

This month at ...

COTTINGHAM
DENTAL PRACTICE



The connection between oral health and mental wellbeing

Oral health and mental wellbeing are closely linked. If we don't take care of our teeth and gums, we don't just risk problems like tooth decay or gum disease – we can also affect our confidence, relationships and even brain function.

Good oral health helps us feel better about ourselves, interact more comfortably with others, and live a more enjoyable life.

How oral health supports mental wellbeing

Avoiding pain and discomfort

Toothache, infections, and gum disease can cause pain and make it hard to eat or sleep. This can lead to stress, anxiety, and even missed days at work or school. The good news? Most oral health problems can be prevented with simple daily care.

Boosting self-confidence

A healthy smile can help you feel good about yourself. When you're happy with your teeth, you're more likely to smile and socialise. Feeling confident in your smile can improve your self-esteem and overall mood.

Supporting social wellbeing

Bad breath, missing teeth or painful gums can make people feel self-conscious and avoid social situations. Taking care of your oral health means you can interact with others more confidently and enjoy a better social life.

Enjoying life to the fullest

A healthy mouth lets you eat, speak, and laugh without discomfort. When you don't have to worry about oral health problems, you can focus on enjoying life's little moments.

Protecting brain health

Did you know that your oral health can affect your brain? Poor oral hygiene can allow harmful bacteria to enter your bloodstream, which has been linked to memory problems and other cognitive issues. Keeping your mouth healthy supports your brain, too.



Smiling more, feeling better

Smiling isn't just about looking happy – it actually helps you feel happier! Smiling releases 'feel-good' chemicals in the brain, reducing stress and lifting your mood. If you feel good about your teeth, you're more likely to smile and enjoy these benefits.

Giving children a healthy start

Good oral health habits start young. Teaching children to care for their teeth helps them avoid dental problems and feel confident as they grow up. A healthy smile can make a big difference to their future wellbeing.

Did you know ...?

The largest chocolate Easter egg was displayed in Cortenuova, Italy, on 16 April 2011. It weighed 7,200 kg (15,873 lbs); it was 10.39 m (34 ft 1.05 in) in height; and had a circumference of 19.6 m (64 ft 3.65 in) at its widest point.

Look after your teeth - enjoy your sweet treats in moderation this Easter!

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