

Proper Oral Care from childhood leads to good oral health that promotes and reinforces self-esteem and confidence which in turn may reduce the risk of psychiatric disorder.



Oral Health Superintendent

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Ministry of Health
Dental Administration



**Psychiatric Disorders
and Oral Health**

Researchers declared that there is a link between oral diseases and some psychiatric disturbances like anxiety, depression and loneliness. This is often accompanied by dental problems like bruxism, dry mouth and burning mouth syndrome.

These psychiatric disturbances may be a reason for neglecting oral hygiene and this may “pave the road” or lead to tooth decay, gum problems or even disease of tooth supporting structures.

Negative effect of psychiatric disturbances on oral health:

- Researches have proved that bacteria causing tooth decay become more active during periods of anxiety, frustration or stress.
- Some people tend to smoke during stress which has further bad impact on oral health.
- Others deal with anxiety and depression with increased intake of candies and sweet which leads to development of more cavities and gum problems especially in the absence of good oral hygiene.

The problem may be more complicated by tooth loss and bad breath (halitosis) which may lead to social isolation.

- Tooth erosion due to bulimia or eating disorder that occurs chiefly in females, characterized by compulsive overeating usually followed by self-induced vomiting.
- Immune system disorder due to stress may lead to oral ulceration.
- Tooth grinding or bruxism leads to attrition cracking and recession of gums due to traumatic occlusion.
- Nail biting and pen biting may lead to attrition or even tooth chipping.

How to avoid the effect of psychiatric disorders on oral health?

- Good diagnosis of the case and taking proper care and treatment by a specialist.
- Regular dental checkup, getting preventive care and treatment whenever needed and following the dentist instructions.
- Healthy life style, regular exercise, Positive thinking and getting enough sleep will improve the mood and reduce the risk factors for oral diseases.

- Tooth brushing twice a day for 2-3 minutes each time and flossing once every day.
- Using fluoridated tooth paste.
- Using soft toothbrush.
- Replace the brush once every 3 month.
- Avoid smoking.
- Avoid junk and unhealthy food.

