

Key Messages about Oral Health

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"Oral Health is a key indicator of overall health,
well-being and quality of life.
It encompasses a range of diseases and conditions
that include
dental caries, Periodontal diseases,
Tooth loss, Oral cancer,
Oral manifestations of HIV infection,
Oro- dental trauma, Noma and
birth defects such as cleft lip and palate."

WHO

Overview

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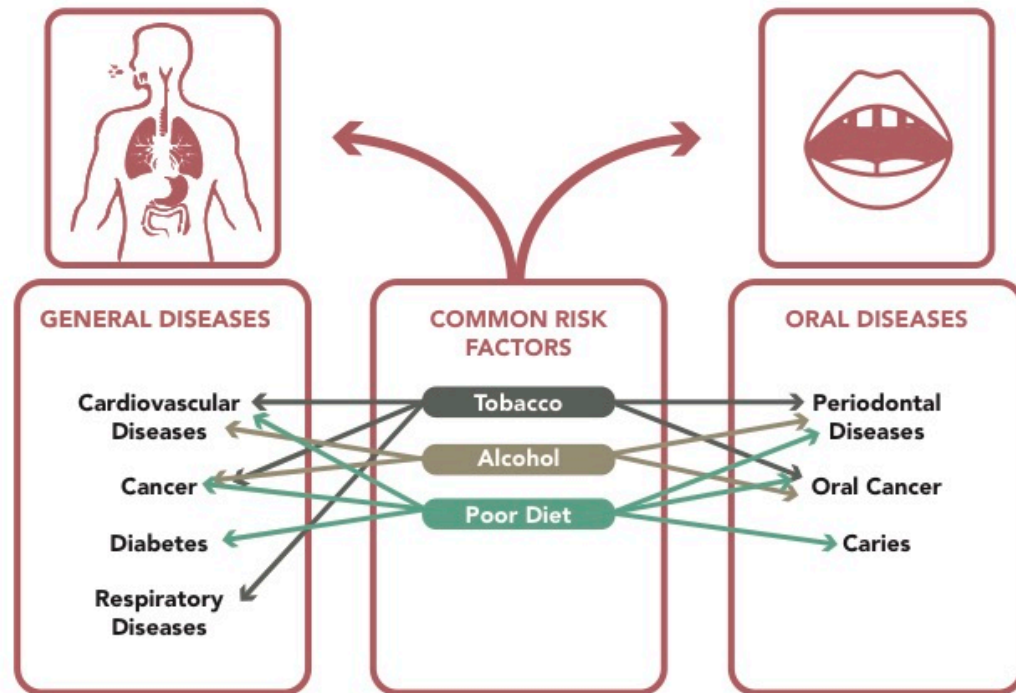
Oral Health

- Being free from tooth decay, periodontal (gum) disease, tooth loss, chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects and other diseases that affect the oral cavity.
- Oral diseases are the most common non communicable diseases (NCDs) and affect people throughout their lifetime.
- It is estimated that oral diseases affected half of the world's population.
- Dental caries (tooth decay) is the most prevalent condition.

**Can you think about
common risk factors
that contribute to
poor Oral Health?**



Common Risk Factors



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So remember!

Your Oral Health is related to your General Health.



**What do you do
to keep your
mouth healthy?**



Oral Hygiene: Tooth brushing

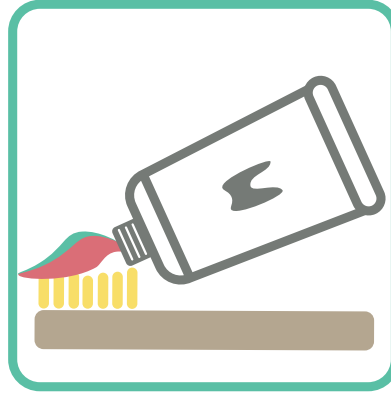


- At least **twice a day**
- **Fluoride** toothpaste
- At least **2** minutes
- All surfaces of teeth
- Including gums and tongue
- Store in a dry environment with enough distance to other toothbrushes

