

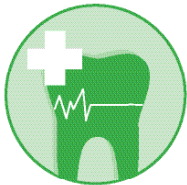
# March 20<sup>th</sup> is World Oral Health Day

World Oral Health Day celebrates the benefits of a healthy mouth and promotes worldwide awareness of the importance of oral hygiene.



## World Oral Health Day: A happy mouth is a happy mind!

### Did you know?



#### Your oral health impacts your overall health

Did you know your oral health is connected to your overall health? In fact, over 120 medical conditions can be detected by signs and symptoms in your mouth. Your dentist can detect signs of oral cancer, diabetes, heart ailments and kidney problems during your regular dental exam.



#### Your mental wellbeing can affect your smile

Make sure you manage stress levels, get plenty of rest, include lots of healthy foods (like fruits and veggies) in your diet, and of course, brush and floss! Not only does this improve your dental health, but you should notice a boost in your mental and overall health, too.



#### You should begin proper dental hygiene at an early age

Your child's first visit to the dentist should be within six months after baby teeth emerge and before the first birthday. Schedule visits regularly to prevent dental problems and protect your child's smile.

Want more information?  
Visit our website  
[DeltaDentalMN.org](http://DeltaDentalMN.org)

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