

### Beer and oral hygiene

One of my most amusing cases concerned two young fellows who had spent a day on the town doing some considerable celebrating. To prepare for more of the same that night one of them decided to clean his teeth. In the course of this procedure he managed to swallow his toothbrush.

I was unbelieving when first I heard this story, but, despite his inebriation, the patient was obviously distressed, so oesophagoscopy was indicated. A toothbrush was removed from the upper oesophagus.

My relieved patient, hearing my name, said he was used to consulting Dr Beer regularly, and thought that more beer was sure to help him.

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What is oral hygiene about? From toothbrushes to tongue scrapers, bad breath to dry mouth, there's a lot to think about to keep your mouth in top condition. Maintaining good oral hygiene and keeping your teeth and gums healthy is important not just for your mouth, but for your overall health. However, very few of us follow a thorough oral hygiene routine on a daily basis, even if we know better. Learn how to take better care of your teeth and mouth. In our selection of articles on this topic you'll find information on: Common problems linked to oral hygiene. Ways to improve your oral hygiene. Products that can make it easier to clean your teeth and maintain healthy gums. Seeing a dental hygienist. While mouthwash is great to help improve your dental and oral hygiene, ingesting it is dangerous. And, you can in fact get drunk off mouthwash if you drink enough of it. The problem is that people need to drink a lot of it in order to get drunk since most brands of mouthwash have a relatively low percent alcohol content " so people are also consuming the long list of toxic and harmful chemicals. This is higher than many brands of beer and wine, which is why many alcoholics will choose to drink Listerine over other brands. As a result, if a person drinks enough mouthwash that contains ethanol, he or she can manage to get drunk on mouthwash " but it could come at the risk of organ failure or even death. Professional oral hygiene is performed by dentists hygienists. The complex procedure lasts about 1-1.5 hours. As stated by the doctors, this procedure must undergo every person at least once in 6 months. In this article we will explain what professional hygiene of the oral cavity and on its stages. What causes disease of the teeth and gums. The World Health Organization cites statistics according to which one third of the inhabitants of the planet by the age of 65 lose all their teeth " the reason is bacteria.