

SMILING IS GOOD FOR THE MIND!

Oral Health and Mental Health



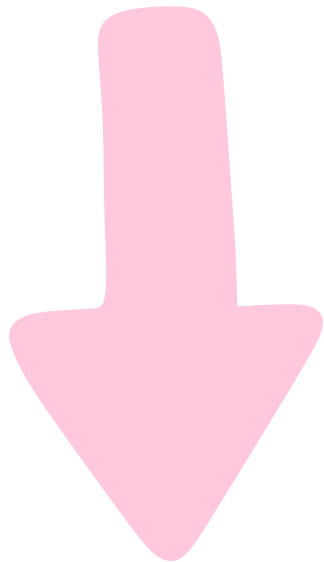
**Grupo de Atividade Comunitária -
Investigação e Promoção da Saúde
Oral**
Faculdade de Medicina Dentária da
Universidade do Porto
GAP-FMDUP



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SELF-ESTEEM

Dental pathologies, such as cavities, missing teeth or gum disease

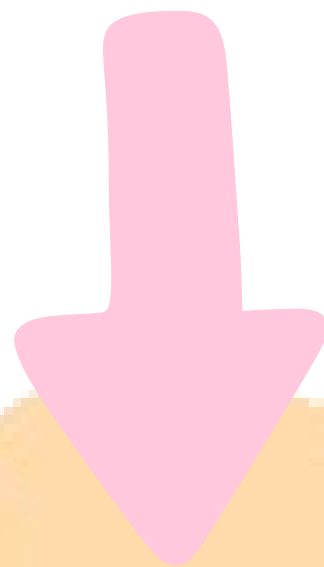


Can negatively affect **self-esteem**

INSECURITY | SHAME | SOCIAL ISOLATION

EATING DISORDERS

Disorders involving recurrent vomiting

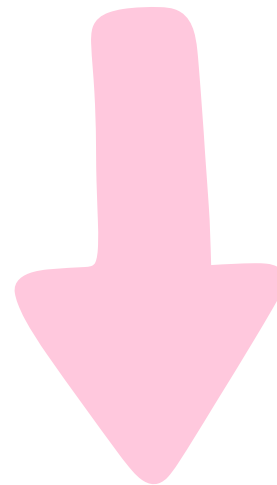


Acid erosion on teeth
SEVERE DAMAGE TO TOOTH ENAMEL

HALITOSIS

"BAD BREATH"

Halitophobia: Excessive concern about bad breath



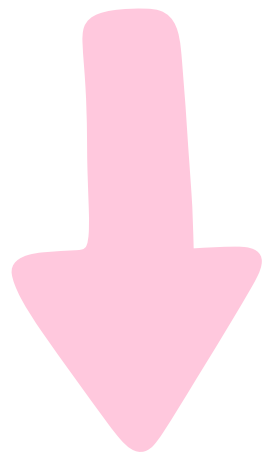
Avoiding social situations for fear of being judged for bad breath

