

# 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 like depression, anxiety, bipolar disorder, or schizophrenia, can present day-to-day challenges that go into a person's oral health.

Consumption of sugary drinks and poor nutrition, medication side effects, teeth grinding, and more can lead to dental diseases, like gum disease and cavities. When left untreated, these dental diseases can lead to tooth loss. People with severe mental illness are 2.7 times more likely to lose their teeth compared to those without mental illness.<sup>1</sup>

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.<sup>1</sup>



# 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.



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