

# A HAPPY MOUTH IS... a happy life

INCREASE AWARENESS OF THE  
IMPORTANCE OF GUM HEALTH



World Oral  
Health Day  
20 March

[worldoralhealthday.org](http://worldoralhealthday.org)  
#WOHD26 #HappyMouth

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FDI World Dental Federation

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A disease that begins in our gums can profoundly impact our body, mind, and quality of life. Gum disease, or periodontal disease, affects the tissues surrounding and supporting the teeth and remains a significant global public health concern.

Maintaining gum health is essential for overall well-being. 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.



For more information and support:  
[fdiworlddental.org/gphp](http://fdiworlddental.org/gphp)

