

How Can Non-Oral Health Professionals Help Detect and Prevent Systemic Diseases?

Oral Health



Whole-body health

WHY IT MATTERS

Poor oral health can lead to:



Oral diseases are associated with other non-communicable diseases (NCDs), including heart disease, type II diabetes, lung disease etc.



Shared inflammation + risk factors



Early oral signs = early systemic warnings

The Connection

Bacteria + inflammation in gums

→ Bloodstream

→ Triggers body-wide inflammation

Common Risk Factors

Shared with Other NCDs



Tobacco use



Physical inactivity



Unhealthy diet high in free sugars



Air pollution



Alcohol consumption

How you can collaborate with dentists and dental teams

- ✓ Referrals
- ✓ Communication on complex patients' medical history
- ✓ Pain + medication management



The 5-Step Framework:

1

Ask

History + habits (tobacco, alcohol, diet)

2

Look for signs

Oral examinations: tongue, gums, palate, teeth, mucosa

3

Decide

Urgency and if referrals are required (e.g. abscess, oral cancer, Ludwig's angina)

4

Act

- Refer, manage, advise
- Promote oral-friendly habits
- Document everything

5

Document

Patient's history, diagnosis, and management of oral and systemic diseases

Learn More

whole-body-health.
fdiworlddental.org