

3rd Global Summit on Psychiatry and Psychotherapie

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The effect of oral health education on depressed women with halitosis

Introduction:

The problems of oral health of depressed women are not adequately recognized, either in developing countries. Depression disorder is more than just of feeling sadness, as it includes insomnia, weak concentration, and lost interest in everyday activities that could diminish concern for a one's general and oral health. According to signs and symptoms of depression, most of the depressed people eating more than most people would eat and lack of control over eating and eating large amount of food when they were not hungry physically (when having depressed mood and when feeling alone) that effect on their lifestyle and decrease quality of life of them. They eating unhealthy foods, exercising irregularly or not at all, drinking more alcohol and smoking, didn't attention to their health. Depression can lead to other diseases such as obesity, metabolic disorder, coronary artery disease and oral disease in depressed patients. Depression often causes a decreased flow of saliva, which causes dry mouth that can turn into halitosis. Alcohol consumption, smoking and poor oral hygiene are strong causes of halitosis. The bad oral hygiene in people with depression is linked with the fact that dental fear is more common in this group. There are many studies showing that the level of oral hygiene is insufficient among people with depression, who thus have a higher rate of dental cavities compared to a general population. The inflammation of the gums caused by accumulated dental plaque can lead to problems like halitosis, periodontal disease development and eventually tooth loss.

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Biography:

Hamideh Jahangiri wrote more than 105 scientific books in the field of psychology for medicine and healthcare. Hamideh Jahangiri's most popular book is Depression and Coronary Artery Disease. She has her expertise in evaluation and passion in improving the health and wellbeing for persons with psychological disorders. Her researches focus on the effect of psychological disorders such as depression on people's life and bodies that led to medical illness. Depression, especially in midlife or older adults, can co-occur with other serious medical illnesses, such as heart attack(40%-65%), coronary artery disease (without heart attack) (18%-20%), Parkinson's disease(40%), multiple sclerosis(40%), stroke(10%-27%), cancer(25%) and diabetes(25%). Her researches creates new pathways for improving healthcare and wellbeing after years of experience

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