



#### **World Oral Health Day Celebration**

Name of the event: E-poster and Slogan making Competition on "A Happy Mouth is a Happy Mind"

**Venue**: Bharati Vidyapeeth Dental College Navi Mumbai (Entrance and Patient

waiting area)

Date: 20/3/2025

Day: Thursday

#### **Activity performed:**

On the occasion of World Oral Health Day, the NSS Committee of Bharati Vidyapeeth Dental College and Hospital, Navi Mumbai organized E-poster and Slogan making Competition.

The theme for the E-poster and Slogan making competition was - A Happy Mouth is a Happy Mind. The event also included decorating the notice board for creating awareness among the patients on the importance of maintenance of oral hygiene. A pledge was taken by the Healthcare professionals, students and non-teaching staff in the college for a better oral health maintenance.

No. of NSS Volunteers: 36

No. of Staff present: 14





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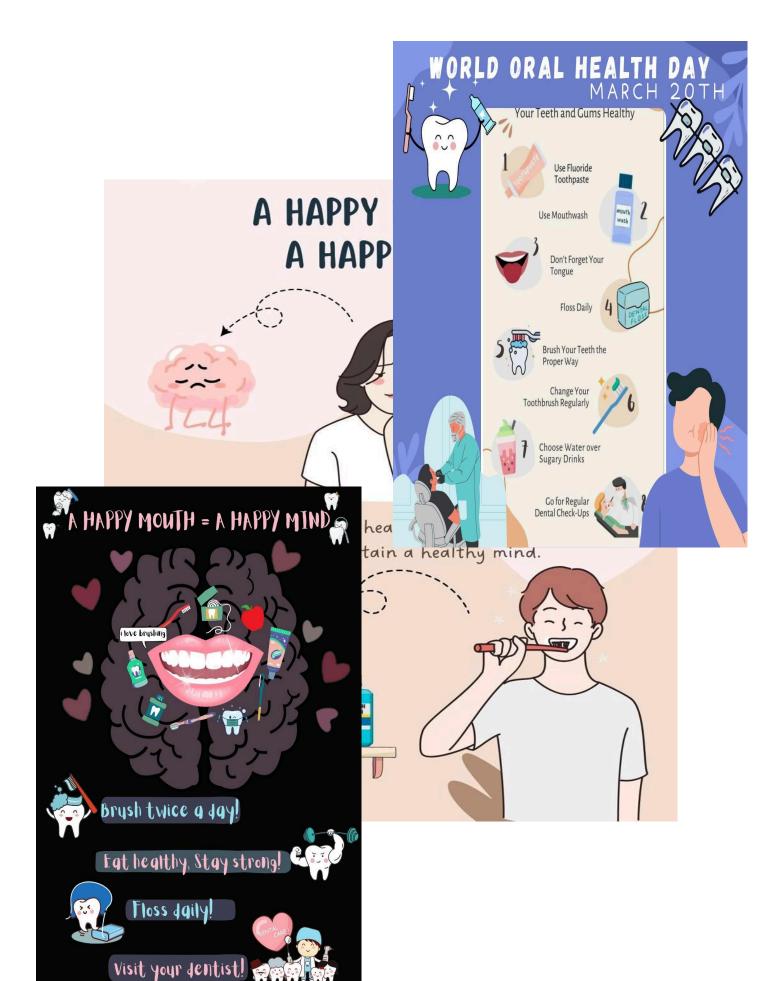




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#### WORLD ORAL HEALTH DAY 20TH MARCH



#### A HAPPY MOUTH IS A HAPPY MIND

World Oral Health Day celebrates the importance of good oral hearth. A healthy mouth is crucial for overall well-being



#### 1. BRUSH TWICE

Brushing twice a day, morning and night, helps remove plaque and bacteria,  $\,$ 



#### 2. FLOSS DAILY

Flossing removes food particles and plaque that brushing can't reach



#### 3. DENTAL CHECKUP

Regular check-ups and cleanings can detect and prevent dental problems.



