

# A HAPPY MOUTH IS... **a happy life**

RAISE AWARENESS OF THE  
MOUTH-BODY-MIND CONNECTION



**World Oral  
Health Day**  
20 March

[worldoralhealthday.org](http://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.

