

# WHY DENTAL HEALTH IS CRUCIAL FOR OVERALL WELL-BEING AND QUALITY OF LIFE



- Poor oral health has been linked to systemic diseases such as heart disease, stroke, diabetes, and pregnancy complications.
- Bacteria in the mouth can enter the bloodstream and contribute to inflammation throughout the body.
- A healthy smile and confident appearance can positively impact social interactions and self-esteem.
- Dental problems can cause embarrassment and avoid social situations.
- Untreated dental problems can lead to expensive treatments and lost productivity due to pain and discomfort.
- Regular dental checkups and preventive care can save money in the long run.
- Dental exams can detect early signs of oral cancer, gum disease, and other health issues.
- Early intervention allows for timely treatment and better outcomes.

According to the American Dental Association (ADA), more than 164 million work hours are lost in the United States each year due to oral health issues. This indicates about 16% of the population missing work due to dental health concerns.

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