

# The Pain of Stress on Your Oral Health

Dry Mouth

Burning Mouth Syndrome (BMS)

Tooth Decay

Periodontal Gum Disease

Bruxism (Tooth Grinding)

Temporomandibular Joint Disorder (TMD)

People tend to overlook the effect stress has on their oral health. However, your mouth can be just as affected by stress as the rest of your body is.

You can take simple steps to reduce the impact of stress on your oral health — starting with daily brushing and flossing, regular dental appointments and a nutritious and balanced diet.



Prevent stress from being a pain in the mouth – talk to your dentist to learn how.

[www.youroralhealth.ca](http://www.youroralhealth.ca)