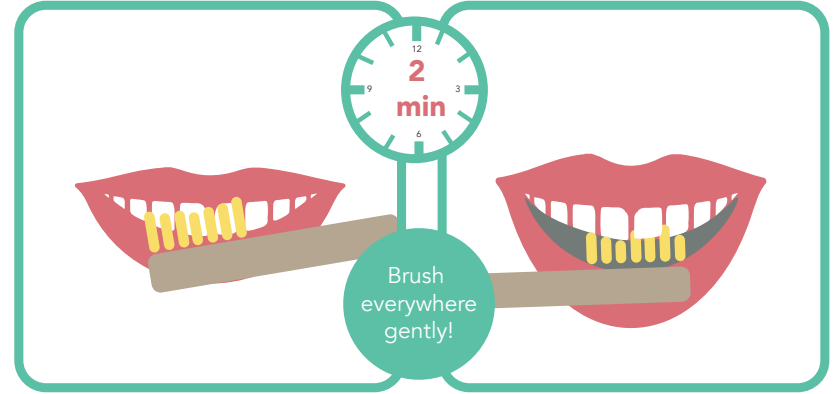
TOOTH BRUSHING STEP-BY-STEP GUIDE



Get toothbrush & toothpaste



Put on toothpaste



Brush front of teeth

Brush back of teeth



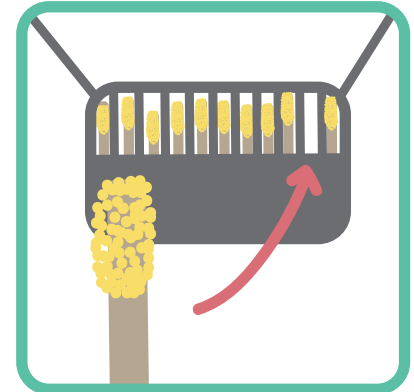
Brush tongue



Spit in sink



Rinse toothbrush



Store toothbrush





**GET CREATIVE WHILE DESIGNING
UNIQUE TOOTHBRUSH HOLDERS**



**What does
healthy nutrition
mean?**

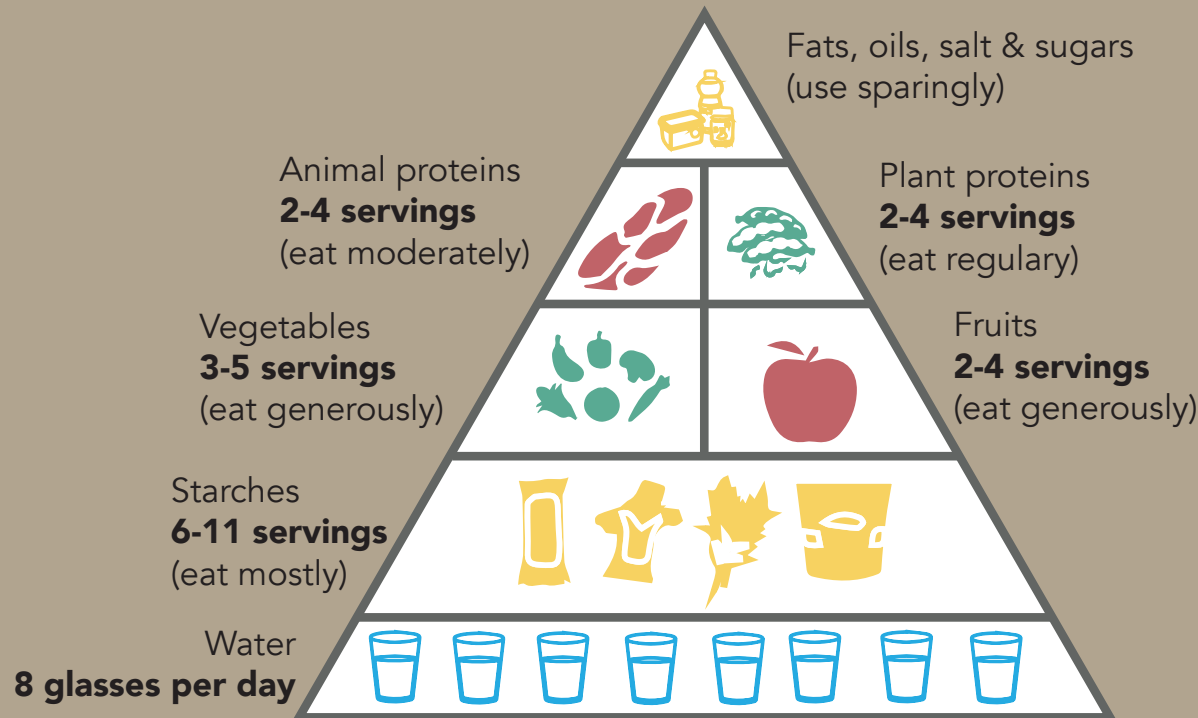


Nutrition

- Reduce **frequency** of sweetened foods and drinks.
- Make healthy food choices.
- Don't brush your teeth straight after eating because of possible enamel damage.
- Drink plenty of **water**.



The food pyramid



**Is there a connection
between STD's
and Oral Health?**



STD`s related to Oral Health

- The mouth can provide access for bacteria, viruses, fungi and other vectors of disease.
- Starting point of the body's defense system and immunity.
- Oral manifestations of HIV, Herpes, Gonorrhea, Syphilis and HPV.
- Not everybody infected shows symptoms.
- Importance of **testing!**



HIV

- Affecting the body's immune system.
