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Women and their Health depends on Oral health

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At the outset let us recognize that everyone has their own idea of health and they work around it for their well-being! Well, for many, Health is the absence of Disease. WHO in 1948 defined health as a complete state of physical, mental and social well-being and not merely an absence of disease.

We all know that a healthy mind in a healthy body is strongly correlated and to take it further, that significantly affects our response and behaviour both at work and home. In order to deliver well, one has to be at the best of their health. Productivity is directly tied to our health.

My presentation focuses on oral health for women which is directly proportional to their overall health as the only source of carrying nutrition to our body IS the mouth!

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