



ORAL HEALTH AND WELL-BEING

Did you know that **oral health** can affect all dimensions of **your well-being**?

Oral health is related to systemic conditions of our body. The lack of attention and daily oral care can bring various serious medical complications, affecting all aspects of our life and well-being.



Socially



In sports performance



In work and leisure

Maintain **healthy habits** and schedule **regular visits to your dentist!**



Clean your teeth at least 2x a day



Eat healthy foods



Exercise regularly



Do not smoke

Maintaining your oral health is good for your heart and everyone around you!



Support:

LAOHA



Promoting Oral Health Beyond Borders