

Look after oral health for overall health

FACT: Just like other major diseases, prevention, early detection and treatment of oral diseases is important to stop any negative effects on the rest of your body.





www.worldoralhealthday.org

Your mouth is the gateway to your body

Oral health is vital for your general health and well-being.

Edentualism: tooth loss should not be accepted as a natural course of ageing. Loss of teeth makes chewing more difficult and can lead to poor nutrition.

Respiratory disease: dental infections have been associated with a higher risk of pneumonia.

Diabetes: maintaining a healthy mouth could have a positive impact on the management of diabetes.



Oral cancer: reduce your risk of oral cancer by avoiding tobacco and limiting alcohol use.

Cardiovascular disease: good oral health could help in the prevention of heart disease and stroke.

Preterm babies: gum disease has been associated with a higher risk of preterm and low-birthweight babies.

Good oral health can help you live a longer, healthier life