

## The effect of daily lifestyle on periodontal health

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### Abstrak

The environments to which individuals have been exposed throughout their lives from birth to the present time have comprised the individual and community lifestyles. Lifestyles are known to be associated with physical health status. Physical health and periodontal status impacts on the life quality. Periodontal disease is generally considered to be resulted from an imbalance between potentially pathogenic microbes and the nature and efficacy of local and systemic host responses. Factors related to social environments such as poor lifestyles and negative psychosocial conditions may also be important in disease development. Good health practices are associated with better mental health status, as well as with periodontal health status.