



Gum Health Day

12 MAY



Gum Health Day is an international awareness day held every year on May 12. It aims to increase public awareness of the importance of taking care of the gums, maintaining good oral hygiene, and visiting the dentist for prevention and treatment.

Why is it important to discuss gum health with your students?

As Generation Z embarks on their journey into adulthood, there's one crucial aspect of their health that can sometimes be overlooked: their gums.

With the rise of sugary diets, and increased stress and anxiety levels, teenagers and young adults are increasingly susceptible to oral diseases. These impact nearly half of the world's population, surpassing the burden of most common non-communicable diseases (NCDs) such as mental disorders, cancer, diabetes and cardiovascular and chronic respiratory diseases.

SOURCE - Economist Impact. *Time to put your money where your mouth is: addressing inequalities in oral health*. London: Economist Impact, 2024.

Available from <https://www.efp.org>

Gum diseases are associated with major systemic health issues including diabetes, myocardial infarction, heart failure, stroke, chronic kidney disease, adverse pregnancy outcomes, rheumatoid arthritis, Alzheimer's disease, erectile dysfunction, certain forms of cancer, and other systemic diseases.

By taking care of our gums, we all can easily start preventing those problems right away – as a healthy smile can pave the way to a healthier lifestyle and save money in the future.

What you can do to help your students:



Educate about oral hygiene: teachers can incorporate oral health education into their curriculum. This can include teaching students about the importance of brushing and flossing daily, as well as the potential consequences of poor oral hygiene, such as gum disease.



Encourage regular dental check-ups: teachers can remind students and parents about the importance of regular dental check-ups. They can provide information about local dental clinics or organize school visits from dental professionals for check-ups and oral health screenings.



Promote healthy snacking: teachers can encourage healthy snacking habits among students by recommending nutritious snacks such as fruits, vegetables, and cheese, and discouraging sugary snacks and drinks that can contribute to tooth decay and gum disease.



Provide oral health resources: teachers can offer resources and materials that provide information on proper oral hygiene techniques and tips for maintaining healthy gums. They can also invite dental professionals to give presentations or workshops on oral health to students and parents. By equipping students with knowledge and resources, teachers empower them to take control of their own oral health.



Lead by example: teachers can lead by example by practicing good oral hygiene themselves and making it a visible part of their daily routine. This can help reinforce the importance of oral health habits to students and inspire them to take care of their own gums and teeth.

The 2024 slogan is **Gums Rock! Keep them safe!**



You can find Gum Health Day 2024 in
Instagram, Facebook, YouTube, TikTok and LinkedIn

Hashtags

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#GumsRock

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