

Today is World Oral Health Day

This year's theme A HAPPY BODY isA HAPPY BODY is a crucial reminder that a strong oral health is fundamental to our overall well-being, physical health, and overall life satisfaction. By preventing infections like gum disease and tooth decay, individuals can avoid more serious health issues that may arise if these oral infections are left untreated.

For instance, maintaining oral health is crucial for protecting the heart, as untreated oral diseases have been linked to heart disease and an increased risk of stroke.

Further, managing diabetes becomes more challenging with gum disease, as it impacts blood sugar levels.

Respiratory health is also affected by dental infections, leading to respiratory issues like pneumonia, especially in vulnerable populations such as the elderly or those with compromised immune systems.

Poor oral health is strongly associated with negative pregnancy outcomes, including low birth weight and preterm birth.

What can you do to maintain a happy mouth?

- Limit foods that have a high concentration of sugars in them
- Reduce consumption of alcohol and tobacco
- Keep your teeth and gums clean.
- Visit your dental professional regularly.

Join FDI and NZDA and celebrate World Oral Health Day this year. Look after your oral health because it determines your overall health.

Remember A Happy Mouth = A Happy body

Head to the NZDA [website](#) and join the WOHD challenge to claim great prizes.

Send all entries to register@nzda.org.nz by 5pm, 5th of April.