



## Eating Disorders Can Affect Your Mouth Too?

Eating disorders affect your health, quality of life and your body as a whole. Not many people think about how much they affect your mouth, too. Some eating disorders can cause your mouth to bleed and remove tooth enamel which can cause: change in your teeth color, shape, and length. This makes eating or drinking very difficult and uncomfortable to do.

Common eating disorders:

- **Anorexia**—The fear of gaining weight or becoming fat.
- **Bulimia**—The fear of being overweight. Overeating and making themselves vomit or taking laxatives to remove everything they just ate.
- **Binge Eating or Compulsive Overeating**—Overeating but not regularly getting rid of that food by vomiting.

Contact your doctor or a health professional to get help. Family and friends can also talk you through steps on preventing these disorders. Keep your dentist aware so that they can help give you tips to improve or prevent any oral health issues you may have.

Make sure to maintain brushing and flossing your teeth if any of these disorders affect you. If you suffer from vomiting make sure to rinse your mouth with baking soda to help neutralize with the stomach acids in your mouth.

It isn't just your teeth and gums! Maintaining oral health can keep you healthier in many other ways!

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more tips for a healthier mouth.