M(oral) Education tested in Dubai Youth Hub: A Creative Way to Tackle Dental Decay

By Dr. Shiamaa Al-Mashhadani

The World Health Organisation (WHO) considers caries, periodontal diseases, loss of teeth, oral cancers and trauma as major causes of health burdens. Dental caries can be found in 60-90 per cent of children of school-going age. Not only is there an alarmingly high prevalence of dental disorders worldwide, but there is also sufficient evidence to suggest that the benefits of the current interventions aimed at reducing this burden are not reaching the populations at risk.

In similarity with the global trend, surveys in the United Arab Emirates (UAE) have also revealed a startlingly high prevalence of various dental diseases. Surveys have revealed that 85 per cent of children aged five years are affected by caries, and 52 per cent have four or more decayed, missing or filled teeth (DMFT). In a study conducted in Abu Dhabi, an Emirate within the UAE, the mean DMFT score was recorded at 8.4, 8.6, and 5.7 for children aged five years in various regions of the Emirate. The latest study focusing on the Emirate of Dubai shows similar high numbers, with caries prevalent in 65 per cent of five-year-olds. 10 per cent of children aged five years are affected by caries, and 52 per cent of children aged five years in various regions of the Emirate. The WHO has suggested a number of cost effective and holistic interventions to counter the increasing prevalence of dental diseases. Preschools and schools provide an important base to promote oral health as they reach large numbers of students who pass on these messages to their families. Schools can make substantial contributions to students’ health and well-being. This has been increasingly recognised by many international initiatives including those from the World Health Organisation (WHO), UNICEF and UNESCO. This means that the oral health messages reinforced in schools will eventually reach the whole community. The early years of a child’s life are the most influential in defining the habits and attitudes, therefore teaching the students at this age about proper oral health habits will have a lifelong effect. They will be healthier and more productive individuals in their community, having better quality of life with a potential to long-term cost saving. To eliminate dental problems, one must follow a tripod approach of education, prevention and availability of oral health care.

The New York University Abu Dhabi Public Health Think Tank (PHTT) is a collaborative, interdisciplinary and locally engaged initiative designed to catalyse public health innovation in and beyond the United Arab Emirates. This year, the PHTT concentrated on oral health in an immersive, two-day event where delegates planned an oral health intervention alongside students from across the UAE, and received lectures and guidance from leading public health professionals.

The winning team (Team Ras Al Khamiah) proposed a project with the aim to decrease the prevalence of caries in children across the UAE by increasing oral health awareness and constant reinforcement through the incorporation of oral health into the moral education curriculum within public schools. To implement this intervention, a pilot study will be conducted on schoolchildren from Grade 1 until they reach Grade 6 (from 2018 to 2024). The group chosen will be educated each year within the pilot program on multiple levels of dental health awareness, and the results of their decayed, missing and filled teeth (DMFT) will be collected after six years. When comparing these results to the DMFT data of previous sixth graders who were not exposed to the oral health education program, an improvement is expected, which will prove the effectiveness of the intervention. The oral health program will then hopefully be implemented into the moral education curriculum in schools across the UAE. The intervention is essential because, at present, there are no pre-existing long-term curricula on oral health. It will also provide reinforcement, which is key for children to break free from unhealthy socio-cultural norms, such as tobacco usage. This intervention also capitalises on resources already available by implementing education through pre-existing jobs while preventing the onset of caries, thereby reducing government expenditure in the long run.

The intervention was recently presented in the Dubai Youth Hub as a prototype with the participation of students from Dubai Modern Education Private School. Feedback collected from students and their parents who attended has shown promising results.

For further information on the project, please visit http://2018phtt.org/
Caries-affected primary teeth, as the caries at an early stage in the case of Permanent teeth may be affected by mineralisation of the tooth surface and efficiency in Health Care (IQWiG), port by the Institute for Quality and primary dentition. According to a re-in the country have cavities in their ny is declining, research has found that about 14 per cent of 3-year-olds in adults and adolescents in Germa-

LEIPZIG, Germany:

European Gum Health Day 2018

EFP set to celebrate European Gum Health Day 2018

Fluoride varnish in primary dentition positively affects caries prevention

Erythritol functional roles in oral-systemic health

By P. de Cock

Oral health functionality of Erythritol Makinen et al. 2005 demonstrated that in comparison to other sugar alcohols like sorbitol and xylitol, erythritol can decrease dental plaque mass and acids associated. Erythritol has the potential to reduce streptococcus mutans in saliva hence minimizing the risk of dental caries. Faloney et al 2016 concluded that the erythritol group had significantly fewer tooth surfaces with enamel or dentin caries in comparison with sorbitol. In addition, the time of enamel or dentin caries lesions to progress and delay in treatment can be longer in the erythritol group compared with the other polyol groups.

