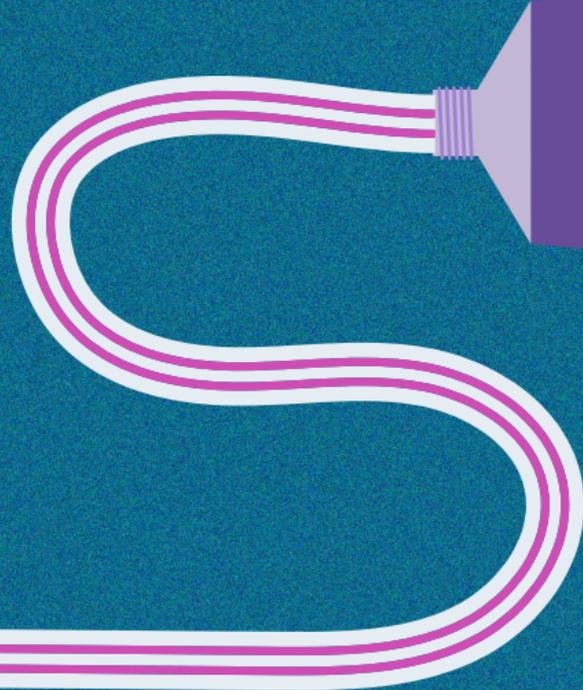




Public Mental Health
Implementation Centre

Dental health and mental health: Six clinical facts



PMHIC Blog Series

These monthly blog posts by the Public Mental Health Implementation Centre (PMHIC), 'Perspectives on public mental health', aim to highlight the voices of practitioners, patients, carers, and public health experts.

Welcome to this month's post, by Dr Ava Carter (Psychiatrist) and the Public Mental Health Implementation Centre.

Here they highlight key facts around oral health and mental health which affect patients and people living with mental health conditions.

1.

People living with mental health conditions often face a far **higher burden of oral disease**, due to shared social and biological factors, medication, and lack of interventions.¹



2.

Higher rates of dental hospitalisation are reported by people living with a diagnosis of severe mental illness.²



3.

Studies show that when mental health teams work with dentists, **80% of patients feel less anxious to attend dental appointments.**³



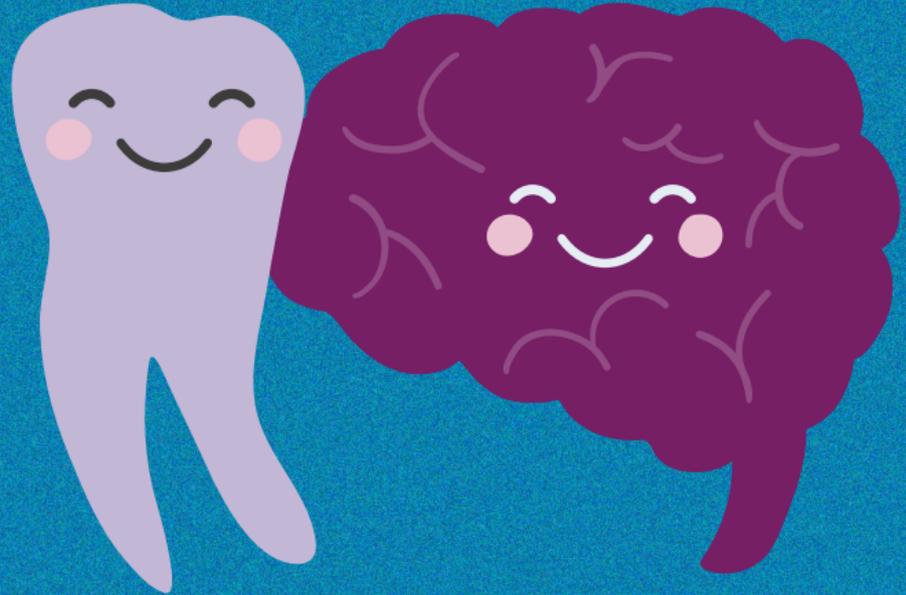
4.

To make visiting the dentist easier for neurodivergent patients, who may have sensory and other issues, there needs to be **neurodivergent-friendly approaches**, support and understanding.⁴



5.

Visiting a dentist regularly to get teeth cleaned over 5 years helps protect the brain. It has also shown to lower the risk of Parkinson's disease.⁵



6.

To boost oral hygiene behaviours, data from adolescents show interventions strengthen attitudes, beliefs, self-efficacy and motivation.⁶



References

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