#### 4. EAT HEALTHY

A balanced diet rich in fruits and vegetables is good for your teeth and



#### 5. AVOID BAD HABITS

Tobacco use and sugary drinks are harmful to your teeth and overall

Taking care of your oral health is vital for overall well-being. These golden rules can help you achieve a healthy and happy smile







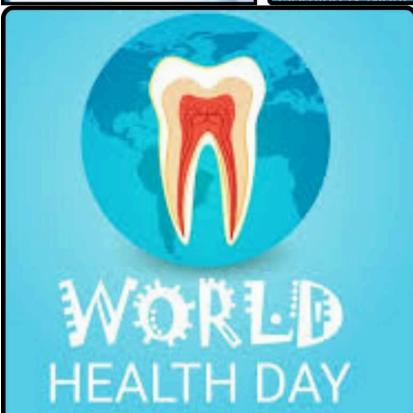




















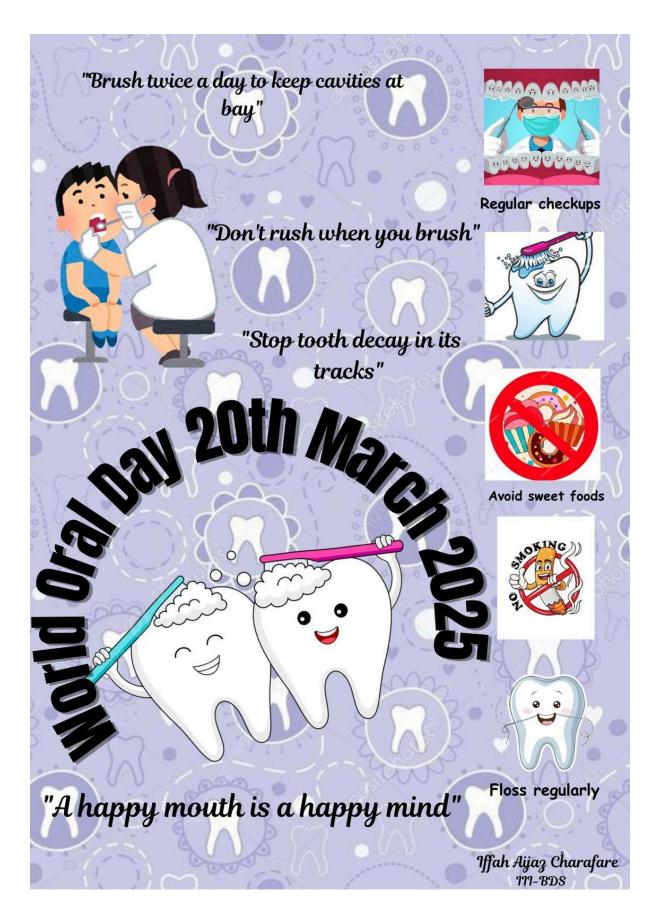




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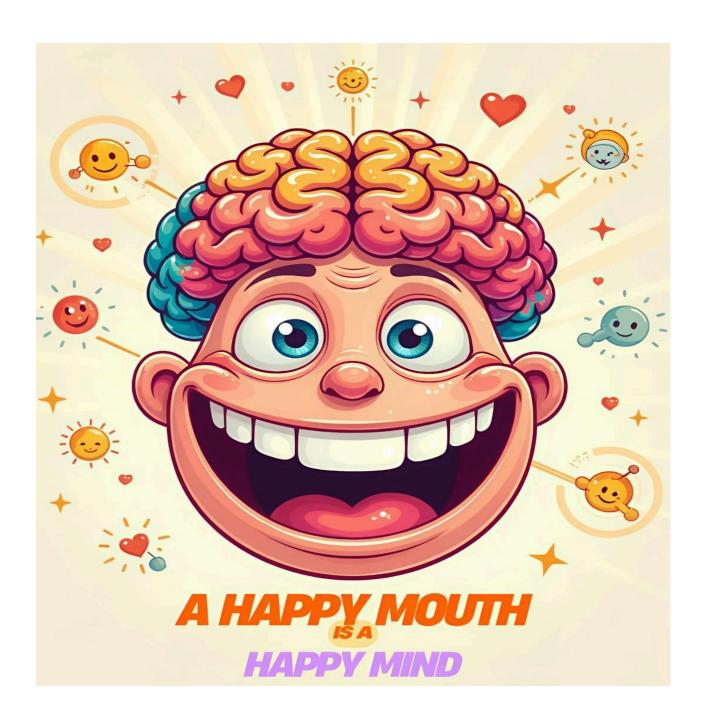
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01

