

Poster journal

Is mental health a threat to oral health?

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Commentary:

Research in the past few decades has provided much insight into the inter-relationship between the mental and systemic health of the patient. Unlike systemic health, the association between mental health and oral health is relatively unexplored. Stress, anxiety, and depression are three major interlinked conditions which commonly affects the population of all ages. Poor mental health often leads to a lack of personal health care which increases the risk of systemic and oral diseases. Lack of awareness of the influence of mental health over oral health often leads to doctors misdiagnosing mental health induced oral diseases. This poster depicts the oral manifestations of various mental illness. People under mental stress develop deleterious habits like lip/nail biting, chewing and substance abuse. These cause a wide array of oral diseases like inflammation of gingiva, periodontium, wearing of teeth, TMJ pathology, burning mouth syndrome and might even lead to cancerous changes in the oral mucosa¹⁻³. Hence evaluation of mental health must be a part of the general examination. Proper diet, sleep, medications, regular health checkup, and periodic dental visits are emphasized to maintain one's mental health as well as their oral health.

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