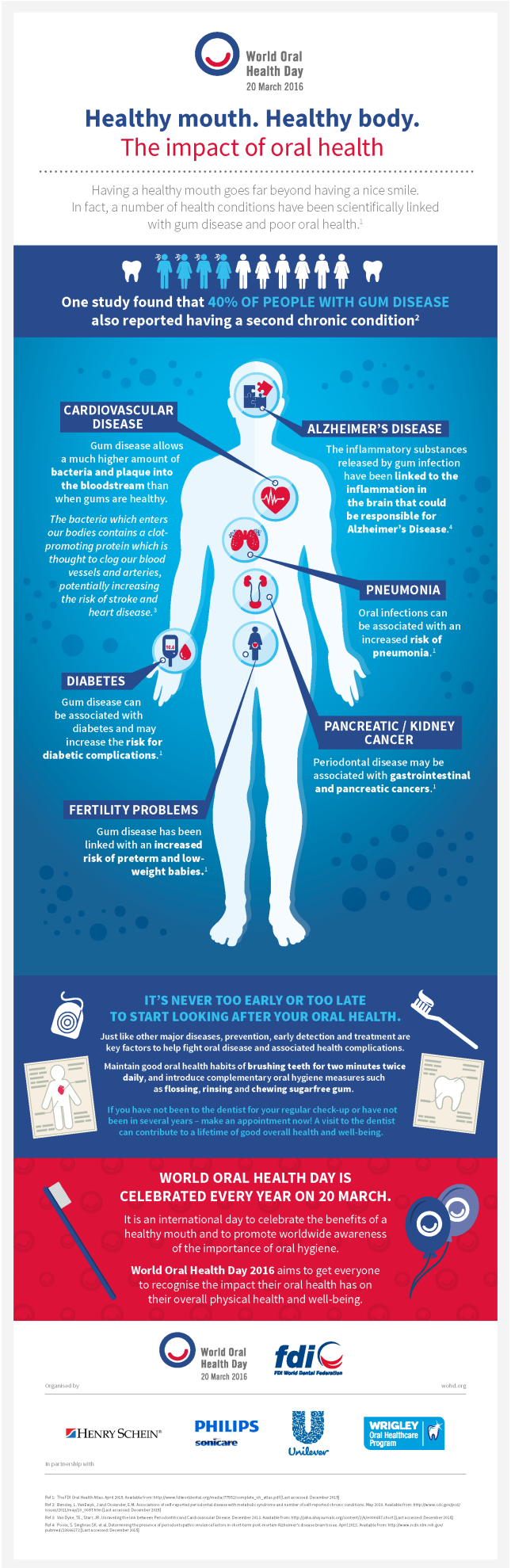
Oral health – why it can’t be ignored in the bigger health landscape

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World Oral Health Day
20 March 2016
Healthy mouth. Healthy body.
The impact of oral health
Having a healthy mouth goes far beyond having a nice smile.
In fact, a number of health conditions have been scientifically linked with gum disease and poor oral health.[1]
One study found that 40% OF PEOPLE WITH GUM DISEASE also reported having a second chronic condition[2]
CARDIOVASCULAR DISEASE
Gum disease allows a much higher amount of bacteria and plaque into the bloodstream than when gums are healthy.
The bacteria which enters our bodies contains a clot-promoting protein which is thought to clog our blood vessels and arteries, potentially increasing the risk of stroke and heart disease.[3]
ALZHEIMER'S DISEASE
The inflammatory substances released by gum infection have been linked to the inflammation in the brain that could be responsible for Alzheimer's Disease.[4]
PNEUMONIA
Oral infections can be associated with an increased risk of pneumonia.[1]
DIABETES
Gum disease can be associated with diabetes and may increase the risk for diabetic complications.[1]
PANCREATIC / KIDNEY CANCER
Periodontal disease may be associated with gastrointestinal and pancreatic cancers.[1]
FERTILITY PROBLEMS
Gum disease has been linked with an increased risk of preterm and low-weight babies.[1]
IT'S NEVER TOO EARLY OR TOO LATE TO START LOOKING AFTER YOUR ORAL HEALTH.
Just like other major diseases, prevention, early detection and treatment are key factors to help fight oral disease and associated health complications.
Maintain good oral health habits of brushing teeth for two minutes twice daily, and introduce complementary oral hygiene measures such as flossing, rinsing and chewing sugarfree gum.
If you have not been to the dentist for your regular check-up or have not been in several years – make an appointment now! A visit to the dentist can contribute to a lifetime of good overall health and well-being.
WORLD ORAL HEALTH DAY IS CELEBRATED EVERY YEAR ON 20 MARCH.
It is an international day to celebrate the benefits of a healthy mouth and to promote worldwide awareness of the importance of oral hygiene.
World Oral Health Day 2016 aims to get everyone to recognise the impact their oral health has on their overall physical health and well-being.
World Oral Health Day
20 March 2016
fdi
FDI World Dental Federation
Organised by
worlddentalfederation.org
HENRY SCHEIN
PHILIPS sonicare
Unilever
WRIGLEY Oral Healthcare Program
In partnership with

Language English



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Since 2007, dentists, oral health practitioners, dental students and members of the public have been celebrating World Oral Health Day – annually on March 20.

