# Study finds link between women's oral health and chronic pain



A recent study conducted by researchers at Sydney University in Australia has highlighted a potential connection between women's oral health and the experience of migraines and body pain. The findings indicate that inadequate dental hygiene may correlate with a higher incidence of these debilitating conditions, suggesting that improved oral habits could potentially alleviate discomfort and enhance overall wellbeing.

In Britain, approximately one in five women experiences migraines, which are recurrent headaches often accompanied by symptoms such as nausea, vomiting, and heightened sensitivity to light and sound. Furthermore, nearly two in five women endure some form of chronic body pain, attributed to various medical conditions including arthritis, irritable bowel syndrome, chronic pelvic pain, and fibromyalgia, which tend to occur more frequently in females.

Despite the known triggers for migraines and fibromyalgia—such as physical or emotional stress, illness, and hormonal fluctuations—the intrinsic causes of these conditions remain largely unidentified. This study presents a novel perspective by exploring the influence of oral health on pain-related issues.

As part of the research, nearly 170 women from New Zealand, both with and without chronic pain, participated by providing saliva samples for bacterial analysis. In conjunction, these individuals completed an oral health survey detailing their dental hygiene practices, dietary habits, lifestyle choices, and previous dental issues. The data collected was then compared against their self-reported instances of body pain and migraine history.

The results revealed a significant association between poor oral health and the experience of pain. Women exhibiting the least amount of oral health reported being 60% more likely to endure moderate to severe body pain, with nearly half of these women also suffering from migraines. Associate Professor Joanna Harnett, the lead investigator from the faculty of medicine and health at Sydney University, stated, “This is the first study to investigate oral health, oral microbiota and pain commonly experienced in women with fibromyalgia, with our study showing a clear and significant association between poor oral health and pain.”

This study adds to a growing body of research linking poor oral health with various serious health complications, including cardiovascular disease, diabetes, and dementia. The implications of these findings may encourage further investigation into the role of oral hygiene in managing pain conditions among women as part of a holistic approach to health management.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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2. <https://medicalxpress.com/news/2025-04-poor-oral-health-linked-body.html> - Supports the findings of the University of Sydney study that shows poor oral health is significantly linked with migraines and body pain in women.
3. <https://www.sydney.edu.au/news-opinion/news/2025/04/10/poor-oral-health-linked-with-body-pain-and-migraines-in-women--.html> - Details the Sydney University study exploring the relationship between oral health and pain conditions such as fibromyalgia and migraines.
4. <https://www.healthline.com/nutrition/migraines-statistics> - Provides context on the prevalence of migraines, although it does not directly reference the connection to oral health. It supports the assertion that migraines are a significant health issue.
5. <https://www.mayoclinic.org/symptoms/chronic-pain/basics/definition/sym-20050898> - Discusses chronic body pain, which is often attributed to conditions like fibromyalgia and arthritis, common among women.
6. <https://www.nhs.uk/conditions/migraine/prevention/> - Offers general information about migraines, including triggers and management strategies, which aligns with the broader context of managing chronic pain.
7. <https://www.dailymail.co.uk/health/article-14603045/Poor-teeth-brushing-women-risk-migraines-body-pain.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data