Get to Know the IFDH

By JoAnn R. Gurenlian, RDH, PhD

The International Federation of Dental Hygienists (IFDH) is an organization designed to represent the interests of dental hygienists worldwide. Originally founded in 1975 by the International Liaison Committee on Dental Hygiene, the organization was formalized in 1986 in Oslo, Norway. Since that time, the IFDH has functioned as an international, non-governmental, non-profit organization that unites dental hygiene associations from around the world in the common cause of promoting oral health.

The purposes of the IFDH include the following:

• Safeguard and defend the interests of the profession of dental hygiene worldwide and advance the profession of dental hygiene.

• Promote professional alliance with its associations members as well as with other associations, federations and organizations whose objectives are similar.

• Promote and coordinate the exchange of knowledge and information about the profession, its education, and its practice.

• Promote access to quality preventive oral health services.

• Increase public awareness that oral disease can be prevented through proven regimens.

• Fostering and discussion of issues pertaining to dental hygiene.

Currently, the IFDH consists of 26 member countries. These include: Australia, Austria, Canada, Denmark, Fiji, Finland, German, Ireland, Israel, Italy, Japan, Korea, Latvia, Nepal, Netherlands, New Zealand, Norway, Pakistan, Portugal, Russia, Slovakia, South Africa, Spain, Sweden, Switzerland, United Kingdom, and the United States of America. Individual dental hygienists, students enrolled in accredited dental hygiene education programs, and other professional organizations and health providers may join the IFDH.

The IFDH endeavors to provide online resources for dental hygiene colleagues. Our website, www.ifdh.org, provides information about the process of seeking employment in member countries, research and education, national and international meetings of interest, membership as a student, and projects and partnerships designed to improve the oral health of the public.

One of our exciting new partnerships is with the Global Child Dental Fund. We are working together to support a social responsibility award focused on improving the oral health of disadvantaged children. This volunteer project is designed to recognize, on an annual basis, dental hygienists and student dental hygienists who participate in a volunteer project which benefits disadvantaged children, mainly, but not exclusively, in low- and middle-income countries. Any dental hygienist who is either an Individual or Student member of the IFDH, or an IFDH Country Member is eligible to apply for the award. Applications are available through www.gcfnd.org. Project proposals are due by June 1, 2014, and awards will be announced on September 30, 2014. One winner will receive a cash prize of $5000 to implement the proposed volunteer run-up project and will receive cash prizes of $1000 for their project.

In addition, the IFDH is investigating a partnership with “Test&Gloss”. This program is an innovative way to promote improved oral home care by texting reminder messages to brush and floss daily. Additional educational information is offered concerning oral care including saliva and the pH of the mouth, heart disease and oral health, stress, and diabetes. There is an app for I pads, I pad minis, and I phone 5s as well as through ITunes at http://itunes.apple.com/us/app/testGloss/id579506527?mt=8.

Every three years, the IFDH hosts an International Symposium on Dental Hygiene, providing an opportunity to network and learn the latest research and technologies supporting the growth of the profession. The next scientific symposium will be held from June 23 to 25, 2016 in Amsterdam, the Netherlands. For more information about this meeting, visit http://indl2016.dentalhygienists.ch.

We hope you will join us as we work together to improve the oral health of the public and support our profession around the globe!

Contact Information

JoAnn R. Gurenlian, RDH, PhD, is President of the International Federation of Dental Hygienists and Professor and Graduate Program Director of the Department of Dental Hygiene, Division of Health Sciences, of Idaho State University, joa@gcnr@verizon.net

hands on course

Periodontal Instrumentation
Prof. Mary Rose Pinellini Boglione
10 May 2014 Jumeira Beach Hotel, Dubai

Information on Listerine contributed by JnJ Professional

References:

AN ESSENTIAL ROUTINE FOR COMPLETE ORAL HEALTH

Oral hygiene is an integral component of one’s health and well being. It aids in the prevention of dental problems such as cavities and gum disease. Tooth loss can also be prevented or delayed with proper oral care. But good oral hygiene can do more than just keeping teeth and gums healthy; it can act as a mirror of one’s overall health.

Over the past decades, there has been a mounting interest in the possible interplay between poor oral hygiene and various diseases. For instance, recent studies have found periodontal disease, a pro-inflammatory disease reported to increase risk for systemic diseases such as as well as for premature labor and low-birth-weight (PLBW) babies. Decreased lung function, increased severity of chronic obstructive pulmonary disease (COPD), and type 2 diabetes have also been linked to the gum disease. Experts say that poor oral hygiene, although modifiable, is an independent risk factor for oral human papillomavirus (HPV) infection.

Recent studies have also put forth evidence that poor oral hygiene is associated with higher levels of risk of cardiovascular diseases (i.e., heart attack and strokes) and low grade inflammation, although further research is needed to confirm the underlying nature of such association.

ORAL HYGIENE ROUTINES

The American Dental Association recommends the cornerstones of proper oral care – brushing and flossing.

Brushing: Brushing the teeth twice a day with a soft-bristled brush is the key to healthy gums and teeth. The size and shape of the brush should fit the mouth to reach all areas easily. Toothbrush should be replaced every four to five months or when the bristles are frayed. A pea-size of fluoride-rich toothpaste may also come in handy.

Flossing: Flossing once a day can help remove plaque from between teeth. It is an important part of the routine as plaque that stays in the mouth can eventually harden into calculus or tartar. Once tartar has formed, professional cleaning may be required for its removal.

