

The mind-mouth connection

A strong oral health routine is important for a healthy mouth and body. For those living with mental illness, that routine is even more critical.

Mental illness, which includes but isn't limited to depression, anxiety, bipolar disorder or schizophrenia, can present day-to-day challenges that extend into a person's quality of oral health.

Consumption of sugary drinks and poor nutrition, medication side effects, teeth grinding and more can all contribute to dental diseases such as gum disease and cavities. When left untreated, those can lead to tooth loss. And for individuals with severe mental illness such as dementia or schizophrenia, they are 2.7 times more likely to lose their teeth than someone without mental illness.¹

Dentists have an important role in your whole health journey. Be sure to talk to your dentist about any concerns you may have.



Did you know?

Those with dental disease may have a harder time speaking and eating, experience lower self-esteem or increased social withdrawal.¹



Quick bites

If you or a loved one live with mental illness, pay close attention to your oral health routine:

- Maintain a good brushing and flossing routine at home.
- Keep up with regular dental visits.
- Talk to your dentist if you notice dry mouth or other oral health complications, and tell your dentist which medications you take.



**Visit us online for more information
on oral and overall health!**

1 Kisely, Steve, "No Mental Health without Oral Health," The Canadian Journal of Psychiatry 61, no. 5 (2016): 277-282.

Healthy Smile, Happy Life

Delta Dental of Arkansas, Indiana, Kentucky, Michigan,
New Mexico, North Carolina, Ohio, and Tennessee

