

Brushing teeth case study samples

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This paper discusses brushing our teeth, its health benefits and how it may affect our daily lives in both simple and complex ways. Teeth brushing is a simple hygienic process that is routinely done, mostly after waking up in the morning or after every meal. It involves using a tooth brush and tooth paste to clean teeth. The concept behind it is simply for hygiene purposes. People are encouraged to brush their teeth after every meal. Due to the nature of daily activities in school and places of work, it is difficult to brush teeth after every meal. However, that should not deter people from brushing their teeth. Technology has led to the invention of tooth powder as an alternative to toothpaste, which is recommended for people who have sensitive teeth. Other inventions that have come up include electric toothbrushes and liquid toothpaste.

Different dentists have different opinions about how to brush teeth. However, all of them are based on cleaning all parts of the mouth and teeth from all angles. Brushing teeth has several purposes and advantages which include; ethically; it is important to have a mouth that does not produce bad breath, brushing teeth helps in reducing bad breath. It is a bad experience when people avoid having a conversation with a particular person because of bad breath. It is, therefore, both beneficial to an individual and the whole society. Hygienically, brushing teeth helps in cleaning our mouths hence avoiding diseases. Teeth are supported by gums that are highly sensitive, they can easily be infected and are hard to treat. It is, therefore, better to prevent them from getting infected rather than treating them after they are infected. Other advantages are to avoid discoloring of teeth and removing food particles that may have stuck between the teeth. These food particles, if not cleaned may because tooth decay and eventually one will have to get <https://assignbuster.com/brushing-teeth-case-study-samples/>

rid of the affected tooth.

In the past, people were not relying on concern about brushing teeth but in the recent past it has become a routine in people's life. This has been due to advertisement by toothpaste and toothbrush companies in a bid to increase their clientele. Public awareness has also contributed; people are educated about the advantages of brushing teeth hence making it a custom in most people's lives. The development of technology, specifically the use of internet and media has been a major driving force behind this. Internet has made the world a global village; this has enabled faster and wide spread of information across people. This has enabled people to share information about how best to brush their teeth, what tooth paste and tooth brush products are the best and what products they should shun away from. Poor dental hygiene has been linked with shortened life expectancy and heart diseases.

It is important to note that brushing teeth should be made a tradition and be inculcated into a person's life from childhood. This will encourage mouth hygiene and prevention of mouth disease. Brushing teeth has no negative effects to a person if it is done properly using a good tooth brush and tooth paste. Apart from brushing teeth, other forms of teeth cleaning include; superficial polishing and cleaning, bi-annual routine cleaning, extensive "debridement" cleaning, deep scaling and root planning and advanced periodontal.