress and Saliva

When you are tired or stressed, your oral environment is also affected.

Key word 3

Tongue

Smell of your breath is affected by the state of your tongue

Your tongue can easily become furry, which causes bad breath. The tongue is a very delicate tissue, so you need to be very careful when cleaning it. Use a tongue brush to gently stroke from the back to front. The point is to do it lightly so as **not to brush with too much force.**

Key word 4

Jaw

Are you clenching your teeth?

The upper and lower teeth are usually spaced apart a little. Regular contact between your teeth can cause pain in your jaws and your entire body.

TMJ disorders

Do you know about temporomandibular joint (TMJ) disorders? Jaw pain interferes with daily life. For more information, please see a dentist.