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*Healthy Ageing  
Revolution  
(SDG N.3)*



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## WOMEN'S ORAL HEALTH

- Women's health has been defined as diseases or conditions that are unique, more prevalent or more serious in women. This definition encompasses Oral diseases and conditions.
- **Oral health** means more than good teeth; Oral health is an integral concept to general health and essential for wellbeing. It implies being free of chronic oro-facial pain, oral cancer, oral tissue lesions, birth defects, and other disorders that affect the oral and dental tissues.
- Also many general disease conditions have oral manifestations that increase the risk of oral disease which is a risk factor for a number of general health conditions.



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- Women have special oral health requirements during different phases of their life. Changes in female such as hormone levels changing during puberty, menstruation, pregnancy and menopause exacerbate the way the gingiva react.
- The wider meaning of oral health does not diminish the relevance of dental caries and periodontal diseases that still remain been considered the most important global oral health burden.
- Dental caries and teeth loss has been reported to disproportionately affect women in many populations around the world and can be effectively prevented and controlled through a combination of community, professional and individual action. Great health changes can be done even with small budget.

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- Oral diseases are a major public health problems; their impact on individuals and communities as a result of suffering and reduced quality of life is considerable. Traditional treatment is extremely costly .
- The greatest burden is on the disadvantages and social marginalised. In many countries access to oral health services is limited and teeth are often left untreated or are extracted because of pain or discomfort.
- Throughout the world, losing teeth is still seen by many people as a natural consequence of ageing. The proportion of edentulous women aged 65 years and older is still high in some countries.
- The major benefit of the common risk factor approach is the focus on improving health conditions for the whole population as well as for high risk groups, that means to manage the prevention and control of oral diseases. Continuing surveillance of levels and patterns of risk factors is of fundamental importance to planning and evaluating community preventive activities and oral health promotion.
- **The goal should be:** Reducing the burden of oral diseases and disability promoting healthy lifestyles and reducing risk factors to oral health that arise from environmental, economic, social and behavioural causes.
- Most of the evidence relates to dental caries prevention and control of periodontal diseases can be prevented by good personal oral hygiene practice and community water fluoridation. Lifestyle behaviour that affects general health as tobacco use, alcohol consumption and poor dietary choices affect oral health as well. Individuals can take action for themselves and for persons under their care to prevent disease and maintain oral health.
- The major challenges of the future will be to translate knowledge and experiences of oral disease prevention into action programmes.