

BE PROUD
OF YOUR MOUTH



SADA
THE SOUTH AFRICAN
DENTAL ASSOCIATION



World Oral
Health Day
20 March

fdi
FDI World Dental Federation

Look after your oral health for your happiness and well-being

FACT

Oral health is multi-faceted and can impact every aspect of life; that's because the health of your mouth is connected to your emotional, social, mental and overall physical well-being.

- **Oral health for emotional well-being** - When you have healthy self-esteem, you feel good about yourself. However, poor oral health can negatively impact personal value and self-image, which is harmful to emotional well-being, whereas good oral health can help us keep a positive state of mind.
- **Oral health for mental well-being** - Mental health includes our emotional, social and psychological well-being. Oral diseases have far-reaching consequences from missing work and school, to your self-confidence and how you socialize, or even your ability to enjoy a simple meal. Protect yourself and your quality of life.
- **Oral health for social well-being** - We build our social well-being by interacting with people around us. Oral diseases can impact personal relationships and make us more resistant to social interactions. Good oral health offers the ability to laugh, eat and communicate with others without worry or anxiety.
- **Oral health for physical well-being** - Good oral health is vital for general health and well-being and can be maintained by being aware of your risk factors and taking action to prevent disease. A healthy mouth can also lead to better sporting performance and help prevent sports injuries.

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