

BE PROUD OF YOUR MOUTH

Look after oral health for overall health

Why it is important

A healthy mouth allows you to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions with confidence and without pain, discomfort and disease. A healthy mouth may also help in the prevention of other health conditions, such as heart and respiratory diseases, cancer and diabetes.

Most oral health conditions are largely preventable and can be treated in their early stages. Maintaining good oral health has a positive impact on your general health, well-being and quality of life.



FACT

Tooth decay (dental caries) is the most common health condition in the world, caused by poor oral hygiene as well as exposure to other risk factors.



FACT

Just like other major diseases, prevention, early detection and treatment of oral diseases is important to stop any negative effects on the rest of your body.

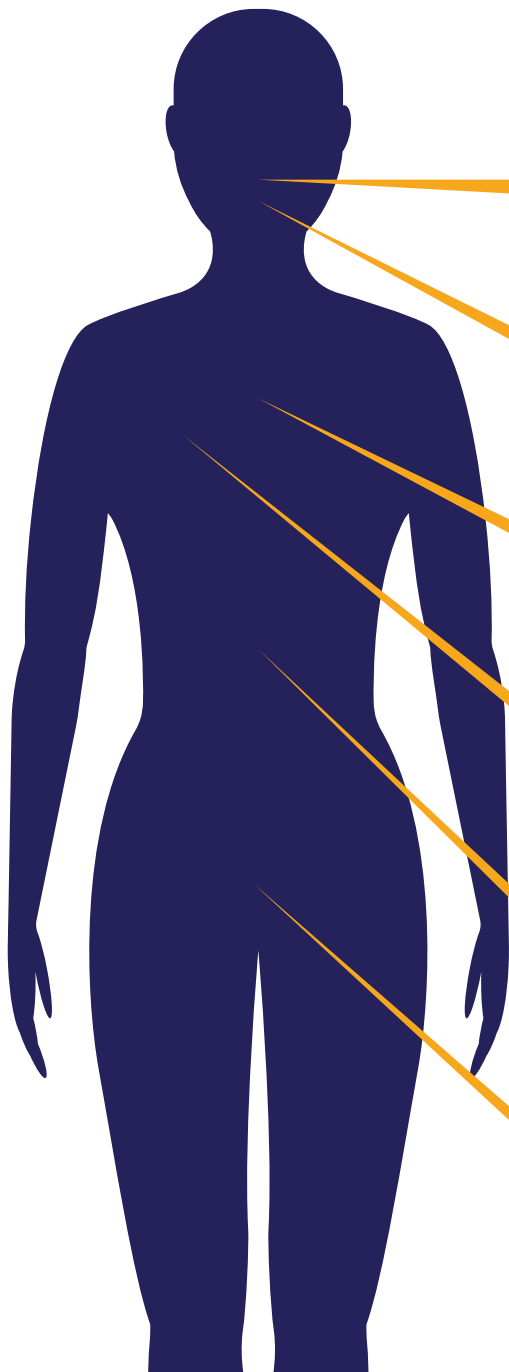
Understanding the mouth-body connection

A build-up of bacteria in the mouth makes gums prone to infection. Periodontal (gum) disease is an infection of the tissues that hold teeth in place. It is typically caused by poor oral hygiene, for example, neglecting to brush twice daily, floss or visit the dentist for regular check-ups and dental cleanings.

Oral bacteria and the inflammation associated with gum disease affect your bloodstream, increasing your risk of all kinds of other diseases.

Your mouth is the gateway to your body

Oral health is vital for your general health and well-being. The good news is oral health can be maintained by being aware of your risk factors, which include an unhealthy diet high in sugar, tobacco use, harmful use of alcohol and poor oral hygiene, and taking action to prevent disease.



Edentulism: tooth loss should not be accepted as a natural course of ageing. Loss of teeth makes chewing more difficult and can lead to poor nutrition.

Oral cancer: reduce your risk of oral cancer by avoiding tobacco and limiting alcohol use.

Cardiovascular disease: good oral health could help in the prevention of heart disease and stroke.

Respiratory disease: dental infections have been associated with a higher risk of pneumonia.

Diabetes: maintaining a healthy mouth could have a positive impact on the management of diabetes.

Preterm babies: gum disease has been associated with a higher risk of preterm and low-birthweight babies.

Good oral health can help you live a longer, healthier life

For more information, visit www.worldoralhealthday.org
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