

HOW CAN ORAL HEALTH AFFECT YOUR LIFE?

Oral health is important to your overall **health** and **well-being**. A **healthy mouth** has a positive impact on your **physical, mental** and **social well-being**. An **unhealthy mouth** can impact your:



QUALITY OF LIFE

Toothache can cause disrupted sleep, decreased productivity and difficulty eating, speaking and swallowing



PSYCHOLOGICAL WELL-BEING

Concern about the appearance of your teeth and mouth can lead to social isolation, lowered self-esteem, anxiety and depression



NUTRITION

On-going problems with your teeth and mouth can effect your ability to eat a healthy diet



FINANCIAL WELL-BEING

Oral health problems are costly to both the individual and the healthcare system

The good news is that **oral health problems** are **largely preventable**. Contact your **local dental clinic** to find out more.

