



# A HAPPY MOUTH IS... A HAPPY BODY

PROMOTE SPORTS  
DENTISTRY FOR BETTER  
ORAL HEALTH OUTCOMES

#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 and general health are connected. Only a healthy mouth will allow an athlete to perform in the most efficient way. Conversely, an unhealthy mouth severely impacts athletic performance. Sports dentistry deals with the prevention and treatment of dental injuries and oral diseases associated with sports and exercise to ensure better outcomes all round.



## HOW ORAL HEALTH IMPACTS PERFORMANCE

- **Poor oral health affects** well-being and can cause or maintain inflammations and infections in the body, which can have a negative effect on athletic performance.
- **Defective dental occlusion** (how top and bottom teeth align) can affect posture and gait, which can increase the risk of injury.
- **A dental emergency** can cause poor performance or even prevent participation.



## HOW SPORTS IMPACT ORAL HEALTH

- **Sports beverages** contain high levels of sugars and acids, which can cause tooth decay (dental caries), gum disease (periodontitis) and erosion.
- **Dehydration and stress** can also take a toll on the mouth and body.
- **In aquatic sports**, the low pH value in swimming pool water may cause tooth erosion.
- **Physical impacts** can also cause oral injuries without proper protection.



## WHAT CAN BE DONE?

- **Good oral hygiene** is essential. Additionally, rinsing with water or chewing sugar-free gum after meals and snacks is recommended when on the go.
- **Visit the dentist regularly.** The dentist may apply fluoride varnish to protect the teeth.
- **Eat a healthy diet.** limit sugary snacks, and stay hydrated at all times. Counteract the acidity of energy drinks and food by rinsing the mouth with water afterwards.
- **Wear a mouthguard** when engaging in contact sports. Favour a custom-made one.
- **Make good lifestyle choices** by avoiding all forms of tobacco and limiting alcohol use.

