



# A HAPPY MOUTH IS... A HAPPY BODY

RAISE AWARENESS OF  
THE MOUTH-BODY  
CONNECTION

#WOHD24  
#HappyMouth



World Oral  
Health Day  
20 March



FDI World Dental Federation

[worldoralhealthday.org](http://worldoralhealthday.org)

# A HAPPY MOUTH IS A HAPPY BODY

Oral health has often been isolated within health systems in many countries, separating the mouth from the body. However, a healthy mouth is a whole-body experience and vital to general health and well-being. That's why oral health needs to be integrated at the primary healthcare level.

## CANCER

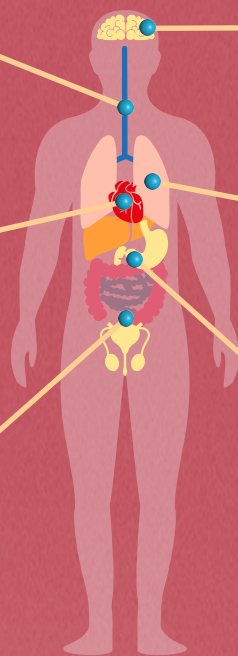
Gum disease (periodontitis) and tooth loss have been associated with certain types of cancer.

## 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.

