

Empowering the Future Generation: Oral Health Education in Schools

Evangeline Joseph

School of Dentistry, Dept. of Orthodontics, University of Calgary, Canada

Corresponding Author*

Evangeline Joseph

School of Dentistry, Dept. of Orthodontics

University of Calgary

Canada

email: evangelinej@gmail.com

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Introduction

Promoting oral health education in schools is crucial for the overall well-being of our future generation. While academic subjects take precedence in the curriculum, neglecting oral health education can have long-term consequences. In this perspective article, we highlight the importance of incorporating comprehensive oral health education in schools and its positive impact on the overall health of students [1].

A Holistic Approach to Health

Oral health is intricately linked to general health, and poor oral hygiene can lead to a range of health issues such as gum disease, tooth decay, and even cardiovascular problems. By integrating oral health education into school curricula, we can foster a holistic approach to health, emphasizing preventive measures, proper dental hygiene practices, and the importance of regular dental check-ups [2].

Prevention is always better than cure, and investing in oral health education can lead to substantial cost savings in the long run. By promoting preventive measures, such as regular brushing, flossing, and dental check-ups, we can significantly reduce the need for costly dental treatments down the line. These savings benefit individuals, families, and healthcare systems alike, making oral health education a wise investment.

Empowering Students with Knowledge

Education is the key to empowerment, and oral health education equips students with the knowledge and skills to maintain good oral hygiene practices throughout their lives. By teaching students about the importance of brushing and flossing, the impact of diet on oral health, and the dangers of tobacco and alcohol on the mouth, we can empower them to make informed decisions that benefit their oral and overall health [3].

Breaking Barriers to Access

Oral health disparities are prevalent, particularly among underserved communities. By integrating oral health education into schools, we can bridge

the gap and reach students who may not have access to regular dental care. This proactive approach ensures that all students receive essential oral health information and are encouraged to seek appropriate care, breaking down barriers to access and promoting equity.

Long-term Cost Savings

Prevention is always better than cure, and investing in oral health education can lead to substantial cost savings in the long run. By promoting preventive measures, such as regular brushing, flossing, and dental check-ups, we can significantly reduce the need for costly dental treatments down the line. These savings benefit individuals, families, and healthcare systems alike, making oral health education a wise investment [4-6].

Shaping Healthy habits for a Lifetime

Childhood and adolescence are critical periods for developing lifelong habits. By instilling good oral health practices early on, we can help shape behaviors that will carry into adulthood. Students who receive comprehensive oral health education are more likely to prioritize their oral health, leading to improved overall health outcomes and a reduced burden of dental diseases in the future. By integrating oral health education into school curricula, we can foster a holistic approach to health, emphasizing preventive measures, proper dental hygiene practices, and the importance of regular dental check-ups.

Conclusion

Incorporating oral health education into school curricula is a powerful strategy to empower students with the knowledge and skills necessary for maintaining optimal oral health. By taking a proactive approach to oral health, we can shape healthier futures for our students, reduce oral health disparities, and promote overall well-being. It's time to recognize the importance of oral health education and make it an integral part of our educational systems. In contrast to previous research on the topic, this study provides evidence that micro abrasion is a secure and efficient approach for treating moderate to severe cases of WSL. However, micro abrasion should be approached with special care, as approximately one-third of the enamel thickness is lost in the capitated WSL group.

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