



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 children?

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 children:



Establish a consistent oral hygiene routine: encourage your child to brush their teeth at least twice a day with fluoride toothpaste and to floss daily. Supervise younger children to ensure they are brushing properly and for the recommended duration.



Promote healthy eating habits: limit sugary snacks and beverages, as they can contribute to tooth decay. Instead, encourage your child to eat a balanced diet rich in fruits, vegetables, and whole grains. Provide healthy snacks as well.



Regular dental check-ups: schedule regular visits to the dentist for check-ups and cleanings. Early detection of dental issues can prevent them from becoming more serious problems later on. Additionally, dental providers can provide guidance on proper oral care tailored to your child's needs.



Lead by example: children often mimic their parents' behaviour, so be a positive role model for oral hygiene. Let them see you brushing and flossing your teeth regularly, and emphasize the importance of oral health in your family.



Make oral care fun: find creative ways to make oral hygiene enjoyable for your child. Use colourful toothbrushes, play their favourite songs while they brush, or create a reward system for consistent oral care habits. Making it a positive experience can encourage them to take ownership of their oral health.

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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