

## Research discovers direct link between flossing, cognitive health

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### Adults with more tooth loss had a 1.48 times higher risk of cognitive impairment



Dentists from all across the world have been recommending flossing teeth at least once a day for good oral hygiene. Most people in India are not aware that our teeth have five sides.

Despite this, only 16 per cent of the adults floss their teeth, as per the survey by the American Dental Association (ADA). This percentage is much worse in the Indian context. Most people are not aware of the importance of oral hygiene and flossing.

"In India, the overall awareness regarding oral health is very limited. A majority of the population is not even aware of what flossing is and how it can prevent the build-up of plaque which results in oral diseases such as gingivitis and dental carries," explains Dr Mohendar Narula, Founder and Chairman, MyDentalPlan Healthcare.

According to a new study, there is another compelling reason for people to make flossing a part of their daily routine. The report highlights how flossing may even help against cognitive decline.

It goes on to note that adults with more tooth loss had a 1.48 times higher risk of cognitive impairment and 1.28 times higher risk of dementia than the others. This was the case even when other factors were controlled.

It is not just the loss of teeth that puts them at higher risk but not getting a denture to replace them is another important factor as per this survey. It notes that adults who experienced tooth loss were more likely to have cognitive decline if they did not have dentures.

In addition to this, people are not aware of the fact that our dental health affects our brain cells. Commenting on this, Dr Narula says, "When we floss, we reduce the inflammation and potential infection in our mouth, keeping the infection from spreading to our brain cells. Healthy gums lead to avoiding the loss of brain cells and even memory loss. It only takes a minute a day and can help in keeping the gums, mind and memory healthy."

