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## **Lifestyle Habits and Their Impact on Oral Health: A Comprehensive Review**

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### **ABSTRACT:**

Oral health is a key component of overall well-being, yet it is frequently affected by various lifestyle habits. The influence of diet, smoking, alcohol consumption, oral hygiene practices, and stress on oral health is well-documented in clinical and scientific research. This article delves into these factors and explores how each can contribute to both short-term and long-term oral health problems. It also examines the mechanisms by which these habits influence the teeth and gums, offering insights into preventive measures and effective management strategies. By understanding these connections, individuals can make informed decisions about their lifestyle to maintain optimal oral health.

**Keywords:** Oral health, lifestyle habits, oral hygiene, smoking, diet

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