



Teeth are for a lifetime. Take action!

Gum Disease and Tooth Decay, the most widespread oral conditions, are preventable.

Gum Disease and Tooth Decay (Caries) continue to be major public health problems worldwide.



Gum Disease is a leading cause of tooth loss in adult population.



Untreated Tooth decay and gum disease may have severe consequences and lead to tooth loss.



Gum Disease & Tooth Decay

10% of the global population are affected by Severe Gum Disease. 743 million people affected.



1 person in 3 is affected by Tooth decay.



Severe gum disease is the sixth most common disease globally.



Tooth decay and gum disease are the commonest human diseases - and both are preventable.



Gum disease should be seen as an indicator of general health issues.



The burden of these diseases is high and is increasing as the population ages.



Education for oral health should target children, mothers to be, new mothers, care home workers and other caregivers.



Dental professionals should be consulted regularly to prevent tooth decay and gum disease effectively.



Oral health status in older individuals is influenced by their level of dependence, rather than by their chronological age.



Bleeding gums are not normal. Dental professionals should be consulted immediately.



Reducing sugar and starch intake levels and frequency is important in preventing gum disease and tooth decay. Intake should be limited to mealtimes.



The oral healthcare team can advise on weight loss, smoking cessation, exercise, and controlling diabetes and blood sugar levels in general.



Brushing twice daily with fluoride toothpaste is essential and can also be supplemented with additional effective agents that reduce dental plaque, such as those found in mouthwash and toothpastes.

Retaining Healthy Teeth for Life has multiple benefits



allows chewing, eating speaking and smiling to be optimal



reduces the risk of general health issues



improves the quality of life and wellbeing



positively impacts health economics