

# How Can Non-Oral Health Professionals Help Detect and Prevent Systemic Diseases?

## Oral Health



Whole-body health

## WHY IT MATTERS



Oral diseases are associated with other non-communicable diseases (NCDs), including heart disease, type II diabetes, lung disease etc.

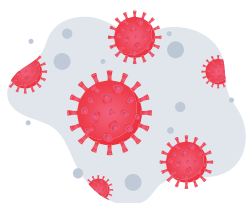


Shared inflammation + risk factors



Early oral signs = early systemic warnings

## The Connection



Bacteria + inflammation in gums

→ Bloodstream

→ Triggers body-wide inflammation

## Common Risk Factors Shared with Other NCDs



Tobacco use



Physical inactivity



Unhealthy diet high  
in free sugars



Air pollution



Alcohol consumption

## How you can collaborate with dentists and dental teams

- ✓ Referrals
- ✓ Communication on complex patients' medical history
- ✓ Pain + medication management



## The 5-Step Framework:

1

### Ask

History + habits (tobacco, alcohol, diet)

2

### Look for signs

Oral examinations: tongue, gums, palate, teeth, mucosa

3

### Decide

Urgency and if referrals are required (e.g. abscess, oral cancer, Ludwig's angina)

4

### Act

- Refer, manage, advise
- Promote oral-friendly habits
- Document everything

5

### Document

Patient's history, diagnosis, and management of oral and systemic diseases

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