



BE PROUD OF YOUR MOUTH

LOOK AFTER YOUR ORAL HEALTH FOR
YOUR HAPPINESS AND WELL-BEING

Oral health is multi-faceted and can impact every aspect of life; that's because the health of your mouth is connected to your emotional, social, mental and overall physical well-being.

Oral diseases can cause significant pain and suffering, affecting what you eat, how you speak and how you feel about yourself, leading to an impaired quality of life. The good news, however, is you can do something about it.

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

Oral health is a key indicator of overall health, well-being and quality of life.



ORAL HEALTH FOR EMOTIONAL WELL-BEING

Oral diseases can cause pain and discomfort, disfigurement, acute and chronic infections as well as eating and sleep disruption, affecting people both physically and psychologically.

When you have healthy self-esteem, you feel good about yourself. However, poor oral health can negatively impact personal value and self-image, which is harmful to emotional well-being, whereas good oral health can help us keep a positive state of mind.

There are also emotional advantages of smiling, and a healthy mouth can give you the confidence to smile more often, further improving general feelings of wellness.



ORAL HEALTH FOR SOCIAL WELL-BEING

A healthy mouth allows us to perform physical functions like chewing, talking and smiling with confidence and without pain, discomfort and disease. Poor oral health can affect all of these everyday functions and impact social confidence, as well as cause or exacerbate social anxiety.

We build our social well-being by interacting with people around us. Oral diseases can impact personal relationships and make us more resistant to social interactions. Feeling embarrassed about our teeth and mouth can result in social withdrawal and isolation.

Good oral health offers the ability to laugh, eat and communicate with others without worry or anxiety.

ORAL HEALTH FOR MENTAL WELL-BEING

Mental health includes our emotional, social and psychological well-being. It affects how we think, feel and act, and is important at every stage of life. People tend not to realise the severe impact an unhealthy mouth can have on their life.

Oral diseases have far-reaching consequences from missing work and school, to your self-confidence and how you socialize, or even your ability to enjoy a simple meal.

Protect yourself and your quality of life.

ORAL HEALTH FOR PHYSICAL WELL-BEING

The problems that arise in our mouth can affect the rest of our body. Good oral health is vital for general health and well-being and can be maintained by being aware of your risk factors and taking action to prevent disease. A healthy mouth can also lead to better sporting performance and help prevent sports injuries.

Read the *Look after oral health for overall health* fact sheet to learn more.

Look after your oral health for a lifetime of smiles

