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 cavities 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 these burdens 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 have more than five teeth with untreated caries. Data from these studies highly suggests that there is an urgent need for action to counter the widespread dental diseases in the UAE. 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 reinforcing 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 Khaimah) 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://2017.phtt.org/

Optimal secondary prophylaxis with CPS perio

By DrT.

Secondary prophylaxis stabilizes treatment results, for example after treatment of periodontitis or peri-implantitis. Secondary prophylaxis simultaneously diagnoses fresh caries and periodontal disease as early as possible, remineralises early changes in the enamel and treats orthodontic misalignment early on. Secondary prophylaxis is a part of daily work in many dental practices.

This is where the CURAPROX brand comes in. A customised hygiene programme with the best products, personal care and instruction to the patient on using the oral hygiene products are what ensure successful treatment. The products and concepts of CURAPROX are the key to long-term successful prophylaxis. With the correct and regular use of soft toothbrushes and interdental brushes from CURAPROX, patients can remove newly formed plaque and older, more established plaque.
Fluoride varnish in primary dентition positively affects caries prevention

By DTI

COLOGNE, Germany: Whereas caries in milk teeth is a key concern in Germany, caries in milk teeth is a key concern in Europe, 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 remineralization 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 cavities-affect ed 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 whether the application of fluoride varnish to primary dentition has advantages in comparison with standard care without fluoride application by comparing the findings of 15 randomized controlled trials. In these, a total of 5,002 children were treated with fluoride varnish, and 4,705 children received no such treatment, being the control group. Children aged up to 6 years with or without caries of their primary teeth were included in the research.

In several of the studies, further measures for caries prevention in addition to the application of fluoride varnish were offered. These included training on oral hygiene, instruction on the correct toothbrushing technique, and the provision of toothbrushes and fluoride toothpaste. The follow-up observation period was mostly two years.

The development of caries was investigated in all 15 studies; side-effects were investigated in nearly all of the studies. However, owing to a lack of conclusive data, it is unclear whether fluoride application also has advantages regarding further patient-relevant outcomes, such as tooth preservation, toothache or dental abscesses. There was no data on oral health-related quality of life.

A clear advantage of fluoride varnish was determined despite the very heterogeneous study results. After the application of fluoride varnish, caries in primary teeth was less frequent. More precisely, the fluoride treatment could completely prevent caries in approximately every tenth child and would at least reduce progression of caries in further children. Apparently, whether the children already had caries or whether their teeth were completely intact made no difference regarding the benefit of fluoride varnish applications.

The report titled “Assessment of the application of fluoride varnish on milk teeth to prevent the development and progression of initial caries or new carious lesions,” was published online by IQWiG on 26 April 2018.

EFP set to celebrate European Gum Health Day 2018

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 healthy gums’, 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 Strulii, an elected member of the EFP executive committee, European Gum Health Day 2018 aims to build upon the success of last year’s inaugural 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 the EFP Manifesto, a call to action for the prevention, early detection, and early treatment of gum disease.

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, Switzerland, Turkey, Ukraine and the United Kingdom will be actively involved in the day. All of these societies have employed logos, posters, info-graphics and templates provided by the EFP to convey a shared message that transcends borders.

In addition, an agreement with the Pan-European Federation of Periodontology (PFP) will see PFP’s eight Caribbean and South American member associations, as well as the national periodontology societies 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’, added Strulii.

European Gum Health Day aims to remind people that—even if often still overlooked—gum health is a key factor for general health throughout life, and that gum disease 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.”
Year 3 students at Repton School Dubai are listening to the Singing Dentists for oral hygiene advice.

Dubai Modern Education School students making the largest “Human Smile” with Singing Dentists.

Proud winners of the oral hygiene advice competition in Dubai Modern Education School.

DHA Dental Services Department educating students how to properly brush their teeth.

DHA Dental Services Department teaching the students about good oral hygiene.

A common goal to raise awareness and improve students oral hygiene: Singing Dentist, Michael Cipriano Head Master Dubai Modern Education School, Dr. Hamda Sultan Al-Mesmar Director of DHA 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 the oral health literacy among the population of Dubai and decrease dental caries among its children.”

The DHA extended their thanks and gratitude to Ms. Hamda Lootah, head of the DMES, Michael Cipriano Principal of DMES, head of the American section, and respected academic and medical staff from the school for accommodating this festival of oral 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. Shамиaa Shihab al Mushahdani 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.

Dr. Shiamaa Shihab Al Mushahdani, member of the Emirates Dental Hygienist Club, participated. The DHA, together with the Emirates Dental 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.

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 Shadrook, to join in celebrating WOHD in Dubai. The schedule of activities for WOHD was very exciting. It all started on 20 March on the Capital FM 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. Next, and given The Singing Dentist in the Dubai Modern Education School, DHA Dental Services Department educating students how to properly brush their teeth.

On 21 March, The Singing Dentist, the DHA and Philips were present at the Dubai Modern Education School (DMES) where 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 same 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 oral health literacy among the population of Dubai and decrease dental caries among its children.”

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