

What Should You Do?

- Go for regular dental check-ups
- Maintain good oral hygiene habits
- Adopt a healthy lifestyle
- Reduce sugar intake and adopt a healthy diet
- Stop smoking



Clinic 6B

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What Is Mental Health Disorder?

Mental disorder can be described as having abnormal thoughts, feelings and behaviour, that may result in psychological biological dysfunction.

They can interfere with our cognitive, emotional and social abilities, causing emotional disturbances and hinders performance in daily functions.

The most common mental health disorders in Singapore are:



Schizophrenia



Depression



Anxiety



Bipolar Disorder

Socio-demographical factors such as age, gender, ethnicity, education and employment status are also associated with the prevalence of mental illness.

How Do Mental Health Disorder Affect Oral Health?

Oral health tends to be poor among patients with mental health disorders, with increased chance of tooth decay and gum disease.



Poor oral hygiene

Poor oral health is likely due to:

- Lack of motivation
- Mind being preoccupied with other thoughts/activities
- Avoidance of dental care
- Smoking (especially in nicotine dependence)

Patients may also suffer from increased tooth deterioration due to:

- Excessive brushing
- Attrition of teeth due to teeth grinding
- Erosion of teeth (especially in bulimia)



Attrition and erosion of teeth

Some medications can cause drug-induced movement disorders or side effects such as:

- Spasms
- Restlessness
- Rigidity
- Tongue thrusting
- Slowness of movement
- Tardive dyskinesia (irregular, jerky movements)

These may interfere with patient's oral hygiene and oral hygiene provided by the caregiver.

Dry mouth due to medications may also lead to:

- Increased risk of tooth decay
- Difficulty when chewing and swallowing food
- Difficulty when speaking
- Need for frequent sips of water
- Burning sensation
- Altered taste
- Difficulty when wearing dentures

Patients with dry mouth need to pay more attention to oral hygiene and their diet to prevent dental problems.