

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, and represent and advance the profession of dental hygiene.
- Promote professional alliances with its association 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 prevent-

ed through proven regimens.

- Provide a forum for the understanding and discussion of issues pertaining to dental hygiene.

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

other professional organizations and health care 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, becoming a member, 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




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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 volunteering 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.gcdfund.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 their project. Two runner-ups will receive cash prizes of \$1000 for their project.

In addition, the IFDH is investigating a partnership with "Text2Floss". 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 Ipad, Ipad minis, and Iphone 5s as well as through iTunes at <http://itunes.apple.com/us/app/text2floss/id797806327?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 25 to 25, 2016 in Basel, Switzerland. For more information about this meeting, visit <http://isdh2016.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! 

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EVERYDAY RINSING 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. In recent studies, periodontal disease has been reported to increase risk for atherosclerotic vascular disease (ASVD),¹ as well as for premature labor and low-birth-weight (PLBW) babies.² Decreased lung function, increased severity of chronic obstructive pulmonary disease (COPD),³ and type 2 diabetes⁴ 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.⁵

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 stroke) and low grade inflammation, although further research is needed to confirm the underlying nature of such association.⁶

ORAL HYGIENE ROUTINES

The American Dental Association recommends the cornerstones of proper oral care – brushing and flossing.⁷

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 three or four months or when the bristles are frayed. A pea-size of fluoride-rich toothpaste may also come in handy.⁷

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.⁷

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. The teeth represent only around 24% of the surface area of the mouth, and thus, such basic routine may miss 75% of the oral cavity,⁸ which serves as a reservoir of pathogenic bacteria that can cause plaque and gingivitis.¹

RINSING CAN HELP REACH WHAT THE BASIC ROUTINE CANNOT

Adding rinsing to the brushing-flossing routine can help reach nearly 100% of the mouth and get rid of bacteria that cause cavities and periodontal diseases. A trusted mouth rinse brand is Listerine®, the first over-the-counter mouth rinse that has been awarded the American Dental Association Council on Scientific Acceptance.⁹ It offers different variants that are especially formulated to achieve ultimate cavity prevention. It contains a fixed combination of 4 different oils (i.e., thymol, menthol, methyl salicylate, and eucalyptol), individually enhancing its antimicrobial properties and flavors, and killing up to 97% of bacteria left behind after brushing and flossing.⁹ These oils have been clinically proven to offer superior anti-plaque and anti-gingivitis efficacy to other medicated mouthrinses.¹⁰

Special variants of Listerine are available, with Rapid Fusion Technology, which dramatically boosts fluoride uptake and remineralization, and consequently provide extra enamel protection. Another variant, despite having no alcohol content, maintains its efficacy at eliminating plaque-causing bacteria.⁹ The latest addition to the oral hygiene arsenal 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 whiter.⁹ 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.

Information on Listerine contributed by JnJ Professional

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Launch of Dental Hygienists Supplement in the Dental Tribune Middle East



Victoria Wilson,
Dental Hygiene Therapist

By Victoria Wilson

DUBAI, 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 Bridgeport, 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 Newman, 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 to improve and maintain their periodontal health.
 - 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, recognise 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.



- Act as overall Team Builder.

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. [DT](#)

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Celebrating World Oral Health Day 20th March 2014



By Dr. Maimona A. Rahim, DDS

DUBAI, 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 Khawanij Road in Dubai starting from 16:30 - 10:00 with the slogan being "Teeth, Health & Beauty". The day will highlight on bad oral health habits, maintaining good 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 Budor, 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. [DT](#)

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