

THE CONNECTION BETWEEN YOUR MIND AND SMILE



While it's widely known that poor oral health affects physical well-being—putting you at risk for heart disease and stroke—it's crucial to recognize its impact on mental health too. Studies reveal that individuals with mental disorders may find it challenging to uphold basic oral hygiene routines, leading to higher risks of cavities, gum disease, and oral infections. Different mental disorders can contribute to various dental issues. Here's how poor mental health can affect oral health:

DEPRESSION & ANXIETY

Neglect of Oral Hygiene

People with depression may struggle with motivation and energy to maintain regular oral hygiene practices such as brushing and flossing, leading to an increased risk of dental decay and gum disease.

Dry Mouth

Some antidepressant medications used to treat depression and anxiety can cause dry mouth as a side effect. Decreased saliva production can increase the risk of tooth decay, gum disease, and oral infections.

Bruxism

Teeth grinding is commonly caused by stress, anxiety and depression. Chronic bruxism can lead to tooth wear, fractures and jaw pain.

EATING DISORDERS

Individuals with eating disorders, specifically bulimia nervosa, are more susceptible to having **tooth decay, gum recession, and tooth erosion.**

Protect your oral and overall health by seeing your dentist twice a year, brushing twice a day, flossing daily, and maintaining a healthy diet of fruits and vegetables, limiting sugar as much as possible.

Visit HawaiiDentalService.com/members to access your HDS account online or to find a dentist.

SUBSTANCE ABUSE

Tooth Decay

Street drugs can cause severe tooth decay and erosion due to the acidic nature of the drugs and poor oral hygiene practices associated with addiction.

Gum Disease

Smoking, a common behavior among individuals with substance use disorders, is a significant risk factor for gum disease (periodontal disease) and can contribute to tooth loss.

