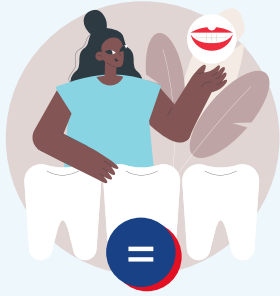


WHAT YOU NEED TO KNOW

How Can Non-Oral Health Professionals Promote Adult Oral Health?

Oral Health



Whole-body health

WHY IT MATTERS

Poor oral health can lead to:



Pain & Sleep Loss



Missed Work



Social Withdrawal



Disease Links (diabetes, pneumonia, CVD and/or Atherosclerosis)



Higher Costs

Recommendations for optimal oral health



Brush

2x daily, 2 mins, fluoride 1350–1500 ppm



Floss & Scrape

Clean between teeth, & top of tongue



Diet

Reduce sugar, eat sweets only with meals



Lifestyle

Avoid tobacco and alcohol



Check-ups

Visit dentist regularly

If your patient experiences dry mouth (xerostomia), suggest they:



Chew sugar-free gum



Sip water with meals and throughout the day



Use mouth spray/rinse



Avoid caffeine/alcohol/tobacco



Use lip balm



Consult a dentist if symptoms persist

The 5-Step Framework:

1 Ask

- General hygiene, presence of pain or discomfort, lifestyle, mental health

2 Look for signs

Check the mouth for:

- **Cleanliness** – Plaque or tartar buildup
- **Gums** – Redness, swelling, bleeding, especially during menopause & pregnancy
- **Bone loss** – Receding gums, loose teeth, exposed roots
- **Decay** – Brown or black spots on teeth
- **Infections** – White/red patches on gums, tongue, or cheeks
- **Cancer signs** – Persistent patches, lumps, or lesions (2+ weeks), and functional changes in speech or swallowing

3 Decide

Refer if urgent - as required

4 Act

Educate, guide, follow up

5 Document

Note condition & medication

Learn More: fdiworlddental.org/educational-module-other-healthcare-professionals