

## Poster journal

### Dentist: A Gate Keeper of General Health

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#### Commentary:

A Developing country like India is experiencing a rapid transition with a rising burden of Non-communicable diseases (NCDs), conjointly called as chronic diseases. To date, the world NCD response has targeted on the four major diseases as Cancer, diabetes, chronic Obstructive Pulmonary disease and Cardiovascular diseases. Apart from that there are asthma, stroke, peripheral artery disease are also serious non communicable disease. Oral diseases and different NCDs share modifiable risk factors such as tobacco, bidi, cigarettes, alcohol, betal nut, and in addition unhealthy diets or lifestyle. The initiative against NCDs provides a unique opportunity for the oral health community to develop innovative policies for better recognition of oral health, as well as to directly contribute to the fight against NCDs and their risk factors<sup>1</sup>.

It is a double edged sword; as the oral health care comes into consideration ultimately reducing the bad effects of systemic diseases. The relationship between oral health and general health has been the focus of research interest for decades. While a causal relationship between oral health and general health is still unconfirmed; comorbidities due to common risk factors appears to be more acceptable explanation in view of current evidence<sup>2</sup>. Person's mental health also very important to maintain internal homeostasis of body that's why mental health programs are also being conducted. A person with mental illness cannot maintain its oral hygiene properly ultimately leading to oral health related problems.

In recent years oral health and NCDs have garnered revived attention and increased political momentum. Presently Indian government is running various NCD prevention programs<sup>3</sup>. They have established NCD centres where people can have their routine health check-up and can get knowledge about preventive measures of various non communicable diseases. They have physicians there who can guide people about diet, healthy life style. Thus implementing oral health in such program will not only lead to reduce the risk of the disease but will also increase the new opportunities to the budding dentists. The attitude and approach of people towards dentistry will definitely change as dentist will guide them to maintain the general health via oral health.

In today's COVID 19 pandemic many dentist worked as corona warrior which itself suggest a positive shift of dentistry towards attending bridging between oral and general health for community well-being. Dentist can create awareness among people about vaccination and early signs of COVID 19 like fever, cough, running nose sore throat etc. also can aware them than where to go for treatment if such signs are there. Dentist can promote use of Arogya setu android app to have accurate news about COVID 19 to avoid rumours in the population and they can get address contact numbers of nearby COVID centres. A review of the literature on community-oriented oral health. Primary care reveals one dominant and disease-oriented practice model with dental practitioners being the principal and exclusive actors<sup>4</sup>.

This poster highlights the importance of integrating oral health and general health policies in order to reposition dentistry for health promotion interventions in current public health scenario.

## References

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**Keywords:** General Health; Non- Communicable Diseases; Oral Health; Oral Health Policies; Tobacco

**How to cite this article:** Pawar S B, Shetty V, Ambildhok K, Bhor K. - Dentist: A Gate Keeper of General Health, *PosterJ* 2021; 10(3):02.

**Source of Support:** Nil.

**DOI:**10.15715/ins.dpj.114

**Conflict of interest:** None Declared.

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