

Gum Disease and Tooth Decay interactions and similarities between the most widespread oral conditions

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



Severe Periodontitis is a major cause of tooth loss in adult population.



Untreated Caries and Periodontitis may have severe consequences and lead to tooth loss.

Perio & Caries

Gum Disease and Caries can be both preventable

10% of the global population are affected by severe Periodontitis. 743 million people affected.

10%



1 in 3 people are affected by Caries.

6

Severe Periodontitis is the sixth most common disease globally.



1 Caries and periodontal diseases are the most common human diseases - and both are preventable.



6 Reducing sugar and starch intake in amount and frequency is important in preventing periodontal disease and caries. Intake should be limited to mealtimes



2 Benefits of tooth retention relate to nutritional status, speech, self-confidence and quality of life.



7 Bleeding gums are *not* normal. You should immediately visit a dentalcare professional.



3 The burden of these diseases increases as the population ages.



8 Education for oral health should target children, as well as mothers to be, new mothers, care home workers and other groups who care for those with dependence.



4 The oral health status in aged individuals is influenced by their level of dependence, rather than by their chronological age.



9 Periodontal disease should be seen as an indicator to other general health issues.



5 The oral healthcare team can advise on weight loss, smoking cessation, exercise, and controlling diabetes and glycaemia in general.



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