- Vulnerability of the host to life threatening infections.
- Transmission through blood, blood products, vaginal fluid, seminal fluid, breast milk.
- Earliest manifestations: **oral!**



HIV:

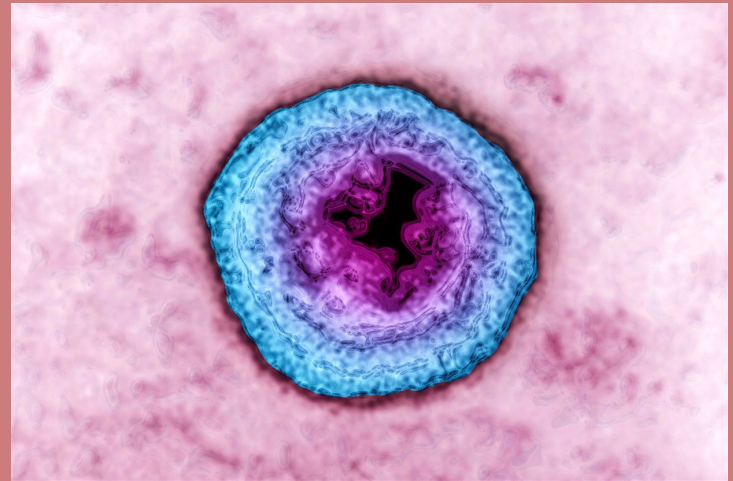
Oral manifestations

- Candidiasis
- Oral hairy leukoplakia
- Kaposi's Sarcoma
- Non- hodgkins Lymphoma
- Periodontal disease
- Necrotising ulcerative gingivitis
- Necrotising ulcerative periodontitis
- Xerostomia (dry mouth)



Herpes

- HSV 1: Herpes oralis
- HSV 2: Herpes genitalis
- Both can show genital and oral manifestations vice versa.
- Latent or inactive periods common.



Herpes:

Oral manifestations

- Painful blisters on lips, palate, oral mucosa.
- Recurrent during emotional stressful periods and sunlight exposure.
- Pain while eating and drinking.



Gonorrhea

- Caused by the bacterium *Neisseria gonorrhoeae*.
- Infections show manifestations in the mouth, the rectum or the genitals.
- Often combined with testicular or vaginal pain, burning while urinating.
- Treatment with **antibiotics**.



