

TOOTH DECAY AND GUM DISEASE



Recommendations for the public



Highlights of Perio Workshop 2016 on the Boundaries Between Dental Caries and Periodontal Diseases - jointly organised by the EFP and ORCA

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Gum Disease and Tooth Decay

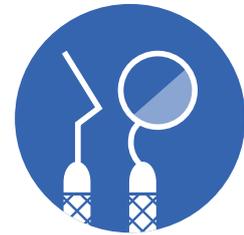
interactions and similarities between
the most widespread oral conditions



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



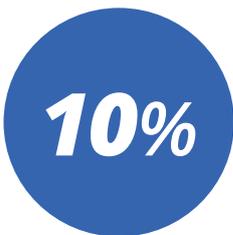
Gum Disease is a leading cause of tooth loss in adult population.



Untreated Tooth Decay and Gum Disease may have severe consequences and lead to tooth loss.

Gum Disease & Tooth Decay.

Gum Disease and Tooth Decay are both preventable



10% of the global population are affected by Severe Gum Disease.
743 million people affected.



1 person in 3 is affected by Tooth Decay.



Severe Gum Disease is the sixth most common disease globally.

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Teeth are for a lifetime

Gum disease and tooth decay are the most common non-communicable diseases in mankind and the main cause of tooth loss. Both diseases can lead to nutritional compromise and a negative impact on self-esteem and quality of life.

The dental plaque that accumulates on teeth is a determinant common to the development of both diseases.

They share common risk factors and social determinants, important for both prevention and control.

Most recent scientific evidence indicates that similar preventive approaches, based around routinely-performed plaque removal using a fluoride toothpaste, are effective for both gum diseases and tooth decay.

Due to worldwide population growth and increased tooth retention, the number of people affected by tooth decay and gum disease is growing, thus increasing the total burden of these diseases globally, particularly in the older population.

The risk of gum disease typically increases with age, and tooth decay often strike during childhood and adolescence, these diseases are extremely widespread among the general public, posing a very serious risk to their teeth. Both current and future patients face the dual threat of gum disease and tooth decay throughout their lives. Fortunately, effective preventive and therapeutic interventions are available to address these conditions.

Irrespective of your age and health status, in order to prevent these diseases it is important to reduce your intake of sugars, brush your teeth twice a day with fluoride toothpaste, and stop smoking.

It is not normal to have bleeding gums and it is important to visit your dentist regularly.

Teeth are for a lifetime. Take action!

Recommendations on gum diseases and tooth decay



Gum diseases

There are different forms of gum disease, but the most common are gingivitis and periodontitis. Gingivitis is inflammation of the superficial soft tissue supporting the tooth leading to swelling, redness and bleeding.

Gingivitis is a prerequisite for periodontitis. Whilst not all cases of gingivitis will progress to periodontitis, managing the former is a vital primary preventive strategy for the latter.

Periodontitis involves the deeper supporting structures including bone destruction.

Left untreated, periodontitis causes tooth loss. In its more severe forms, periodontitis is independently associated with increased mortality rates due to a higher risk of atherogenic cardiovascular diseases, diabetes and related complications.

Dental plaque is the major determinant of gingivitis and periodontitis. The risk of periodontitis has a strong inherited component, **but lifestyle, environmental factors and behaviour are important** in determining whether the disease develops or progresses.

Periodontitis is treatable to the extent that teeth can be retained for life, **however early diagnosis is vital.** The disease not only affects adults, it can also **start in adolescence.**

Blood sugar control in both non-diabetes and diabetes patients **is important as a risk prevention strategy for periodontitis.**

- ✓ **Bleeding gums are not normal** and the appearance of blood in saliva following tooth brushing is not normal. You should consult a dental care professional.
- ✓ **If you have bad breath or loose teeth, or gaps appear between your teeth,** you should visit a dental care professional.
- ✓ **Brush your teeth twice daily.**
- ✓ **Consider supplementing** fluoride with additional effective agents to reduce plaque, such as those found in mouthwashes and toothpastes.
- ✓ **Consider counselling** on how to stop smoking.
- ✓ Discuss approaches for **weight loss and controlling sugar intake.**



Tooth Decay

Tooth decay is the destruction of the hard tooth surface by the action of bacteria acid. Susceptibility varies substantially throughout life; but it is particularly high in the young.

Dietary carbohydrates (sugars, starches) are a necessary component for initiating dental caries and its progression.

There is an association between lower socio economic status and tooth decay.

- ✓ **Refrain from** giving pre-school and school children processed foods.
- ✓ **Use a fluoride** toothpaste twice daily.
- ✓ **Ask your** dentist for professional fluoride application if you are at high risk of tooth decay.

Tooth decay and gum diseases are both preventable

- **Look after your teeth and gums.** Brush your teeth twice daily with **fluoride toothpaste** and **clean in between** your teeth with inter-dental brushes or other oral hygiene products, as advised by your dentist. Consider **supplementing fluoride with additional effective agents to reduce plaque** such as those found in toothpastes and mouthwashes.
- **Refrain from consuming sugary foods** and sweet drinks as much as possible and restrict them to mealtimes only.
- **Ask your carer for help** if you have difficulty in cleaning your teeth and gums.
- **See your dentist/oral care professional for preventive care** for tooth decay and gum disease prevention and have the necessary treatment.

Retaining healthy teeth for life has multiple benefits



allows chewing, eating speaking and smiling to be optimal



reduces the risk of general health issues



improves the quality of life and wellbeing



positively impacts health economics



1 **Tooth decay and gum disease** are the commonest human diseases - and both are preventable.



2 **The burden** of these diseases is high and is increasing as the population ages.



3 **Dental professionals should be consulted regularly** to prevent and treat tooth and gum diseases effectively.



4 **Bleeding gums are not normal.** Dental professionals should be consulted immediately.



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



6 **Gum disease should be seen as an indicator** of general health issues.



7 **Education** for oral health should target children, mothers to be, new mothers, care home workers and other caregivers.



8 **Oral health status** in older individuals is influenced by their **level of dependence**, rather than by their chronological age.



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



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

**Perio
& Caries**
at a glance

Perio & Caries, a joint **EFP-Colgate** initiative



The European Federation of Periodontology (EFP) is the leading global voice on gum health and gum disease and the driving force behind EuroPerio – the most important international periodontal congress – and the European Workshop on periodontology, a world-leading meeting on periodontal science. The EFP also edits the Journal of Clinical Periodontology, one of the most authoritative scientific publications in this field.

The EFP comprises 30 national societies of periodontology in Europe, northern Africa, Caucasia, and the Middle East. Together this represents around 14,000 periodontists, dentists, researchers, and other members of the dental team focused on improving periodontal science and practice.

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With a history of over 200 years, Colgate-Palmolive is a global leader in oral care and is strongly committed to improving oral health globally. The company possesses the leading toothpaste and manual toothbrush brands throughout many parts of the world, according to value share data, including internationally recognised brands, such as: Colgate®, Colgate Total®, Maximum Cavity Protection plus Sugar Acid Neutraliser™, Sensitive Pro-Relief™, Max White One®, elmex®, meridol® and Duraphat®.

Colgate-Palmolive continues to build success through innovation in oral care and stronger partnerships with dental profession and public health. Its core values, "caring", "global teamwork", and "continuous improvement", are reflected not only in the quality of its products and the reputation of the company, but also in its dedication to improve the quality of life of its consumers and serve the communities where it does business.

For more information about Colgate's engagement with dental professionals, visit:

www.colgateprofessional.co.uk

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Periodontology

The EFP thanks Colgate
for its support and its unrestricted grant.

