Dubai, UAE. According to recent research conducted by SEHA, (Abu Dhabi Health Services Company), 64% of school children in the Emirates show signs of tooth decay, largely due to poor dental hygiene. Furthermore, data shows tooth decay is a largely preventable condition to be the most prevalent chronic health condition in the UAE affecting more than 80% of the population. In an effort to combat these staggering statistics and further advance oral care in the UAE, a delegation from the Emirates Medical Association’s Dental Society (EDS) headed by its President, Dr Aisha Sultan Alsuwaidi, attended the 2013 Annual World Dental Congress (FDI) in Istanbul, Turkey on 28th-31st August.

According to Dr Aisha Sultan and based on Emirates Dental Society surveys and data resources, “Four out of five people residing in UAE exhibit signs of tooth decay” commented Dr Aisha Sultan. This is particularly alarming given the fact that tooth decay is largely preventable through good oral hygiene habits such as brushing at least twice daily, flossing, chewing sugar-free gum and regular visits to dentists.

Dr Aisha Sultan continued, “Each year at FDI, we are able to bring back key advances to the Emirates that might help improve our oral health practices of our residents. For example, scientific evidence shows that something as simple as chewing sugar-free gum following meals has significant oral health benefits. It stimulates saliva, which washes away food debris, and ultimately leads to healthier teeth and gums. This is one simple and perhaps underestimated and undervalued option that helps prevent tooth decay and begin to establish a good oral health care routine.”

In an effort to promote oral health awareness and good oral hygiene practices in the UAE, the EDS is collaborating with the Asia Pacific Dental Federation, the UAE Ministry of Health and the Emirates Medical Association to host an international dental event in Dubai next year. The Asia Pacific Dental Congress (APDC) will be held at the Dubai World Trade Center from the 17th to the 19th of June 2014. The congress is expected to attract more than 3,000 dental industry experts from approximately 45 countries. As such, APDC Dubai 2014 is set to become the largest industry event in the region.

Dr Aisha Sultan, President of the Emirates Dental Society and Chairperson of APDC, commented, “Our aim is for the APDC to feature a broad scientific program that truly underlines pioneering research and technological developments which have the potential to change the landscape of oral healthcare and hygiene. The global dental community recognizes the positive impact of good oral hygiene on the general wellbeing of the society. The theme for APDC 2014 is Improving Quality of Life through better Dental Care. APDC will not only provide an opportunity to uplift the dental profession in the region, but will also showcase our commitment to improving the general health and the overall wellbeing of the natives and residents of the UAE and beyond.”

To learn more about APDC Dubai 2014, please visit http://apdentalcongress.org.

The Emirates Dental Society urges UAE residents to adopt a complete oral health regimen, of brushing, flossing, dental visits and even chewing sugar-free gum, and announce intention to host a mega dental congress in Dubai next year.