The aim is to encourage and support activities and initiatives aimed at increasing awareness about oral health as well as highlight the impact oral diseases have on general health, well-being and the economy.

Oral health is linked to general health - Healthy Mouth, Healthy Body

This year's theme 'Healthy Mouth. Healthy Body.' is a reminder that poor oral health is related to general health and has been associated with a number of conditions such as heart disease[i], pancreatic cancer[iii], pneumonia[ii] and lung disease[ii].

Furthermore, there is an indicated link between good oral health and overall health: In one study 40% of people with serious gum disease also reported suffering from an additional chronic condition.[iii] World Oral Health Day 2016 aims to educate people that good oral health goes beyond having a nice smile – it is fundamentally intertwined with overall well-being.

Dental practitioners have long been aware of the relationship between the mouth and the body: the FDI's founding father opined that the dentist 'is a little like a sentinel at the door of the human citadel … often it is he who sounds the first alarm that the whole organism is in danger'.

And this has certainly proved to be the case, for example, in the oral manifestations of HIV-AIDS[1] and, from early on, documented examples of the oral manifestations of diabetes mellitus[2]. FDI itself has also drawn attention to Oral Infection/Inflammation as a Risk Factor for Systemic Diseases[3].

But the relationship goes further. In 2011, United Nations member states recognized *"that renal, oral and eye diseases pose a major health burden for many countries and that these diseases share common risk factors and can benefit from common responses to non-communicable diseases;"*[4]

Collaboration between dental and other health sectors for better population health

This is why FDI believes that, working together with other medical specialties, we can highlight the dangers of certain behaviours and, through specific and targeted advocacy, achieve real changes in policy, with positive impacts for oral health and health in general.

For example, the recent announcement of a special tax on sugary drinks in the United Kingdom is a victory both in the fight against obesity and diabetes and against dental caries. Similarly, recent government tobacco control actions around the world favour not only cardio and respiratory health, they also support prevention and control of oral diseases and cancers of the oral cavity.

Pioneering preventative health

In 2012, WHO Director General Dr Margaret Chan pointed out that dentistry pioneered the concept of preventive medicine, turning it into an art as well as a science. On 20 march 2016, we will be celebrating World Oral Health Day. We hope that we can count on our partners in all the other medical professions to support this initiative, follow us on social media and learn more about how initiatives by the dental profession will have a positive impact in our common areas of concern, in particular non-communicable diseases.

#ItAllStartsHere #WOHD16

> FDI has created a WOHD smartphone game called 'Mad Mouths', available under the same name at Apple Store and Google Play. If you want to view the short WOHD video (it's fun), it is on You tube at:
>
> English: https://youtu.be/hbYjljFW1VM [1]
>
> Spanish: https://youtu.be/T8UakFckL3c [2]
>
> French: https://youtu.be/9x8DPqS_wDM [3]

Good oral health goes beyond having a nice smile #ItAllStartsHere #WOHD2016

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About FDI World Dental Federation

FDI World Dental Federation serves as the principal representative body for over one million dentists worldwide. Its membership includes some 200 national member associations and specialist groups in over 130 countries. FDI's vision: 'leading the world to optimal oral health.' www.fdiworldental.org [4].

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Featured:
Related Resource: The Oral Health Atlas - Second Edition [11]
Related Link: World Oral Health Day Website [12]
World Dental Federation Website [13]
World Dental Federation - Twitter [14]
World Dental Federation - Facebook [15]


World Oral
Health Day
20 March



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Links
[1] https://youtu.be/hbYjljFW1VM
[2] https://youtu.be/T8UakFckL3c
[3] https://youtu.be/9x8DPqS_wDM
[4] http://www.fdiworldental.org/
[5] http://www.fdiworldental.org/media/55246/3-fdi_ps-hiv_approved_gab_2014.pdf
[6] http://jada.ada.org/issue/S0002-8177%2842%29X0900-2
[7] http://www.fdiworldental.org/media/31112/oral_infection-inflammation_as_a_risk_factor_for_systemic_diseases_-_2013.pdf
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