**In the heat of elections, do not ignore oral health - Clove Dental**

New Delhi, April 26, 2019: As summer begins to peak and so does the heat around Lok Sabha Elections, doctors at Clove Dental, India’s leading dental care chain has issued a healthcare advisory for candidates, campaign managers, voters and people. They highlighted that oral care is the gateway to overall well-being and therefore much of the problem associated with heat can be address by understanding the fundamentals and taking precautions around it.

Elections campaigns during summer cause a lot of stress given the weather conditions and the frenetic schedule. It is natural for people to forget about health, in general, and oral health in particular, which could because of some problem that it may cause.

“One of the major triggers caused due to a combination of heat and stress is what is called Temporomandibular Joint Dysfunction (TMJ) which causes severe pain in the jaw and other facial joints. Excessive stress also leads to sleep apnea and low body immunity that causes gum diseases, tooth loss and ultimately becomes injurious for your oral health,” says Dr Adrita Nag, Oral Medicine and Radiology specialist at Clove Dental.

Doctors advise that a healthy mouth is capable of warding off medical disorders. Bad oral health such as gum disorder may increase your risk of serious health problems such as heart attack, stroke and diabetes.

As a prevention to such health problems, Clove Dental shares some tips for candidates. One of the first things to remember, says Dr Nag, is use of water. “Water is an asset to maintain body immunity and fighting health issues by keeping the body hydrated. Due to lack of hydration, saliva production decreases and it leads to dry mouth, cavity, gum diseases. Water helps in maintaining oral hygiene even in the midst of a hectic schedule during heat conditions and one should drink plenty of it during campaigning,” she adds.

Doctors also say that yoga can be a helpful tool in fighting stress. It is a mind-body practice that brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. Sukhasana, Uttanasana and Sasangasana are some easy and effective Yoga pose for stress management.

Oral specialists also warn against use of chewing tobacco, cigarettes and alcohol. Oral inflammation due to bacteria and gum infection may also trigger clogged arteries and blood clots. It appears that bacteria in the mouth may cause inflammation throughout the body, including the arteries. This inflammation may serve as a base for the development of atherosclerotic plaques in the arteries that possibly increases the risk of a heart attack or stroke. “Election is a time when people get more exposed to bacteria and germs and thus, they should take preventive actions,” she adds.

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