### The big question "why?"

- prevents tooth decay and gum problems
  Reduces risk of heart diseases
- Reduces risk of heart diseas
   Prevents bad breath
  - . Prevents bad breat overall well being

02

#### How to maintain oral health?

Brush twice daily with fluoride toothpaste
Rinse your mouth with a suitable mouthwash
Avoid sugary or processed food
Floss your teeth regularly
Eat a balanced diet
Make sure to visit your dentist every 6 months



How is mouth connected to body?

Gum disease lead to alzheimer & dimentia

Harmful bacteria in plaque can increase risk of
pneumonia

Poor oral health can increase workload on kidneys
Oral bacteria can disrupt healthy gut bacteria
Oral microbes can cross the placental barrier increasing
infections risk

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## **MENTAL HEALTH & ORAL HEALTH**



#### Two swords in one sheath!

Oral problems and mental disorders have a complicated interaction. Mental health issues are linked to a variety of dental health issues. Systemic inflammation, translocated bacteria, and dysregulated microbiome are some of the factors that interact with mental health issues [1].

#### **Oral-Mental Health Link**

#### **HAPPY LIFE STRATEGIES**



Mental and oral health are strongly related because mental health disorders can cause people to ignore their oral hygiene, which exacerbates dental problems, and poor oral hygiene can lead to stress, anxiety, and depression. Thus, measures should be taken such as patient education, counselling, and timely intervention to procure a healthy world [2].

### "Healthy Mouth, Healthy Mind – Because Oral Health Fuels Mental Well-being!"

#### References

1. Skallevold HE, Rokaya N, Wongsirichat N, Rokaya D. Importance of oral health in mental health disorders: An updated review. J Oral Biol Craniofac Res. 2023 Sep-Oct;13(5):544-552. doi: 10.1016/j.jobcr.2023.06.003. Epub 2023 Jun 19. Erratum in: J Oral Biol Craniofac Res. 2024 Jul-Aug;14(4):353-354. doi: 10.1016/j.jobcr.2024.05.011. PMID: 37396968; PMCID: PMC10314291. 2.ZK, Siluvai S, Kanakavelan K, Agnes L, Kp I, G K. Mental and Oral Health: A Dual Frontier in Healthcare Integration and Prevention. Cureus. 2024 Dec 23;16(12):e76264. doi: 10.7759/cureus.76264. PMID: 39845207; PMCID: PMC11753583.



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**BVDU DCH Navi Mumbai** 

### A HAPPY MOUTH IS A HAPPY MIND!

Happy World Oral Health Day 2025!



Poor oral health can lead to pain, infections, and even mental stress.

A healthy mouth boosts self-confidence, reducing anxiety and improving overall happiness.



#### You Are What You Eat!



The Gut - Brain Axis reveals an important link between digestion and mental health, and as digestion begins in the oral cavity, oral health is of utmost importance.

#### The Science Behind It

Studies show that oral bacteria can contribute to systemic conditions like heart disease and Alzheimer's.

Gum disease is linked to stress, depression, and cognitive decline.

Smiling triggers positive emotions, reducing stress hormones.



