

The importance of dental hygiene – a window onto your overall health - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/the-importance-of-dental-hygiene-a-window-onto-overall-health/>

Details:

The importance of dental hygiene – a window onto your overall health - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 23 Oct 2025 The importance of dental hygiene – a window onto your overall health Despite being one of the most preventable diseases, tooth decay, also known as dental caries, has been increasing in Australia, as has the incidence of gum disease. It is important to recognise that good dental health leads to good overall health. Here I will help you understand why. Good dental hygiene can help prevent dental caries, bad breath and gum disease. However, recent studies have found more reasons to maintain daily brushing and flossing. It is now well established that a healthy mouth is associated with the overall wellbeing and health of the rest of the body, particularly influencing the following three conditions: diabetes, cardiovascular diseases and premature birth of a child. 1. Diabetes Anyone with diabetes is at greater risk of developing gum disease, and poorly controlled dental hygiene can exacerbate the condition, due to insulin resistance and poor healing capacity. 2. Cardiovascular disease Poorly maintained oral hygiene can lead to bacterial inflammation (gingivitis) and cause inflammation throughout the body. This inflammation can in turn cause atherosclerotic plaques in the arteries, leading to arterial clogging or blood clot infection – one form of cardiovascular disease. 3. Premature birth Finally, increasing research findings have recognised the risk for premature labour and low-birth-weight infants in cases of maternal gum disease. The studies suggest that the bacteria that cause gum inflammation (gram-negative bacteria) and the endotoxins released by these bacteria can enter the mother's bloodstream and target the foetus, potentially triggering premature labour. Collaboration between the general medical, gynaecological and dental professionals should therefore be an integral part of managing a pregnant patient. Furthermore, the mouth can be a first point in detecting signs or symptoms of other systemic diseases, such as diabetes or HIV/AIDS. The US Academy of General Dentistry reports that more than 90 per cent of systemic conditions carry oral or dental-related signs or symptoms. Therefore, it is important and beneficial to visit the dentist or hygienist on a regular basis for early detection of any diseases. The importance of oral health and its connection to our overall health and wellbeing is widely documented. In order to maintain good oral hygiene, it is crucial to practise good daily home care (brushing and flossing) and to visit the dentist or hygienist on a regular basis. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General

Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now