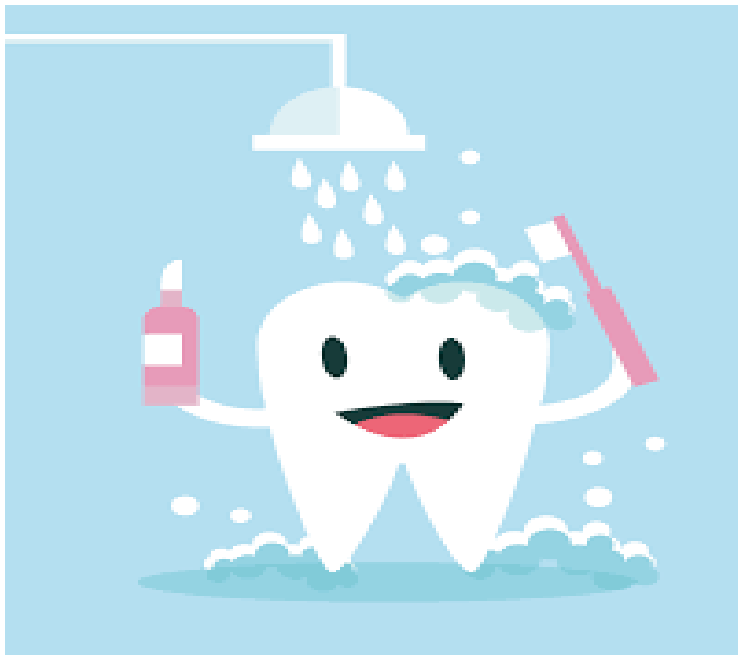


# June Health Newsletter

## Your Teeth Are Important to Your Health

When we think of healthcare, dental care might not be the first thing that comes to mind. However, oral health is an integral part of overall well-being.

June 15th, 2023



Neglecting dental care can have serious consequences for both oral and systemic health. Dental care plays a crucial role in comprehensive healthcare, as it not only focuses on maintaining healthy teeth and gums but also contributes to overall physical and mental well-being.

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### **Preventing Oral Diseases:**

Regular dental check-ups and preventive care, such as cleanings and examinations, are essential for maintaining optimal oral health. Dental professionals can detect early signs of oral diseases like cavities, gum disease, and oral cancers. By addressing these issues promptly, individuals can avoid painful complications and costly treatments later on.

### **Oral- Health Connection:**

Research has increasingly highlighted the strong connection between oral health and overall health. Poor oral health has been linked to an increased risk of various systemic conditions, including cardiovascular disease, diabetes, respiratory infections, and adverse pregnancy outcomes. Dental care aims to address oral health issues and minimize the risk of developing or exacerbating systemic health problems.

### **Promoting Overall Well-being:**

Dental care goes beyond treating dental problems. It can significantly impact a person's overall well-being. Oral health issues, such as toothaches, gum infections, and missing teeth, can cause pain, discomfort, and difficulty in eating and speaking. These problems can lead to poor nutrition, social isolation, and a decline in quality of life. By addressing oral health concerns, dental care helps individuals regain their comfort, confidence, and ability to enjoy a healthy lifestyle.

### **Early Detection of Systemic Conditions:**

Dentists often have the opportunity to identify signs of systemic conditions during routine dental visits. Symptoms like oral lesions, dry mouth, or changes in the oral tissues can be indicative of underlying health problems. Through close collaboration with other healthcare providers, dental professionals can contribute to early detection and management of systemic diseases, improving overall health outcomes.

### **Preventing Long-term Complications:**

Timely dental care can prevent long-term complications and the need for extensive and costly treatments. For instance, treating cavities early can prevent tooth decay from progressing to the point of requiring root canals or extractions. Additionally, addressing gum disease promptly can prevent tooth loss and reduce the risk of bone and tissue damage. By focusing on preventive measures and early interventions, dental care aims to preserve oral health and avoid unnecessary suffering and expenses.

### **Enhancing Mental Health:**

Oral health issues can have a significant impact on mental well-being. Chronic dental pain, tooth loss, and cosmetic concerns can affect self-esteem, social interactions, and overall mental health. Dental care, such as restorative treatments, dental implants, and cosmetic

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procedures, can restore a person's smile, boost confidence, and improve their overall emotional well-being.

**Conclusion:**

Dental care plays a vital role in comprehensive healthcare, offering much more than just a dazzling smile. By emphasizing preventive care, early detection, and prompt treatment of oral health issues, dental professionals contribute to overall well-being, prevent systemic complications, and enhance quality of life. Incorporating dental care as an essential component of healthcare can promote holistic health and ensure individuals maintain healthy smiles and bodies for years to come.

Resources:

<https://www.maine.gov/dhhs/mecdc/population-health/odh/documents/directory.pdf>

Mainecare now covers Dental care for those under 21 years of age as well as certain services for those over 21.

-Community Dental in Portland takes Mainecare recipients

-Community Dental in Biddeford

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by **Yamama Karim**

Community Health Worker

[Yamama.Karim@Neaao.org](mailto:Yamama.Karim@Neaao.org) ( Feel free to email me suggestions on what you want to see in this newsletter).

New England Arab American Organization

<https://www.neaao.org/>

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426 Bridge Street, #B10

Westbrook, Maine 04092

