



A HAPPY MOUTH IS... A HAPPY BODY

INCREASE AWARENESS
OF THE IMPORTANCE OF
GUM HEALTH

#WOHD24
#HappyMouth



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Gum disease, or periodontal disease, affects the tissues that surround and support teeth. Despite its preventable nature, it remains a significant global public health concern. Maintaining gum health is essential for overall well-being and plays a pivotal role in ensuring a good quality of life. Fortunately, gum disease is preventable and irreversible damage can be avoided through prompt action and timely public health measures.



UNDERSTANDING THE ISSUE

- **Gum disease begins as gingivitis** (inflammation of the gums) and in most cases is reversible at this mild stage.
- **If left untreated it can progress** into the more severe periodontal disease which can destroy the tissues and bone that hold the teeth in place. The damage caused is irreversible and permanent.
- **Gum disease can cause problems** with chewing, speaking, and can lead to tooth loss. It has also been linked to other health issues such as heart disease, stroke, and diabetes.



WHAT CAN PEOPLE DO?

- **Adopt good oral hygiene habits:** brush twice a day with fluoride toothpaste.
- **Clean between the teeth:** use floss or interdental brushes at least once a day to remove food particles and plaque.
- **Avoid tobacco:** this can reduce your risk of gum disease.
- **Know your risk:** visit your dentist regularly to help prevent oral diseases and ensure any dental problems are identified and treated early.



WHAT CAN GOVERNMENTS DO?

- **Implement a national oral health policy** that is integrated with national universal health coverage and noncommunicable disease policies.
- **Integrate oral health programmes** in broader public health efforts.
- **Ensure access** to safe, affordable and quality fluoride toothpaste and implement community-based methods such as the use of topical fluoride application and access to systemic fluoride, where appropriate.
- **Implement regulatory policies** related to tobacco use.

