

## Global Periodontal Health Project



# Tips to discuss with your patients for a healthy mouth and a healthy body

## ORAL HYGIENE

**Interact with the patients** to enhance their understanding of the importance of periodontal health and identify any barriers they experience in **achieving optimal plaque control**.

Show them the principles, which are essential for **effective plaque control and brushing**. Advise them to daily use dental floss and interdental brushes with a selection of the appropriate sizes.



## SMOKING



**Never starting or stopping smoking** as early as possible is one of the most important things your patients can do for their oral/gum health and general wellbeing.

## HEALTHY DIET



**Discuss** with your patients the **harmful effect of consuming too much sugar** too often and encourage them to cut down on salt and fat and include **5 portions of fruit and vegetables** into their diet daily.

## DIABETES

Patients with diabetes should be advised to **keep their blood glucose in their target range** and follow their doctors' instructions. Also, a **healthy diet** and **regular exercise** will help control glycemic level and obesity.



## TAKE REGULAR EXERCISE

Advising your patients to **take regular exercise** is one of the best things you can do for their health. It has many benefits, including **improving overall health and fitness** and **reducing their risk for many chronic diseases**.

## STRESS



Stress is a contributor to many serious health conditions and affects the response of the immune system. **Help your patient identify stressors** and take **positive steps** to change these issues.

## PREGNANCY



Patients who are planning a family should be **encouraged** to have a **dental and periodontal health check** and receive **essential oral/periodontal care** as appropriate, before conceiving and attend regularly during pregnancy.

## VISIT YOUR DENTIST AND HYGIENIST

**Always schedule your patients' next visit** and remind them of the great importance of **regular check-ups**, oral cancer screening and dental hygiene treatment for **oral health and general wellbeing**.