SOCIAL ISOLATION | ANXIETY | DEPRESSION

CHRONIC PAIN

IN THE ORAL CAVITY

Periodontal disease or temporomandibular joint problems



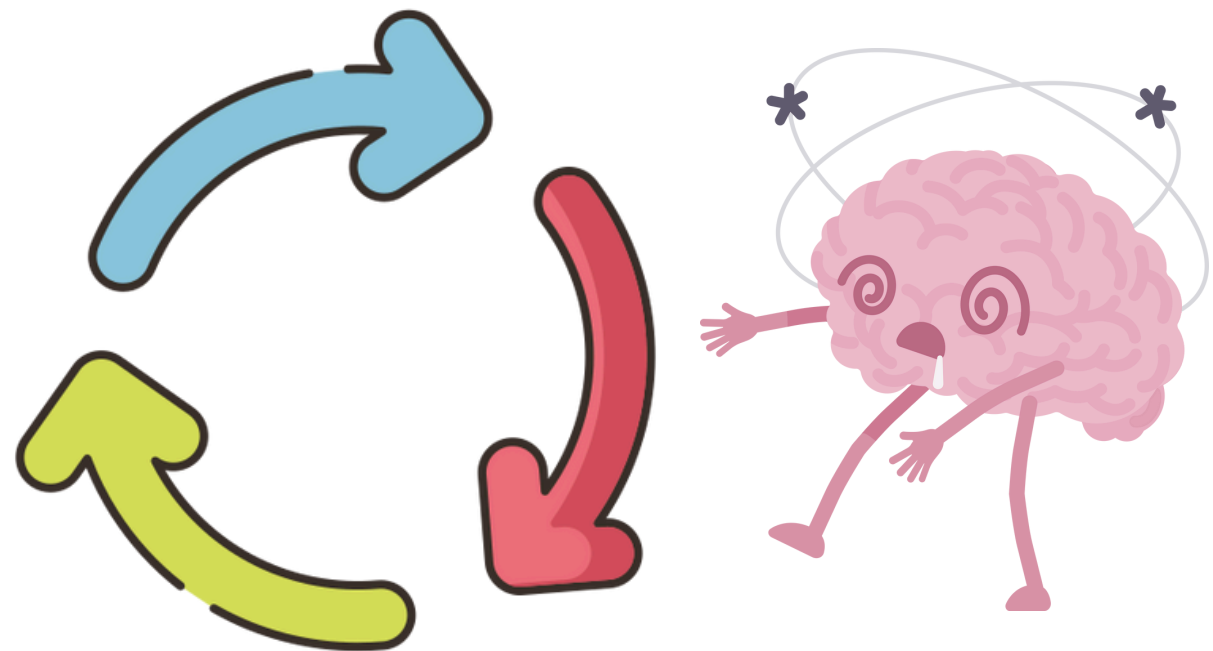
Emotional distress and increased levels of anxiety and depression

↓ *QUALITY OF LIFE*



FEEDBACK LOOP

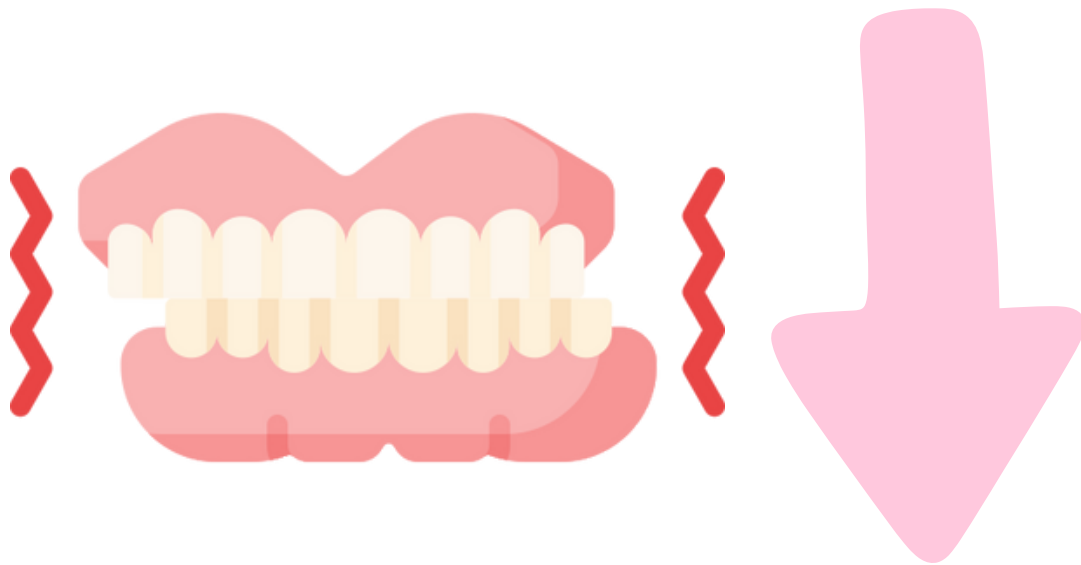
Vicious cycle between mental health and oral health



Depressed people may neglect their oral health >> Dental problems >> Depression and anxiety levels increase

ANXIETY

Stress and anxiety can lead to bruxism (teeth grinding)



