

A HAPPY MOUTH IS... a happy life

RAISE AWARENESS OF THE
MOUTH-BODY-MIND CONNECTION



World Oral
Health Day
20 March

worldoralhealthday.org
#WOHD26 #HappyMouth

fdi
FDI World Dental Federation

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Oral health has long been neglected in many countries, largely because it has been isolated from overall health. Yet the mouth is not separate; it is essential for protecting general health, sustaining well-being, and shaping quality of life. That is why oral health must be a core component of universal health coverage and firmly integrated into the broader non-communicable diseases agenda.

CANCER

Gum disease (periodontitis) and tooth loss have been associated with certain types of cancer.

CARDIOVASCULAR DISEASES

Poor oral health and untreated oral diseases are associated with heart diseases and an increased risk of stroke.

PREGNANCY COMPLICATIONS

Gum disease has been linked to low birth weight, preterm birth and pre-eclampsia.

DEMENTIA

The pathogens related to gum infection have been linked to the development of Alzheimer's Disease.

RESPIRATORY DISEASES

Dental infections have been associated with a higher risk of pneumonia, especially in the elderly.

TYPE 2 DIABETES

Gum disease is a significant risk factor for Type 2 diabetes, adverse diabetes outcomes and poor diabetes control. Successful treatment of gum disease improves diabetes control and reduces adverse outcomes.