HOWEVER, BRUSHING AND FLOSSING MAY NOT BE ENOUGH

A strong body of evidence has shown that brushing and flossing are not effective enough to prevent dental caries and periodontal diseases. A trusted mouth rinse brand is Listerine® that stays in the mouth can eventually harden into calculus or tartar. Once tartar has formed, professional cleaning may be required for its removal. The first over-the-counter mouth rinse that is Listerine® Total Care Zero, which in addition to Rapid Fusion Technology, is fortified with zinc chloride ions that can reduce calculus build-up and keep teeth white. There are many options available but make sure to pick the rinse that best meets the patient’s personal care needs to guarantee a healthier mouth, a happier smile.

Adding rinsing to the brushing-flossing routine can help reach nearly 100% of the mouth and get rid of bacteria that cause cavities and gum disease. Tooth loss can also be prevented or delayed with proper oral care. But good oral hygiene can do more than just keeping teeth and gums healthy; it can act as a mirror of one’s overall health.

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Launch of Dental Hygienists Supplement in the Dental Tribune Middle East

By Victoria Wilson

UBAI, UAE: It is my pleasure to announce the launch of a new Supplement in the Dental Tribune Middle East targeted completely to Dental Hygienists.

It is an extremely exciting time for Hygienists in this region, as we continue to gain more recognition for our skills and qualifications. Dental professionals are increasingly becoming aware of our key role within the dental practice, both as a valued team member in the delivery of complete dental care, and in the promotion and restoration of our patients’ oral health.

In 1906, Alfred Fones, an American dentist from Bridgport, Connecticut, who is also the founder of the Dental Hygienist profession, had an important vision. He wanted to create a new paradigm for dentistry that focused on prevention and promotion of oral health instead of simply tooth loss and disease. Alfred’s cousin, Irene New, became the first known Dental Hygienist and in 1915 they opened the first dental Hygiene School.

After qualifying as a Dental Hygienist & Dental Therapist from the Eastman Dental Hospital in the UK over 10 years ago, I became acutely aware of the public’s lack of knowledge as to what we do within the dental clinic. At that time, a good deal of further education was also required to educate people on our role within the community. Ten years has passed and it would now be difficult to find a clinic in the UK without a Hygienist. I can also see that this is the direction that clinics are taking in the UAE. The prevention and education that Hygienists provide is fundamental to all dental treatments.

The question still remains in the Middle East - does every member of the dental team completely understand what the Hygienist can bring to the clinic?

The following list can help provide an insight into our skills and valuable contributions. The Dental Hygienist will:

- Provide dental hygiene care to patients.
- Plan the delivery of care for patients.
- Obtain and evaluate a detailed dental and medical history from patients.
- Complete periodontal examinations and charting and use indices to screen and monitor periodontal disease.
- Provide preventive oral care to patients and liaise with dentists and patients on the treatment of caries, periodontal disease and tooth wear, as well as replacement of existing deficient restorative treatment.
- Undertake supragingival and subgingival scaling and root debridement using manual and powered instruments and administer appropriate antimicrobial therapy to manage plaque related diseases.
- Apply topical treatments and fissure sealants.
- Offer patients advice on how to quit smoking.
- Take, process and interpret various film views used in general dental practice.
- Take impressions.
- Identify anatomical features, recognize abnormalities and interpret common pathology as well as carry out oral cancer screening.
- Refer patients to other dental professionals and discuss options for further dental treatment.
- Perform Tooth Whitening procedures to the prescription.

The Dental Hygienist is ultimately a great communicator within the team. He/she motivates patients and helps them to make the right decisions for long term dental health and acts to build the practice. Successful periodontal therapy, and the maintenance of a healthy periodontium is the basis of all good restorative dentistry.

The number of Dental Hygienists in the region is steadily growing, and thanks to the Dental Tribune Middle East, we now have a platform to reach out and connect further with the dental profession.

Contact Information

Victoria Wilson
Dental Hygienist
Dr. Roze & Associates Dental Clinic
victoria@dradubai.com

Celebrating World Oral Health Day
20th March 2014

By Dr. Maimona A. Rahim, DDS

UBAI, UAE: The GCC Oral Health week is the annual celebration of all the efforts during the year to improve Oral Health. This year the celebrations will take place on 20th March 2014 at the Arabian Center – Al Khawanji Road in Dubai starting from 16:30 – 10:00 with the slogan being “Tooth, Health & Beauty”. The day will highlight on bad oral hygiene and the importance of dental visits. The targeted audience are all age groups, children, adults, men and women.

The event will be held under the patronage of Mr. Nasser Al Budair, Director of Dubai Medical District and Dr. Aisha Sultan, Director of Dental Services at the Ministry of Health. This wonderful celebration is made possible in collaboration with Dubai School for Dental Medicine (DSDM) and sponsored by Philips, Jordan, Beverly Hills tooth paste and First Gulf Bank. Several dentists from DSDM, Al Baraha Hospital Dental Department and various different clinics from UAE will be carrying out oral examinations, education, experiments, competitions and photo shooting throughout the day. Giveaways will be distributed by Jordan and Beverly Hills with 10 electric tooth brushes being sponsored by Philips for a competition. Balloons will be distributed by DSDM. The success of this event will be brought together by a team work of all including the Mall administration, Sponsors, Dentists and Audience.

All are invited and welcome to celebrate with us World Oral Health Day.

Listerine
What Brushing starts, Listerine finishes

CELEBRATING healthy SMILES

In Partnership with

Dr. Roze & Associates Dental Clinic
victoria@dradubai.com