#### **Key Oral Hygiene Tips!**

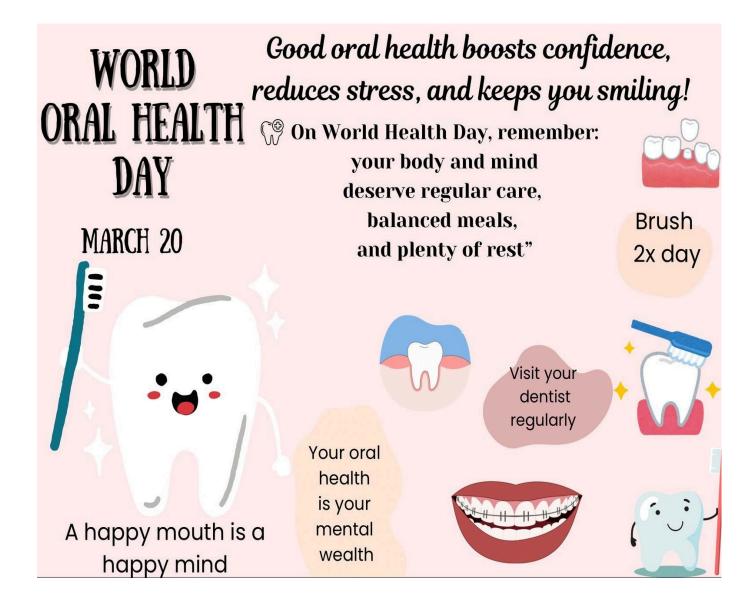
- √ Brush twice daily with fluoride toothpaste.
- √ Floss regularly to remove hidden plaque.
- ✓ Eat a balanced diet for strong teeth and gums.
- √ Avoid tobacco and excessive sugary drinks.
- √ Visit your dentist every 6 months.



Zinneerah Khan BDS-1st Year















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## EAT SMART, SMILE BRIGHT, THINK RIGHT

Gum disease increases the risk of depression by 43%

People with missing teeth are 2x as likely to suffer from low self esteem

Oral bacteria can enter the bloodstream and affect the brain

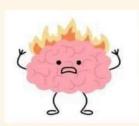


FLOSS REGULARLY

EAT HEALTHY

NEVER MISS YOUR ROUTINE DENTAL CHECK UPS AND TREATMENT

### EFFECTS OF JUNK FOOD ON MENTAL HEALTH



Leads to Brain fog and low energy Increases anxiety and depression risk Disrupts sleep and focus

## 1 EFFECTS OF HEALTHY FOODS ON ORAL HEALTH



Strengthens teeth and gums Reduces plaque and cavities Fights gum disease

# EFFECTS OF HEALTHY FOODS ON MENTAL HEALTH



Boosts brain function and memory Enhances mood and reduces stress Lowers risk of depression and anxiety

#### S EFFECTS OF JUNK FOOD ON ORAL HEALTH



Increases cavities and tooth decay Causes gum disease and bad breath Weakens Enamel and stains teeth



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#### **MYTHS FACTS** happy mouth, Brushing too hard Brushing can damage ename harder cleans happy mind! and gums. better. White teeth are Tooth color varies. HABITS TO KEEP YOUR Healthy teeth aren't healthy teeth. always white. **TEETH AND GUMS** HEALTHY Any carbohydrate Sugar is the only SUGAR can lead to cavities, cause of cavities. **BRUSH YOUR TEETH** not just sugar. TWICE A DAY BEST FOODS FOODS THAT Flossing cleans areas that brushing **USE MOUTHWASH** You don't need to FOR TEETH DAMAGE TEETH floss if you brush. misses, like between MOUTH AND HEALTH **USE DENTAL FLOSS** Professional CONNECTIONS Whitening damages whitening is safe when done **DONT FORGET YOUR TONGUE** correctly. The Effects of Smoking **BRUSH YOUR TEETH IN** on Your Teeth and Gums **PROPER WAY DRINK MORE WATER OVER SUGAR** Red or swollen gums. **CHANGE YOUR TOOTH BRUSH** Tender or bleeding gums. REGULARLY Painful chewing. GO FOR REGULAR DENTAL Loose teeth.





