

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

Oral Health



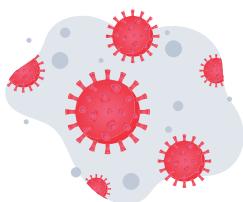
Whole-body health

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
- Unhealthy diet high in free sugars
- Alcohol consumption



- Physical inactivity
- Air pollution

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

Learn More: fdiworlddental.org/educational-module-other-healthcare-professionals