

Stress, Anxiety, Depression Can Also Have Adverse Impacts On Your Dental Health.

Pankaj Singh*

Department of Medical Sciences, Chandigarh University, Chandigarh, India

Introduction

Many things might have a negative impact on your oral health, including bad eating habits, insufficient brushing, and poor dental hygiene. Your mental wellness has a big impact on your oral health. Stress, anxiety, depression, and other mental health difficulties may put people at a higher risk of having dental problems for a variety of reasons. (Also see: Are you making these dental health blunders with your kids?)

People who are afraid of going to the dentist or having dental operations may avoid doing so. It could be the result of a broader mental health condition, such as general anxiety disorder or previous poor experiences at a dentist clinic, according to experts [1].

People who are depressed or nervous may make poor eating choices or fail to pay attention to nutrition, causing their oral health to deteriorate.

"Anxiety and depression can create a variety of issues, including the use of sugary foods and beverages, which can contribute to teeth decay and cavities. Depressed people eat poorly, which can damage their teeth's surface enamel [2].

A person suffering from depression is also likely to lose interest in regular chores such as brushing their teeth or taking a shower.

"Depression can make you feel fatigued or reluctant to clean or floss your teeth," explains Dr. Jaradi. "It can also lead to smoking, drug misuse, or drinking, all of which can lead to gum disease and oral cancer."

When it comes to a link between mental health and dental difficulties, stress is one of the risk factors, according to the British Society of Periodontology. People who are stressed are more likely to smoke, ignore their oral hygiene regimen, and miss dentist appointments, all of which raise their risk of developing a variety of dental problems. Bruxism, or

teeth clenching or grinding as a result of stress, causes dental deterioration and facial pain. Cortisol, the body's stress hormone, has been shown to promote Porphyromonas Gingivalis growth [3,4].

"People with Obsessive-Compulsive Disorder (OCD) are prone to abrasion because they brush their teeth constantly," explains the dental specialist [5].

What effect does medicine have on your dental health?

"Oral health problems can be caused by medications used to treat mental illnesses. Antidepressants, as well as antipsychotics, are among the medications linked to dry mouth, commonly known as xerostomia. In fact, when people take tricyclic antidepressants like amitril, their salivary flow rates can drop by 58%.

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*Correspondence to: Pankaj Singh, Department of Medical Sciences, Chandigarh University, Chandigarh, India, E-mail: pakajsingh.34@yahoo.com

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