

BE PROUD
OF YOUR MOUTH

People with clefts are at a high risk for oral health diseases.

FACT: Clefts are one of the most common birth differences, and people with clefts are at a higher risk for oral health challenges throughout their lifetime. Prevention is key - and everyone has a role to play when it comes to oral health in cleft care.



@worldorahealthday
#MouthProud #WOHD23

worldoralhealthday.org



WHY ORAL HEALTH IS IMPORTANT



World Oral
Health Day
20 March



Oral health for emotional well-being

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.

Oral health for social well-being

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. 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. 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

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.

Look after your oral health for a lifetime of smiles