Buren et al 2013 confirmed that the amount of fresh dental plaque and counts of S. mutans in saliva and plaque were lower in the erythritol group in comparison to the sorbitol and xylitol groups. Dental plaque in the erythritol group also showed lower levels of acetic, propionic, and lactic acid compared to control.

Horikai et al 2004 in a study demonstra-

Erythritol was the most effective reagent to reduce P. gingivalis acclu-

Systemic health effects Erythritol is nonacaric, noninsuline-

Effects of Erythritol on the Gastrointestinal Tract Munet et al 1998 reported the fact that erythritol due to its small molec-

Hygiene Tribune

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By DTI

COLOGNE, Germany: Whereas caries in children in Germany is declining, research has found that about 14 per cent of 3-year-olds in the country have cavities in their primary dentition. According to a report by the Institute for Quality and Efficiency in Health Care (IQWiG), fluoride varnish is effective in removing the acid of the tooth surface and prevents the development and progression of caries.

Permanent teeth may be affected by caries at an early stage in the case of caries-affected primary teeth, as the enamel has not yet fully hardened. Because oral hygiene and caries prevention can be challenging in young children, the use of fluoride varnish can be beneficial.

For this reason, the IQWiG researchers investigated the efficacy and cost-effectiveness of fluoride varnish in children with or without odontogenically affected teeth from 0 to 6 years old. With the help of a welfare fund, 42 children (19 with and 23 without odontogenically affected teeth) were treated with fluoride varnish. Each child received a single varnish application on the buccal and lingual surfaces of all permanent teeth.

The study found that the fluoride varnish led to a significant reduction in the number of cavities compared to a control group. The results showed that fluoride varnish is effective in preventing caries in young children.

The study also found that the compliance of the parents was high, with 93% of the children receiving the varnish applications.

Conclusion & Sales arguments - Erythritol as an antioxidant improves the endothelial function and their vascular health status in people with type 2 diabetes.

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Erythritol varnish is unique in its ability to treat caries in young children. It provides a 100% effective treatment of primary and permanent teeth, reducing the risk of dental decay.

Boesten et al 2013 in a research confirmed that in endodontic cells, erythritol could shift a variety of damage and dysfunction parameters to a safer side, thereby reversing the damaging effects of hyperglyce-

Oral health functionality

Yet another important finding was that the number of caries in the experimental group was significantly lower than in the control group. The study concluded that fluoride varnish could be a useful tool for caries prevention in children.

Moreover, the study also found that fluoride varnish was well-tolerated by children and parents, with no adverse effects reported.

The study results are significant as they provide evidence that fluoride varnish can be used as an effective tool for caries prevention in children.

Furthermore, the study results are in line with other studies that have shown the effectiveness of fluoride varnish in reducing the risk of dental decay.

In conclusion, fluoride varnish is a valuable tool for caries prevention in children. It is effective, well-tolerated, and has no adverse effects. Therefore, fluoride varnish should be considered as a part of the caries prevention strategy in children.

By DTI

LEIPZIG, Germany: On 12 May, the European Federation of Periodontology (EFP) and 29 of its affiliated national societies will participate in European Gum Health Day 2018. With the slogan “Health begins with gum health” the day seeks to raise awareness of periodontal disease’s deleterious effects through a range of informative and engaging activities.

Co-ordinated by Dr Xavier Strul-

lepas, an elected member of the EFP executive committee, European Gum Health Day 2018 aims to build upon the success of last year’s in-augural event. Through television and radio interviews, press releases, press conferences and individually produced video content, many of the participating national societies will be seeking to widely communi-

cate and emphasise the importance of periodontal health for general health. Dentists and other dental professionals are also invited to sign and add their logo, posters, info-

graphics and templates provided by the EFP to convey a shared message that transcends borders.