Gonorrhea: Oral manifestations

- Appears like a throat infection.
- Sore and red throat, combined with fever and swollen lymph nodes in the neck.
- White spots possible.



Syphilis

- Caused by the Bacterium *Treponema pallidum*.
- Four different stages of infection.
- Called the **"great immitator"** as it causes symptoms similar to other diseases.



Syphilis:

Oral manifestations

- Many clinical variations.
- Erosive ulcerative lesions.
- Sore throat.
- Distal and later **tongue lesions**.



HPV

- **90% asymptomatic.**
- Precancerous lesions on the vulva, the cervix, the penis, the anus, the mouth or the throat.
- 60-90% of oral cancer is linked to HPV.



HPV:

Oral manifestations

- Laryngeal and soft tissue papillomatosis.
- Sore throats.



True or False Game



**Poor Oral Health
can affect
the lungs.**

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Poor Oral Health can affect the lungs.

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**Brush your teeth at
least 3 times per
day!**

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**Brush your teeth at
least 3x times per
day!**



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**Eating healthy
involves mainly to
eat animal proteins.**

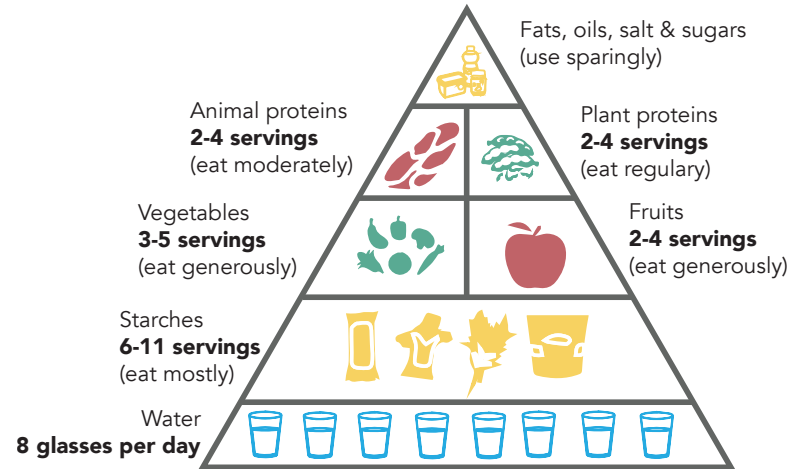
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Eating healthy involves mainly to eat animal proteins.

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**Herpes symptoms
recur often during
stressful periods and
exposure to sunlight.**

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T F

**Gonorrhea can be
treated with
antibiotics.**

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**Gonorrhea can be
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When in doubt:

TEST!

The sooner you know,

the better it is.

Questions & Answers

How much Fluoride should be in a toothpaste?

The optimal amount of Fluoride in an adult toothpaste is 1450 ppm (parts per million). Everything in between 1350ppm and 1500 ppm is fine.

Can you share your Toothbrush with your partner?

We recommend to not share your own personal toothbrush as you expose yourself to bacteria from another person and can create an imbalance in your mouth.

How long should you use your toothbrush for?

We recommend to brush gently and replace your toothbrush every 3 -6 months.

Should we use Floss or Mouthwash?

We recommend to keep it simple! If you use your toothbrush right and brush twice per day you will achieve great success. If you have access to dental floss, amazing! Flossing allows you to clean the gums in between the teeth very well.

If you use a mouthwash make sure that it does contain fluoride and does not contain high percentage of alcohol and irritating components. Mouth washes won't do the job of a toothbrush!

How hard should the bristles be?

We recommend to use a brush that has soft to medium bristles. Hard bristles can also damage the gums and cause painful lesions.

Is a tongue cleaner better than using the toothbrush?

We don't really see the benefit of an additional tongue cleaner to a normal toothbrush. If you brush your tongue with a toothbrush you will be just fine.

Sources

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Be part of the humble movement and follow us.

#GoHumbleGiveSmiles