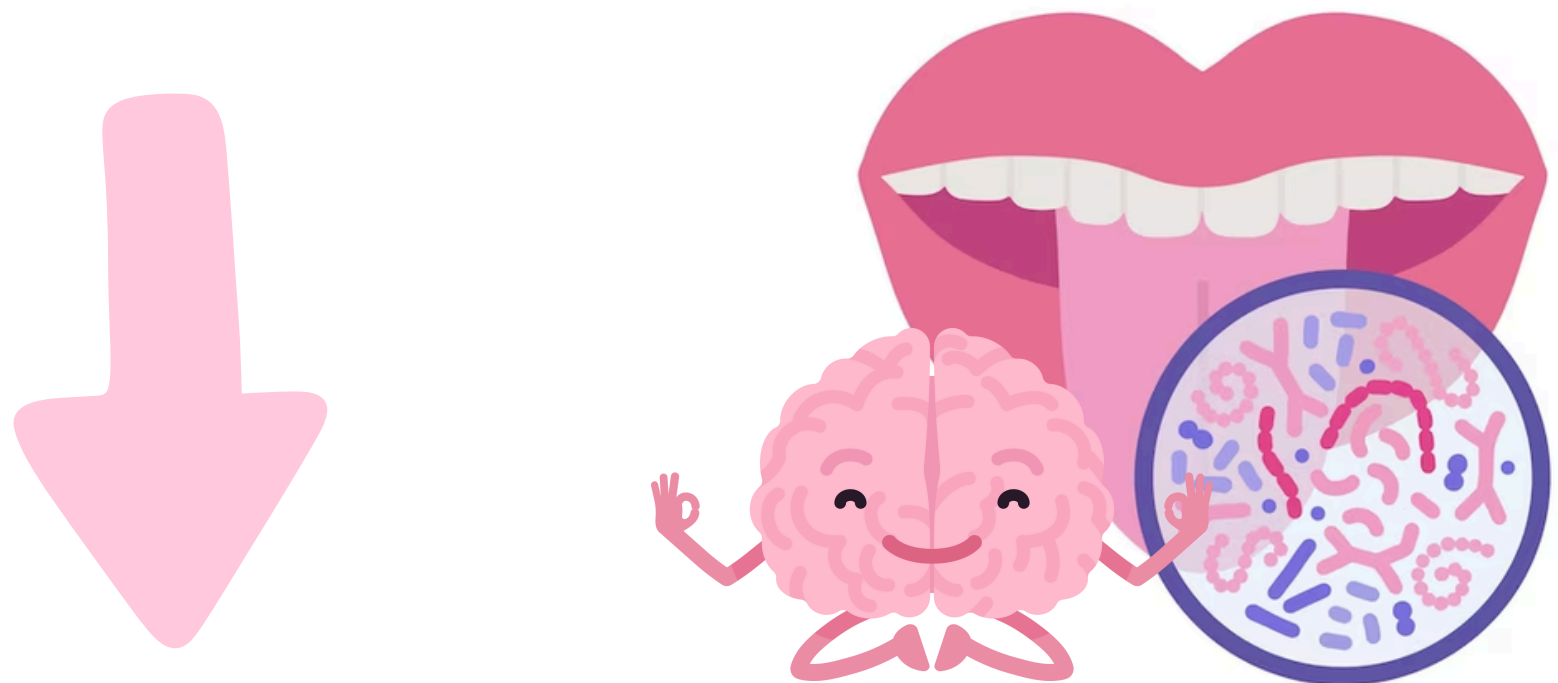
*TOOTH WEAR, JAW PAIN, AND
PROBLEMS OPENING AND CLOSING
THE MOUTH*



MICROBIOMA

ORAL

Changes in oral microorganisms can lead to increased inflammation and stress hormones



MAY INFLUENCE SYMPTOMS OF DEPRESSION AND ANXIETY

TAKE CARE OF YOUR MOUTH, TAKE CARE OF YOUR MIND!

If you are facing oral and/or mental health problems, don't wait. Seek specialized medical help – a healthy smile and a balanced mind go hand in hand.

Consult your dentist and/or mental health professional for appropriate monitoring!



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