

What does oral health refer to?

Your "oral health" refers to the care and condition of your mouth and includes your teeth, gums, jawbone and supporting tissues. This recognizes that your whole mouth needs to be in good health, not just the exposed portion of the teeth.

In order to prevent disease in your mouth and to care for the overall health of your body, you need to take proper care of your oral health. It is true that good oral health is the key to good overall health so it important that you don't take it for granted.