

Stress, Hormonal imbalances and Teeth

The link between oral health and stress is often overlooked, but vital if we are to maintain healthy gums and teeth.

The hustle and bustle of our daily routines with climbing up the corporate ladder, constantly searching for a better house, car, school, lifestyle, less exercise, more junk food...has resulted in our bodies having to cope with high levels of cortisol (a stress hormone) for unusually long periods of time.

The more stress you're under, the greater the amount of cortisol produced, which results in elevated blood sugar, blood pressure and lower immunity (which means a greater susceptibility to infection). Under these conditions, bacteria that causes tooth decay are able to multiply rapidly resulting in the once sensitive tooth becoming decayed and painful.

Cortisol supports inflammation causing gums to become inflamed, swollen, raised and prone to bleeding upon brushing. Add to this recipe less than optimum oral hygiene, a nutrient-deficient diet, smoking and alcohol and the condition of the mouth can progress to developing ulcers, abscesses and infection.

To help the body cope during stressful periods, it is recommended that a nutritional supplement containing B-vitamin be taken or foods rich in vitamin B. Exercise, dancing, music, spa therapy, reflexology, kinesiology have been shown to reduce stress and tension.

Good oral health care comes from the proper use of dental products, thus oral hygiene instructions given by a dental professional is essential. Products change rapidly, new and exciting innovations are available in dentistry and your dental professional can give you the information required to benefit you no matter your age and routine. Visit your dentist regularly so that potential problems can be eliminated.