

# 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



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



Social Withdrawal

## Recommendations for optimal oral health

	<b>Brush</b>	2x daily, 2 mins, fluoride 1350–1500 ppm
	<b>Floss &amp; Scrape</b>	Clean between teeth, & top of tongue
	<b>Diet</b>	Reduce sugar, eat sweets only with meals
	<b>Lifestyle</b>	Avoid tobacco and alcohol
	<b>Check-ups</b>	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

### 3 Decide

Refer if urgent - as required

### 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

### 4 Act

Educate, guide, follow up

### 5 Document

Note condition & medication

**Learn More:** [fdiworlddental.org/educational-module-other-healthcare-professionals](http://fdiworlddental.org/educational-module-other-healthcare-professionals)