



# Stress and Oral Health

We know that stress and other mental health conditions affect not only our minds, but our bodies also. The mouth is an area that can certainly be impacted by stress related problems.

**Some dental health related issues that are caused by stress include:**

- Bruxism or teeth grinding — this often leads to other symptoms such as tooth sensitivity, tooth loosening, jaw pain, headaches, and broken teeth and/or fillings.
- Gum disease or gum inflammation – this happens when your body’s immune system is compromised and is not able to fight off bacteria and toxins due to high stress levels.
- Neglecting brushing, flossing and visiting the dentist — oftentimes, stress and anxiety can prevent us from sticking to our habits and routines. The disruptions can result in an increase in cavities and gum disease when we are not caring for our dental health properly.



## What should you do?

Speak to a health professional you feel comfortable with such as your doctor to find ways to manage stress. Also, seek the guidance of your dentist to keep your oral health on track, even during stressful periods.

As much as you can, maintain a strong dental health routine that includes brushing your teeth twice per day for two minutes and flossing once per day. This is your best defense against cavities and gum disease!



**The Power of Smile™**  
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[DeltaDentalMN.org](http://DeltaDentalMN.org)