



THE IMPACT OF ORAL HEALTH ON THE POPULATION'S WELL-BEING

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INTRODUCTION

The perception of oral condition is an important health indicator, having the function of synthesizing the population's living conditions, education, cultural values and well-being. Several studies show that there is a strong influence of systemic diseases, such as coronary heart disease, stroke, bacterial endocarditis, diabetes mellitus and respiratory infection, on oral diseases (Lima et al, 2011).

Dentistry is directly linked to people's quality of life, since in addition to being a strong indicator of other diseases, it is directly linked to self-image and self-confidence. This perception of dentistry is recent, as oral health assessment and treatment planning and health actions use only the clinical conditions diagnosed by the Dental Surgeon, based on the biological parameters of the disease. However, this perception is slowly changing, directly linking oral health with quality-of-life (Bendo et al, 2014).

MATERIALS AND METHODS

A narrative literature review research was carried out, using a non-systematic or explicit search protocol. There are not many scientific works on the subject, so the search protocol was straightforward, seeking to find the best works for the development of the text.

Papers that were not in English or Portuguese, regardless of the country, were excluded from the research. The research databases used were: Scielo, Pubmed, Rev@Odonto, Elsevier, HHS. Articles from other bases were disregarded. The following keywords were used for searches in the databases: well-being, oral health, quality of life.

RESULTS AND DISCUSSION

Oral health-related quality of life is defined as impact of oral diseases on aspects of daily life that are important to patients and people, with the impacts being of sufficient magnitude, either in terms of frequency, severity or duration, to affect the individual's perception of life (World Health Organization, 1948). Also, the concepts of quality of life and health are inseparable, as one directly influences the other (World Health Organization, 1948).

Oral diseases can affect diet, communication, sleep, but also have a strong impact on the emotional and social well-being of individuals. Social interaction and self-esteem problems are common in people with oral problems, resulting in damage to the quality of life of those affected (Grath and Bedi, 2001).

All individuals must have dignified oral health conditions, allowing them to chew, speak, smile, live without pain, as well as have social relationships without any embarrassment due to their oral condition (Petersen, 2003).

Smile esthetics or dental esthetics play a very important role in quality of life, mainly related to social acceptance and self-confidence. This is mostly seen in teenagers undergoing orthodontic treatment. (Oliveira and Sheiham, 2004).



Oral conditions such as the presence of carious lesions and periodontal disease are related to a negative impact on the quality of life of adults. As these diseases develop, if not treated, they can lead to tooth loss, pain and loss of self-confidence (Lawrence et al, 2008).



Figure 1. Oral health checkup in a child
Thakur, September 18, 2019

In today's society, managed, in many cases, by marketing the personal image on social networks, always taking into account good physical appearance, oral problems can have severe impacts on a person's socialization.

Oral health has an impact not only on social quality of life, but also on a physical one, since oral problems can arise with the appearance of systemic diseases. In addition, oral problems such as caries, periodontitis, oral thrush, as well as other diseases, can cause the person to have a lot of pain, even causing the loss of teeth.

However, it should be remembered that a person's life situation also influences their oral health and well-being. Without minimum hygiene, food and work conditions, in addition to directly affecting well-being, it also affects oral health and the health of the whole body.

There is still a very consistent association between socioeconomic power and oral health quality, causing oral problems to affect mainly the most vulnerable population. Thus, the poorest population ends up being even more excluded from society and losing even more well-being and quality of life due to their oral condition.

CONCLUSION

Oral health is linked and has a great impact on people's quality of life. Oral diseases can affect the most diverse aspects of life, such as physical health, mental and social health. Without proper oral health, many people end up being excluded from social life. In addition, oral diseases such as tooth decay and periodontal disease can end up leading to the loss of tooth elements and affecting basic daily tasks such as eating, talking and sleeping. However, even in the face of the need for improvements in the population's oral health, there are limitations, such as social, religious and cultural conditions.

From this work, it was possible to conclude that oral health has a great impact on the well-being of the population. As the National States must provide health, security, education and well-being, the promotion of oral health becomes indispensable for the population to live with dignity and quality of life. Therefore, there should be investments in this area,



qualifying professionals, promoting oral health education and developing national guidelines and programs for the development of good oral hygiene practices.

Therefore, it can be concluded that oral health has a great impact on the well-being of the population and that investments in the area are necessary for the quality of life to increase.

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