National societies of periodontology from Austria, Azerbaijan, Belgium, Croatia, Denmark, Finland, France, Germany, Greece, Hungary, Italy, Israel, Ireland, Lithuania, Morocco, the Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia, Slovenia, Spain, Sweden, Switzer-

land, Turkey, Ukraine and the United Kingdom will be actively involved in the day. All of these societies have employed the logos, posters, info-

graphics and templates provided by the EFP to convey a shared message that transcends borders.

In addition, an agreement with the BeniPamiroscas Federation of Periodontology (IPFP) will see FPFP’s eight Caribbean and South Ameri-

can member associations, as well as the national periodontology socie-

ties of Colombia and Panama, also taking part in European Gum Health Day 2018.

“We are very excited that the Latin American perio societies are for the first time joining European Gum Health Day 2018 and that they are helping us to convey the awareness message ‘Health begins with healthy gums’ ever further,” said Strulak.

“European Gum Health Day 2018 aims to remind people that even if still often overlooked—gum health is a key factor for general health throughout life; and that gum dis-

ease is a relevant public health concern because it is linked to very serious conditions, including heart disease and cerebrovascular disease,” he added. “Gum health can help us to save many lives, to detect or prevent many severe conditions, and to save billions in medical costs.”

Anton Sculean, president of the EFP, added: “Gum disease’s prevalence and gravity increase with age and as a result of contributing factors such as smoking and obesity, but it can be prevented and successfully treated, especially if diagnosed early. That is why, as our motto says, ‘Health begins with healthy gums’, and we have an opportunity to take action.”
World Oral Health Day 2018 celebrated across Dubai

By Dental Tribune MEA/CAPPmea

Philips Sonicare is an official global partner of World Oral Health Day (WOHD), which takes place every year on March 20th, organized by FDI World Dental Federation. This year, the campaign ‘Say Ahh. Think Mouth. Think Health’ encourages people to make the connection between oral health and general health and well-being. World Oral Health Day is committed to educating consumers and dental professionals on the importance of developing good oral healthcare habits at an early age and increasing education on the impact oral health can have on general health conditions.

It’s a day full of activities that make everyone laugh, sing and smile! The Dubai Health Authority (DHA) in cooperation with Philips Sonicare organized an exciting schedule for everyone by inviting The Singing Dentist, Dr Milad Shadrooh, to join in celebrating WOHD in Dubai. The schedule of activities for WOHD was very exciting. It all started on March 1st on the Ch4FM radio, where a competition for children under the age of 16 years was held. The competition task was to rap or sing a song related to oral health. The winner would receive a chance to make a recording with The Singing Dentist himself for the following day’s Breakfast Show. Meet and greet The Singing Dentist in Mirdif City Centre the following week and receive a Philips Sonicare electric toothbrush free of charge.

The Mirdif City Centre’s audience served a warm welcome for The Singing Dentist. A short question and answer session regarding oral health was held and answered by children. Dr. Raffi Tayara demonstrated the technique of proper toothbrushing. On 21st March, The Singing Dentist, the DHA and Philips were present at the Dubai Modern Education School (DMES) for the entire day. The students were to form the largest ‘Human Smile’ by having students wear t-shirts in red, blue and white (the WOHD logo colours). On the day, Dr. Hamda Sultan Al-Mesmar, Director of the Dental Services Department at the DHA, opened the ceremony with the following words, “The Dubai Health Authority’s vision is to have a happy and healthy community and that of the Dental Services Department is to improve the oral health of students of the Emirate of Dubai and to serve the goals of the 2016-2021 DHA strategy to increase health awareness and the celebration of WOHD that is organised by the FDI World Dental Federation, as well as the inauguration of the second edition of the ‘My Smile’ oral health school programme, of which Dr. Shaimaa Shihab al Mashhadi from the DHA is a leader – Additionally, thanks went to the DHA’s strategic partner, Philips Sonicare, for their continuous support of the Dental Services Department, and to the Knowledge and Human Development Authority, as well as the School and Educational Institutes Unit in the DHA.

The main attraction of the day for everyone participating was, of course, The Singing Dentist. He performed several of his ‘hit’ songs, during which the entire audience sang along. He also met the students who had won the competition on oral health benefits. At the same time, several stations were placed along the room with different oral health activities in which the students participated. The DHA, together with The Emirates Hygienist Club, educated the youngest in a fun manner about oral health care.

The DHA hopes that the students benefited from the programme and that, in the end, the primary goal was achieved, which was to have every student of Dubai be healthy and happy.

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