

How Can Non-Oral Health Professionals Raise Awareness on Periodontal Disease?

Oral Health



Overall Health

WHY IT MATTERS



Gingivitis is extremely common



Periodontitis affects ~19% of adults
→ Leads to tooth loss and systemic health issues



Recognized by WHO as a major global health burden

Types of Disease

Gingivitis (Reversible)

- Bleeding gums
- Swelling
- Plaque/tartar
- Bad breath
- Pain

Periodontitis (Irreversible)

- All gingivitis signs +
- Gum recession
- Loose teeth
- Tooth gaps
- Pain chewing
- Tooth loss

Common Risk Factors



Microbial imbalance



Immune response



Genetics



Risk factors:
Tobacco use,
Diabetes, Stress,
Age, Diet



Systemic diseases

Systemic Links

Linked with:

- ✓ Diabetes (2-way relationship)
- ✓ Heart disease
- ✓ Kidney disease
- ✓ Pregnancy complications
- ✓ Alzheimer's
- ✓ Lung disease
- ✓ Rheumatoid arthritis, IBD

The 5-Step Framework:

1

Ask

- Main complaints, health history
- Risk factors (e.g., diabetes, smoking)
- Oral hygiene habits

2

Look for Signs

Signs of gingivitis or periodontitis

3

Decide

- Urgent dental referral?
- Need for co-management?

4

Act

- Refer to dental team
- Educate on oral hygiene
- Support quitting smoking, healthy diet

5

Document

- Symptoms, history, medications
- Lifestyle, referrals, follow-up

Learn More

whole-body-health.
fdiworlddental.org